

# Saturday 22nd June - 12 noon until 12 midnight

	12.00 pm	12.30 pm	1.00 pm	1.30 pm	2.00 pm	2.30 pm	3.00 pm	3.30 pm	4.00 pm	4.30 pm	5.00 pm	5.30 pm	6.00 pm	6.30 pm	7.00 pm	7.30 pm	8.00 pm	8.30 pm	9.00 pm	9.30 pm	10.00 pm	10.30 pm	11.00 pm	11.30 pm						
Sunlight Stage	Opening Parade	Talvin Singh	First Light Ensemble		A Man Called Adam		The John Ward Band		Horn Factory			The Rabble Chorus		The Fontanas			Gilles Peterson - Sundown Set													
Moon Dance Stage	Body Percussion with Avalon Rathgeb		Grounded Movement's Dance Through the Decades		2Faced Dance		Dorothy's Shoes presents the Ragroof Teadance			2Faced Dance		Faze Action		Ben Osborne		Moon Dance Silent Disco														
Beach Bar	Sonny 'Scully' Evans		Corey Hemingway		Sonny 'Scully' Evans		Corey Hemingway		Faze Action		Neal Birnie (Suncut)			Jack Hemingway			The Milkshake Boys		Keep On Dancing x Our House											
Interstellar Ideas on the Green	Trashion Walkabout		The Art of Seaside Fashion with Amber Butchart		How We Got to the Moon with Kevin Fong		Timesong with Julia Blackburn		High Tide Theatre: 'Burst'		Your Place in the Cosmos with Prof. Carolin Crawford		Lowestoft Noir with Harry Brett		Sea Sagas with Jules Pretty		Open Mic / Improv													
Aurora Science Zone	Cefas spotlight talk		Cefas intro		Why We Have the Moon		Cefas Spotlight		Raptor Rockets		Colourful World of Celaphods		Cefas spotlight talk		The Fossil Hunter		Cefas spotlight talk		Our Dwarf Yellow Star		Astrophoto		Cefas spotlight talk							
Well-being by the Waves	Yoga for All - an introduction		Shapes of the Sea Children's Yoga		Chill Flow Yoga		Shells & Driftwood - Mandala Making		Warrior Woman - with Sandra Bates		Warrior Woman		Yoga Through the Elements		Sound Bath		Flow with a Bro Yoga		Ibiza Sunset Flow		Ecstatic Dance		Fire, Drums and Dance							
Well-being by the Waves Therapies	On Site Massage 12-12.45pm, One Life Health Checks 12- 5pm, Indian Head Massage 1.15 - 2.30pm, On Site Massage/ reflexology plus Town Chaplains & Hand Massage 12-8pm														Kinesiology tasters/Indian Head Massage 5-7.15pm															
Well-being by the Waves Talks/workshops	Stress Management		Stop Smoking		Rabble Chorus Sing for Joy		Health Session		The Terrified Writer: Free Your Creative Self		The Visual Squash		Writer Revealed: Free Your Creative Self																	
Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian	Circadian						
Making Waves Workshops	12-1pm: Clay Pinch Pot, Weaving with Maria Clarke-Wilson, Print to the People 1.30-2.30pm: Letterpress, Weaving, Print to the People, Writing Workshop - First Memory														3-4pm: Ceramic Tile Decoration, Weaving, Print to the People, 4.30-5.30pm: Silk Screen Printing, Weaving Print to the People, Writing Workshop - FirstLove 6-8pm: Clay Pinch Pots, Weaving, Print to the People, 8.30-10pm: Mandala Making, Weaving (until 12am), Writing Workshop - First Loss															
Sun and Star Gazing Zone	Practical Sun-gazing with Norwich Astronomical Society								Rocketry!		Sun-gazing & Solar Photography		Moon Gazing																	
Cosmic Pirates Storytelling	Library story-telling	Suffolk Music Hub	Library story-telling	Suffolk Music Hub	Maritime story-telling			Jonny Duddle		Suffolk Music Hub	Jonny Duddle		Bedtime Stories		Ghost Stories (12+ and adults)															
Cosmic Pirates Crafts	12-8.30pm: Make paper plate sea creatures, pirate hats and patches, kites and flags with East Coast College. Clay modelling with Sylvie Gagne. 12-2pm Finger puppets and extreme knitting demonstration with Suffolk Stitchers and Knitters.										2-4pm: Folk bag printing, 4-8.30pm: Junk Musical Instruments and Skull mask making.																			
Lower Promenade - Jubilee Parade	Art in the Huts, Jem Finer's Long Player, Sitestay, Matt Bayfield, Easterley Collective																													
The Japanese Gardens	Ukeleles		Paul Thompson		Flying Mojitos		Luna Cohen Solal		Jimmy Green		Frances Shelley		Little Big Mouth		First Light Ensemble															
The Aquarium																														
Screen on the Sand																								Sunshine introduced by Danny Boyle						
24 hour Film (Night and Day)	Arena Night and Day 24 Hour Film																													
Suffolk Short Films					Children's Collection								East Anglian Collection								Tides and Times								East Anglian Collection	
Shore Games, Sports by the Sea	Surf Cadet Session 2-3 pm, Nordic Walking 1-2pm / 2-3pm/ 3-4pm, Zumba 3-3.45pm, Beach Volleyball 3- 5pm																							Surf Adult Trial 4-5pm, Ultimate Frisbee with Lowestoft O-go-go 4-5pm, Touch Rugby 4-6pm, Free play volleyball 5-10pm, Touch Rugby in the Dark 9-10pm, Glow in the Dark Volleyball 10pm-12am						
Other Beach Activities	Library of Limited Resources (all day)										Lowestoft Lions Sandcastle record attempt				Library of Limited Resources (all day)										Light the Campfire					

