
Links to check current events at the park



Website



Telegram



VK



Activities at the park

"Swan's paradise"





pond Lebedinka

Match the activity and the picture where you can do it.

1. feed swans and ducks
2. swing
3. walk along the eco-path
4. have a picnic



Sports ground

Read the text. Fill the gaps with the missing words.

Steps to get fit at the sports ground in the park:

1. Choose the right clothes _____. Don't forget about sports shoes
2. Do a warm-up. It is important _____ before performing exercises. Cardio equipment can be used for this purpose.
3. Start with _____. For example, pull-ups and push-ups.
4. Increase the load _____. Move on to strength exercises.
 - a. to warm up the muscles
 - b. in which you would be comfortable doing sports
 - c. gradually
 - d. the basic exercises



Arboretum

Look at the rules of conduct and tick (✓) what can you do in the arboretum.

- ☐ litter
- ☐ take photos of the flowers
- ☐ eat and drink
- ☐ ride a bike
- ☐ walk along the paths
- ☐ sit on a bench
- ☐ pick flowers
- ☐ sit on the lawns
- ☐ learn about plants using QR
- ☐ read books
- ☐ draw



Leisure centre “Star”

Look at the equipment you can rent at the leisure centre.

Which ones can you rent in the winter or in the summer?



ice skates



a scooter



a bicycle

In summer
I can rent...



roller skates

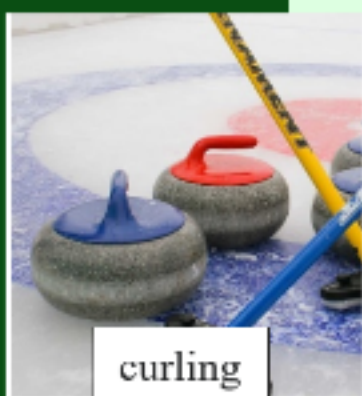


sports equipment



ski

In winter
I can rent...



curling



skateboard



lamzac



a donut for tubing



snow scooter



air hockey

Leisure centre “Star”

Look at the ads with the workshops. What can you do there?

Match the activities and the posters.

visit a painting workshop

visit a plasticine art workshop



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