

SUMMERSONIC

A fantastic range of **FREE** sports & activities across Wythenshawe

FREE HOLIDAY ACTIVITIES
FOR PEOPLE AGED 6 – 19



**THE MORE YOU
JOIN IN...THE MORE
REWARDS YOU CAN WIN!**

ACTIVITY	DATES	TIMES	VENUE	AGE	PARTNER
Baseball	Fri 11th Aug	2-3pm	Benchill Community Centre	6-12	WCHG / Manchester Baseball Club
Baseball	Wed 9th Aug	12-1pm	Royal Oak Community Centre	6-12	Royal Oak CC
Baseball	Mon 14th Aug to Fri 18th Aug Mon 21st Aug to Fri 25th Aug	12-1pm	Wythenshawe Cricket & Sports Club	6-12	Wythenshawe Cricket Club / Manchester Baseball Club
Baseball	Mon 31st July	2-3pm	Benchill Community Centre	6-12	Manchester Baseball Club & WCHG
Baseball	Thurs 3rd Aug Thurs 17th Aug	2.30-3.30pm	The Addy Young Peoples Centre	6-12	MYL
Bootcamp	Tue 1st Aug Tues 8th Aug Tues 15th Aug Tues 22nd Aug	12.30-1.30pm	Wythenshawe Park	11-19	Parklives
Boxfit	Tue 8th Aug Tues 22nd Aug	3-4pm	Wythenshawe Forum	11-19	Better
Circuits	Tue 1st Aug Tues 15th Aug	3-4pm	Wythenshawe Forum	11-19	Better
Cheerleading	Fri 4th Aug	2-3pm	Benchill Community Centre	6-12	WCHG
Cricket Table Tennis Football	Mon 14th Aug to Fri 18th Aug Mon 21st to Fri 25th Aug	10-3pm	Wythenshawe Cricket & Sports Club	6-12	Wythenshawe Cricket & Sports Club

Activity	Dates	Times	Venue	Age	Partner
Dance	Fri 4th Aug Fri 11th Aug Fri 18th Aug Fri 25th Aug	7-8pm	WHP Lifestyle Centre	13-19	WCHG
Dance	Mon 7th Aug	2.30-3.30pm	The Addy Young Peoples Centre	6-12	MYL
Dance	Wed 2nd Aug Wed 16th Aug	12-1pm	Royal Oak Community Centre	6-12	Royal Oak CC
Dance	Tue 22nd Aug	2.30-3.30pm	The Addy Young Peoples Centre	6-12	MYL
Dance	Thurs 10th Aug	2-3pm	Benchill Community Centre	6-12	WCHG
Dance	Mon 31st July to Fri 4th Aug	1.30-2.30pm	WHP Lifestyle Centre	6-13	WHP Family Centre
Dodgeball	Wed 9th Aug Wed 23rd Aug	7-8pm	WHP Lifestyle Centre	13-16	WCHG
Dodgeball	Mon 31st July Mon 7th Aug Mon 14th Aug	12-1pm	Royal Oak Community Centre,	6-12	Royal Oak CC
Dodgeball	Tue 1st Aug Tue 15th Aug	2.30-3.30pm	The Addy Young Peoples Centre	6-12	MYL
Dodgeball	Wed 16th Aug	2-3pm	Benchill Community Centre	6-12	WCHG
Dodgeball	Wed 9th Aug Wed 23rd Aug	4-5pm	Wythenshawe Forum	6-19	Better
Dodgeball	Mon 14th Aug	2-3pm	Benchill Community Centre	6-12	WCHG
Football	Fri 4th Aug Fri 11th Aug Fri 18th Aug Fri 25th Aug	7-9pm	Benchill Hub	11-19	CITC
Football	Tue 1st Aug Tue 8th Aug Tue 15th Aug Tue 22nd Aug	4-6pm	Newall Green High School	13-19	CITC
Football	Mon 31st July Mon 7th Aug Mon 14th Aug Mon 21st Aug	5-6pm	WHP Lifestyle Centre	10-13	WCHG
Football	Thurs 10th Aug Thurs 24th Aug	2.30-3.30pm	The Addy Young Peoples Centre	6-12	MYL
Football	Mon 7th Aug	2-3pm	Benchill Community Centre	6-12	WCHG