# Sunday 23rd June - 00 midnight until 12 noon

	00.00 am	00.30 am	1.00 am	1.30 am	2.00 am	2.30 am	3.00 am	3.30 am	4.00 am	4.30 am	5.00 am	5.30 am	6.00 am	6.30 am	7.00 am	7.30 am	8.00 am	8.30 am	9.00 am	9.30 am	10.00 am	10.30 am	11.00 am	11.30 am		
Sunlight Stage						Federico Albanense			Talvin Singh			Dawn Chorus - Mike Challis		The Rabble Chorus		Donald Grant	First Light Ensemble			North Suffolk Youth Concert Band			Pop Chorus			The Old Man and The Sea
Moon Dance Stage	Moon Dance Silent Disco												Yoga Flow with live musicians		Awakening the Soul - Mind and Body Yoga Class				Baby Loves to Boogie				Dance Like Beyoncé			
Beach Bar	Keep On Dancing x Our House												Ben Osborne			Hemingways Back to Back										
Interstellar Ideas on The Green	Open Mic / Improv		Poetry for Insomniacs			Jules Pretty Sea Sagas										Jules Pretty Sea Sagas		Candy Whittome - The Last Hunters			Simon Mayo - A Sense of Place					
Aurora Science Zone			Cefas Spotlight Talk					Cefas Spotlight Talk									Cefas Spotlight Talk		Phil Davison	Raptor Rockets		Tales from the Beetle Drawers			Our Nearest Star	
Well-being by the Waves	Yin Yoga								Welcome Summer Solstice - Stella, Ian & Sandra		Flow Like Water						Yin Yoga with Ian Bentley		Vinyasa Flow Yoga		Moving Meditation		Moving in the heart			
Well-being by the Waves Therapies			Chill Out Zone												7am-12pm: Town Chaplains Hand Massage, 7-10am: Indian Head Massage, 8-11.30am: One Life Suffolk Health Check, 9.30-10am: Weight Management											
Well-being by the Waves Talks/workshops	First Light Ensemble																				6-Step Re-frame & 1.7 mile Health Walk (Pakefield)					
Circadian	Circadian		Circadian		Circadian		Circadian		Circadian		Circadian		Circadian		Circadian		Circadian		Circadian		Circadian		Circadian		Circadian	
Making Waves Workshops	Maria Clarke-Wilson Weaving and Dyeing 12 midnight to 12 noon												Printing 9am-12pm, Letter Press 10-11am, Festival Writing Workshop 10.30-11.30am, Clay Tile Decoration 11am-12pm													
Sun and Star Gazing Zone	Moon Gazing												Practical Solar Gazing										Rocketry!			
Cosmic Pirates Storytelling																	Storytelling & Music with Joe Carr		Music session with Suffolk Music Hub		Aliens in Lowestoft with Gareth P. Jones		Storytelling & Music with Joe Carr		Suffolk Music Hub	
Cosmic Pirates Crafts	Make a Pirate Map, Fish on a Stick, Clay modelling, Pirate Hats and Eye Patches: All 8am - 12pm																									
Lower Promenade - Jubilee Parade	Art in the Huts, Jem Finer's Long Player, Sitestay, Matt Bayfield, Easterley Collective																									
The Japanese Gardens															Non-Such DJs		Rogue Shanty Buoys		Owl & Wolves			Jack Hemingway & Ben Osborne		N. Suffolk String Ensemble		
The Aquarium	Gilles Peterson and Friends																									
Screen on the Sand	Sunshine introduced by Danny Boyle																									
24 hour Film (Night and Day)	Arena Night and Day 24 hour film																									
Suffolk Short Films	East Anglian Collection				Tides and Times																	Children's Collection				
Shore Games, Sports by the Sea									Sunrise Touch Rugby								Nordic Walking with Sallyann						Surf Cadets session 7yrs - 11yrs plus Adult session available			
Other Beach Activities	Campfire			2.15am Pakefield man is set alight			Library of Limited Resources (all day)			Gig boats land	Feast		Library of Limited Resources (all day)													