

POP IN TO STYLES CAFÉ

For a hot drink or a homecooked meal. Fresh, hot and cold food prepared on-site for breakfast and lunch. Delicious daily specials and speciality coffees.

**Open Monday – Thursday
9am – 2pm**



VENUE HIRE

The perfect venue for your next meeting, training or event with flexible spaces that can accommodate 2 to 120 guests

Spaces suitable for physical activity indoors and outdoors

Delicious catering available from our In-house team

We take ad hoc, block bookings and office hire

KID'S PARTIES

Hold your next kid's party here at the centre for a fun-filled day to remember!

Outdoor pitch hire available for a football themed party

We can accommodate Bouncy Castle hire in some of our larger rooms and can help with recommended suppliers

Tel: 0161 436 0560

Woodhouse Park Lifestyle Centre
Portway (junction with Selstead Road),
Wythenshawe M22 1QW

www.woodhouseparklifestylecentre.co.uk

Follow us

For all our latest news and events:

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 Woodhouse Park
Lifestyle Centre

Part of the

Wythenshawe
Community Housing Group

Your Local Community Centre

What's On Guide

Just
pop in!



Pitch hire



Venue hire



Fitness classes



Kid's parties



Toddlers Groups



Over 50s groups

Health & Wellbeing : Learning : Over 50s : Youth Activities : Inclusive : Community

Ability SEND Group:

Open Access Session

For young people with SEND aged 13-25 years. Enjoy multi-sports, arts and crafts, music and more.

Tuesdays 6pm – 8pm

FREE -online registration must be completed first, visit the website for more information: www.wchg.org.uk/our-services/wchg-youth-team/

Badminton/ Basketball Table Tennis/Netball

Available everyday, subject to court availability. Please enquire with reception for bookings.

£7.00 per court per hour

Beginner's Dance 50+

A mixture of sequence, ballroom and line dancing. For those new to dance or those who prefer to dance at a leisurely pace.

Tuesdays 1.30pm - 3.30pm

£2.00pp inc. hot drink

Belly Dancing

Open to all women regardless of age or fitness level. Friendly & inclusive atmosphere. No need to book.

Wednesdays 7.30pm - 8.30pm

£6.00 per session

Black Panther Karate

Ran by Alan, improve fitness and train in a safe, secure, family orientated environment

Tuesdays and Thursdays 6pm – 7pm

FREE first session, pricing then discussed with Alan

Better Things

Different weekly activities including Zumba, Multi-sports, Gardening and workshops for adults with learning disabilities ran by Kate Maggs.

Tuesdays 11.30am – 2.00pm

Thursdays 4pm – 5pm - Football

Fridays 11.30am – 12.30pm – Zumba

Prices vary – just pop in and speak with Kate for more information or visit <http://wearebetterthings.wix.com/better-things>

Directions for Men

Talking group and activities to help Men through tough times. Safe place, confidential and no need for a referral

Thursdays 6pm - 8pm

FREE – just turn up

Elite Soccer School

Football sessions for boys and girls ages 2-5yrs. Registration must be completed before joining the session, visit the site for more info and pricing; www.elitefootballcoaching.co.uk/soccer-school-hubs

Saturdays 9am – 12pm

FREE Taster Session

Line Dancing 50+

A great way to exercise and socialise at the same time! Run by Carol Bates from Crazy Horse Crew.

Thursdays 10am - 12pm £3.50pp

Onsite organisations and services:



A single point of entry, a front door, to Manchester's Emotional Wellbeing and Mental Health offer

Opening times:

8.30am – 5.30pm

Email address:

Mthrive.south@mft.nhs.uk

Pop in details:

Monday – Friday 12pm – 1pm

Tuesdays 2.30pm – 5.30pm

Thursday 2.30pm – 5.30pm

Hub contact number:

0161 436 0575

Advantage Dyslexia with Alan Shoreman



Do you struggle with reading or writing, worry about written tests or struggle to fill out forms?

If you want some advise or support with Dyslexia contact Alan Shoreman on alan@advantage-dyslexia.com or call 07984686642