Activity	Dates	Times	Venue	Age	Partner
Football	Wed 2nd Aug	2-3pm	Benchill Community Centre	6-12	WCHG
Football	Fri 18th Aug	2-3pm	Benchill Community Centre	6-12	WCHG
Football & Dance	Mon 31st July to Fri 4th Aug	10-12pm	The Willows Primary School	6-12	The Willows Primary
Football	Tue 1st Aug Tues 8th Aug Tues 15th Aug Tues 22nd Aug	1.30-2.30pm	Wythenshawe Park	6-19	Parklives
Football	Wed 2nd Aug Wed 16th Aug	4-5pm	Wythenshawe Forum	6-19	Better
Football	Tue 1st Aug Tues 8th Aug Tues 15th Aug	12-1pm	Royal Oak Community Centre	6-12	Royal Oak CC
Gym, Swim, Football	Sat 5th Aug Sat 12th Aug Sat 19th Aug Sat 26th Aug	5-7pm	Wythenshawe Forum	11-19	CITC
Junior Gym	Mon 31st July to Fri 25th Aug	Mon-Fri 10am-3pm Sat 10am-12 & Sun 2-4pm	Wythenshawe Forum	11-15	Better
Kick Boxing	Wed 2nd Aug Wed 16th Aug	7-8pm	WHP Lifestyle Centre	13-16	WCHG
*Martial arts	Tue 8th Aug to Fri 11th Aug Tue 15th Aug to Fri 18th Aug Tue 22nd Aug to Fri 25th Aug	Tue 12-4pm, Wed & Thurs 2-6pm & Fri 1.30-5pm	WBBA Alpha House	6-12	Wythenshawe Black Belt Academy
Multi-sports	Mon 31st July to Fri 18th Aug	10.30-1.30pm	Rackhouse Primary School	6-19	Rackhouse Primary
Multi-sports	Thurs 3rd Aug Thurs 10th Aug Thurs 17th Aug	12-1pm	Royal Oak Community Centre	6-12	Royal Oak CC
Multi-sports	Mon 7th Aug to Fri 11th Aug	1.30-2.30pm	Milky Button Park	6-13	WHP Family Centre
Rugby	Mon 31st July to Fri 4th Aug Mon 7th Aug to Fri 11th Aug	10-12pm	Wythenshawe Park	6-14	Wythenshawe Rugby Club
Rugby	Mon 31st July Mon 7th Aug Mon 14th Aug Mon 21st Aug	1-2pm	Wythenshawe Forum	6-12	Better
Rugby	Thu 3rd Aug Tues 10th Aug Tues 17th Aug Tues 24th Aug	1-2pm	Wythenshawe Forum	6-12	Better
Streetdance	Tue 1st Aug Tues 15th Aug	7-8pm	WHP Lifestyle Centre	13-19	WCHG

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ACTIVITY	DATES	TIMES	VENUE	AGE	PARTNER
**Swimming	Mon 31st July to Fri 25th Aug	From 9am	Wythenshawe Forum	16 and under	Better
Zumba	Tue 22nd Aug	7-8pm	WHP Lifestyle Centre	13-19	WCHG
Zumba	Thurs 3rd Aug Thurs 10th Aug Thurs 17th Aug Thurs 24th Aug	2-3pm	Wythenshawe Park	6-19	Parklives
Zumba	Tue 8th Aug	7-8pm	WHP Lifestyle Centre	13-19	WCHG

* Tue 12-4pm, Wed & Thu 2-6pm & Fri 1.30-5pm

** For more information call 0161 935 4020 or visit www.better.org.uk/leisure-centre/manchester

VENUES

The Addy Young Peoples Centre Woodhouse Lane Wythenshawe M22 9TF
 Benchill Hub, Benchill Community Centre Benchill Road Wythenshawe M22 8EJ
 Newall Green High School Greenbrow Road Wythenshawe M23 2SX
 Milky Button Park Greenbrow Road Baguley Manchester M23 2ET
 Rackhouse Primary School Wythenshawe M23 0BT
 Royal Oak Community Centre Brookcot Rd Wythenshawe M23 1DU
 WHP Lifestyle Centre Portway Wythenshawe M22 1QW
 WBBA Alpha House Rowlandsway Wythenshawe M22 5RG
 The Willows Primary School Wythenshawe M22 1BQ
 Wythenshawe Cricket & Sports Club Longley Lane Wythenshawe M22 4JF
 Wythenshawe Forum Simonsway Wythenshawe M22 5RX
 Wythenshawe Park Wythenshawe Road M23 0AB

Complete a registration form at your first session (parent or guardian's signature required). Alternatively download from www.mcrgames.com and bring with you.



For further info please contact Natalie on 07599 496 840 or email info@mcrgames.com. Please check availability with centres, activities may alter slightly from above and some may charge a small admin fee so please check before arrival.



FORUM



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