

Whats involved:

In support of The White Ribbon's 16 days of action, you can take part in our 16-day challenge. The aim is to complete everything on our challenge sheet within 16 days.

How:

Ask a Contours staff member for a challenge sheet. Choose from beginner, intermediate, or advanced. If you wish to, you can ask people to sponsor you or donate something small to our chosen charity for taking part.

Where:

Take part in any of our 5 leisure centres. The Parks, The Lakeside Centre, Tynemouth pool, Hadrian Leisure Centre, and Waves.

When:

Challenge begins on Saturday 23 November. Ends Sunday 8 December 2024. You can pick up your challenge sheets from 1 November.

Why:

We want to raise money for the charity, Harbour, who help families and individuals affected by domestic abuse, and raise awareness of The White Ribbon organisation who provide support to charities which prevent violence to women and girls.

Join our challenge

Take part to help raise awareness of The White Ribbon campaign and raise money for harbour charity.