Your weekly *What's On* guide

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am – 11am Shana Keelers Street Dance	10.30am – 12.30pm Public Bowls	9.30am – 11.30am Tots of Fun	10am – 12pm Line Dancing 50+	9.30am – 12.30pm Social Computer Class with Alasdair	9am – 12pm Tumble Bugs Gymnastics
10.30am – 12.30pm Public Bowls	11.30 - 2.00pm Better Things Sessions	10am – 12pm Sequence Dancing	10am – 11am Sale Sharks Walking Rugby	11.30am – 12.30pm Better Things Zumba	9am – 12pm Elite Soccer School Ages 2 – 5yrs
4pm – 5.30pm Shana Keelers Street Dance	1pm – 3pm Sequence Dancing	3.30pm – 5pm (term time only) WOW Zone After School Club	11am – 12pm Wythenshawe Warriors Men & Women Walking Football	1pm – 3.30pm (fortnightly) Senior Citizens Club	9am – 12pm Shana Keelers Street Dance
5pm – 8pm Tumble Bugs Gymnastics	1.30pm – 3.30pm Beginners Dance	5pm – 8pm Tumble Bugs Gymnastics	1.00pm – 3.00pm Public Bowls	5pm – 8pm Tumble Bugs Gymnastics	10.30am – 11.30am San's Fitness Session
5.30pm – 6.30pm Kids Street Dance with WDI	1.30pm – 2.30pm PARS Fitness Class	7.30pm – 8.30pm Belly Dancing	3pm – 5pm Street League Football	6pm – 8pm Youth Club 11-18yrs	
7pm – 8pm Adults Street Dance with WDI	2.30pm – 3.30pm (fortnightly) Sale Sharks Headstart		5pm – 8pm Tumble Bugs Gymnastics	7pm – 8pm Wythenshawe Warriors Men & Women Walking Football	
	3.30pm – 5pm (term time only) WOW Zone After School Club		5.30pm – 7pm Ringway Morris Dancing		
	5pm – 8pm Tumble Bugs Gymnastics		6pm – 8pm Directions for Men		
	6pm – 7pm Black Panther Karate		6pm – 7pm Black Panther Karate		
	6pm – 8pm Ability SEND Group: Open Access Session 13-25yrs		6pm – 8pm Youth Club 11-18yrs		

Every day: Badminton, table tennis, netball, basketball, 3G Astro pitch hire.
Call 0161 436 0560 to enquire & book.

Shana Keeler's School of Dance – Street Dance

We have a selection of Street dance classes for boys and girls aged 1yrs – 6yrs across the week. These sessions encourage kids to be active and have fun at the same time!

Various times and days, term time only
Contact Shana via the website for more information, pricing and to book;
www.shanakeelersschoolofdance.co.uk/

Street League Sports

Inclusive of all abilities aged 16-30 – a space to play sports and meet new people

Thursdays 3pm – 5pm
FREE – just turn up

Social Computer Class

Free basic IT skills drop in for beginners ran by Alasdair. Supported learning at your own pace based on your own interests.

Fridays 9.30am – 12.30pm
FREE – just pop in

Tots of Fun

Play group for parents/carers and children from 0-4 years old. With lots of toys and fun activities to take part in together.

Wednesdays 9.30am – 11.30am
£1.00pp – just turn up

Tumble Bugs Gymnastics

Tumble bugs gymnastics club is recreational and advanced gymnastics from 4+ all the way to 18. Places can be booked by contacting Miss Sophie directly on 07930203451 or via social media

Mondays, Tuesdays, Wednesdays,
Thursdays and Fridays 5pm – 8pm
& Saturdays 9am – 12pm

WOW Zone Computer Club

A creative computing club for 8-12 year olds. Caters to all computing abilities. Snack and drink provided.

Tuesdays and Wednesdays (term time only)
3.30pm – 5pm

Wythenshawe Warriors Walking Football Club

Walking football ran by Derek on our outdoor astropitch, suitable for men and women 40+

Thursdays 11am – 12pm
Fridays 7pm – 8pm
£3.00pp – just pop in

Youth Club

For young people aged 11 – 18yrs. Activities include pool, basketball, multi-sports, arts & crafts, music, gaming and more.

Thursdays 6pm – 8pm
Fridays 6pm – 8pm
FREE – online registration must be completed first, visit the website for more information: www.wchg.org.uk/our-services/wchg-youth-team/

PARS Pathways Fitness Session

Fitness Class suitable for all levels and abilities

Every Tuesday 1.30pm – 2.30pm
£2.00 per person

Pitch Hire

4 floodlit 3G, pitches. Perfect for five-a-side football, training and other team sports. Hire by the hour or block book.

Available 6 days a week
Peak: £25.00ph
Off Peak: £15.00ph
Weekend: £10.00ph

Public Bowling

A friendly group who play games on a drop-in basis. Open access, newcomers of all ages are welcome.

Mondays and Tuesdays 10.30am – 12.30pm
Thursdays 1.00pm – 3pm
£2.50pp

Ringway Morris Dancing

Ringway Morris dancing is run by local residents Anne & Catherine. Sessions available for babies, dinkies, juniors and seniors.

Thursdays 5.30pm – 7pm

Sale Sharks Headstart

Sessions by Sale Sharks, promoting positive mental wellbeing through regular physical activity, suitable for all experience levels

Tuesdays (fortnightly)
2.30pm – 3.30pm
FREE – just pop in

Sale Sharks Walking Rugby

Sessions by Sale Sharks, promoting positive mental wellbeing through Walking Rugby, suitable for all experience levels

Thursdays
10am – 11am
FREE – just pop in

San's Fitness Session

Exercise sessions suitable for all fitness levels introducing circuit training and bootcamp style fitness

Men and women welcome from 12+
Saturdays 10.30am – 11.30am £4.00pp

Senior Citizens Club

A friendly and welcoming social group for over 60s. Activities include crafts, talks, and organised days out.

Fridays (fortnightly)
1pm – 3.30pm
£1.00pp inc a hot drink

Sequence Dancing

Our popular sequence dancing and ballroom class, run by Gloria for many years.

Tuesdays 1pm – 3pm
Wednesdays 10am – 12pm
£3.50pp inc a hot drink