

How do I take part?

- Choose which activities you'd like to take part in
- Register online at www.wythenshawegames.org.uk and select your sessions. Log back in anytime to update them
- Go along to your sessions and get your passport signed
- Drop off your Passport by 26th July to Woodhouse Park Lifestyle Centre or Wythenshawe Forum
- Come along to the closing event on Sunday 31st July

Age 11 - 19 (unless stated)

ACTIVITY	VENUE*	COST	DAY	TIMES
Football	Newall Green High School	Free	Tues	4-6pm
Multi-Sports	Norbrook Youth Centre	Free	Thurs	7-9pm
Swim, Gym, Football	Forum	Free	Sat	5-8pm
Teen Gym (11-15yrs)	Forum	£2.70	Tues	3-5pm
	Forum	£2.70	Thurs	3-5pm
	Forum	£2.70	Sat	10-12pm
	Forum	£2.70	Sun	2-4pm
Morris Dancing	Benchill Community Centre	£2.00	Tues	7-8.30pm
All Style Martial Arts (11+)	Alpha House	2 free	Wed	7.30-9pm
	M22 5RG	then £4	Fri	8-9.30pm
Cricket, Football, Table Tennis	Wythenshawe Cricket Club	Free	Thurs	5-6.30pm
Disability Sports (8-19)	Lifestyle Centre	Free	Tues	6-8pm
Disability Soccer (8+)	St Pauls High	Free	Fri	6-7pm
Badminton, Dodgeball	Benchill Hub	Free	Mon	6.30-7.30pm
Football, Badminton	WHP	Free	Mon	8-9pm
Dance	Norbrook	Free	Thur	7-8pm
Multi-Sports (age 5-7)	Benchill CC	Free	Sat	9.30-11.15am
Multi-Sports (age 8-14)	Benchill CC	Free	Sat	11.30-1.15pm
Multi-Sports (age 10+)	Benchill CC	Free	Mon-Fri	4-6pm

Adults over 16 (unless stated)

ACTIVITY	VENUE	COST	DAY	TIMES
Netball	Lifestyle Centre	£2.00	Mon	8-9pm
Boxercise	Lifestyle Centre	£1.50	Mon	11-12pm
Wheelchair Dance (open age)	Lifestyle Centre	£5.00	Sat	11-1pm
Indoor Cricket	Lifestyle Centre	£1.00	Wed	6-7pm
Disability Multisports	Lifestyle Centre	Free	Tues	1-2pm
Legs, Bums and Tums	Lifestyle Centre	£1.50	Mon	5.30-6.30pm
50+ Exercise (50+)	Lifestyle Centre	£1.50	Tues	11-12.30pm
Chair Based Exercise (50+)	Lifestyle Centre	Free	Fri	11-12pm
Couch to 5k	Wythenshawe Park Track	Free	Thurs	6-7pm
Morris Dancing	Benchill CC	£2.00	Tues	7-8.30pm
Ladies Self Defence	Alpha House	Free	Mon	12.30-2pm
Walking Football (50+)	Forum	£2.50	Thurs	11-12pm
Circuits	Forum	£3.90	Mon	7-8pm
Group Cycle	Forum	£3.90	Tues	12.30-1.15pm
Water Workout	Forum	£3.90	Tues	7.45pm
Zumba	Forum	£3.90	Wed	10-11am
	Norbrook	£1.00	Tues	7.30-8.30pm
	Benchill CC	£1.00	Mon	7.30-8.30pm
Easy Rhythms Simply Circuits	WHP	£1.00	Thurs	12.45-1.45pm
	Forum	£1.00	Mon	1.30-2.30pm
Circuits	Wythenshawe Community Church	£1.00	Mon	7.30-8.30pm
Adult Tennis	Wythenshawe Park	£4.00	Sun	3:45pm-4:45pm
Advantage tennis	Wythenshawe Park	£5.00	Wed	6:30pm-8pm
Social tennis	Wythenshawe Park	£4.00	Tues	7:30pm-9pm