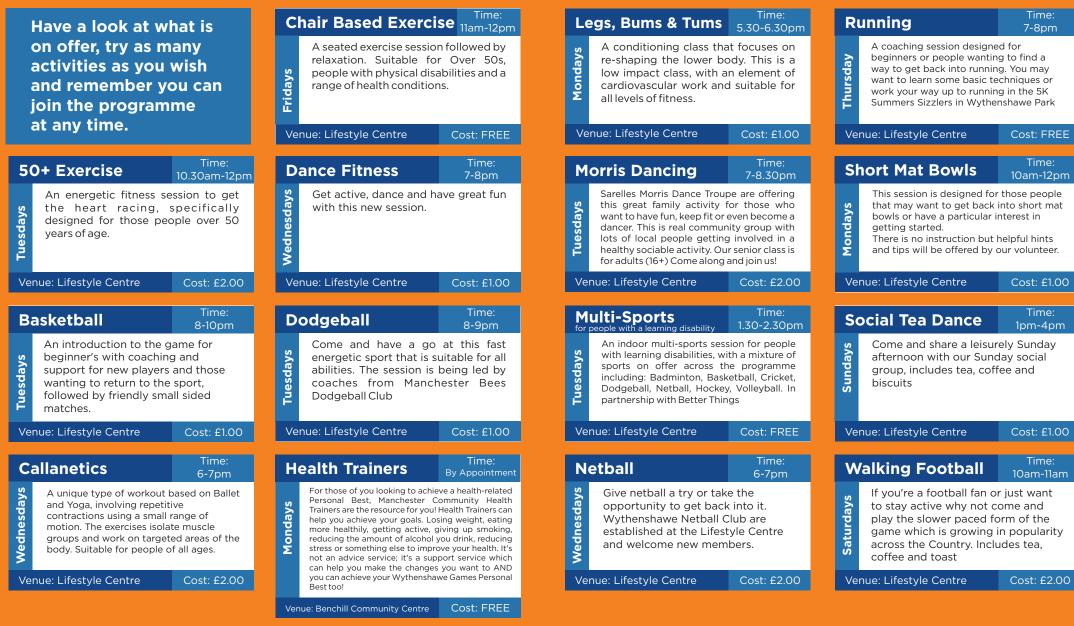
## Personal Best Activity Programme 18th May – 25th July



For more information contact Jordan Tyms on 0161 436 0560 or email jordan.tyms@wchg.org.uk



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Wheelchair Dancing		Yo	Yoga		Time: 7.30-8.30pn		
Saturdays	Strictly Wheelchair Dancing is a wheelchair ballroom dancing group for all ages and abilities. Anyone is welcome no matter what their ability or disability. Wheelchair dancers can learn "combi" style dancing with an able-bodied partner, or "duo"style dancing for two wheelchair users together. Wheelchair users can use an electric or manual wheelchair.			The ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.			
Venue: Lifestyle Centre Cost: £4.00 (£2 per carer)			Venue: Lifestyle Centre			Cost: £1.00	
Women's Football <sup>Time:</sup> 6-7pm Zumba							
Tuesdays	An opportunity to take part in one of the fastest growing sports in the country. This is a new session and beginners are welcome. So why not come and give it a go?			Zumba is perfect for everyone who loves to dance and move. You don't need any previous experience, or even any rhythm. The sessions at Benchill Community Centre are delivered in association with Manchester City Council's Active Lifestyles' programme. Our instructor will make sure you feel welcome, they are fully trained and experienced, and they will adapt the class to suite your level of fitness and skill. There is no			
Venue: Lifestyle Centre Cost: £1.00				excuse not to set your Personal Best!			
			Ven	ue: Lifestyle Ce	ntre	Cost: £2.00	
Follow the steps below			Tue	sdays	Time: 6.3	30pm - 7.30pr	
to join in and have fun.			Venu	Venue: Benchill Community Centre		Cost: £2.00	
			Mor	ndays	Time: 7.30pm - 8.30pn		
1 Have a look at all the activities on offer throughout the 10 week							

- Have a look at all the activities on offer throughout the 10 week programme (enclosed) and decide which ones you want to take part in.
- 2 Register online at www.wythenshawegames.org.uk and select your sessions. You can log back in anytime to update your choices.
- Pick up your Personal Best Passport from either the Woodhouse Park Lifestyle Centre, Portway, Wythenshawe M22 1QW or Benchill Community Centre, Benchill Road, Wythenshawe M22 8EJ.
- Go along to your chosen sessions and get your passport stamped (one stamp for each session you attend).
- 5 Drop of your Passport by 26th July to either Centre
- 6 Come along to closing event on Thursday 30th July





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Monday 18th May - 25th July 2015

active & try something different this Summer





Set your own Personal Goals and try to beat your Personal Best