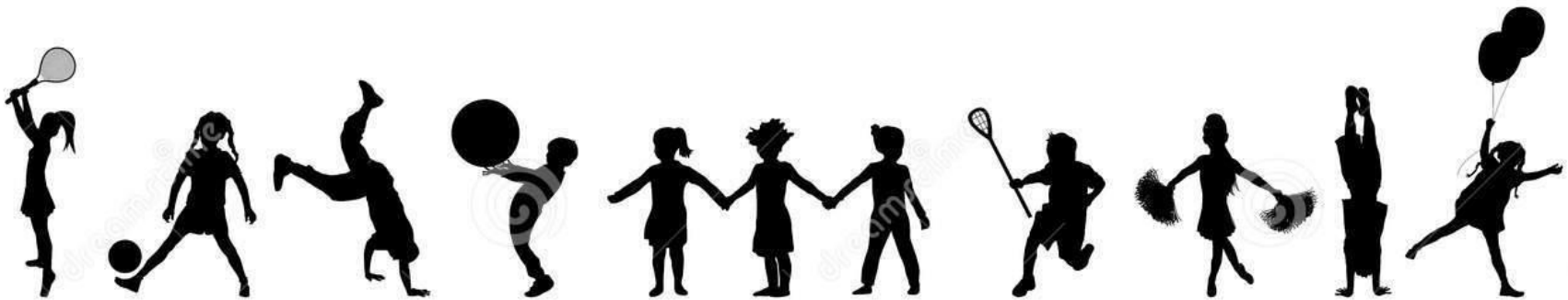


Stoke-on-Trent & Staffordshire: Get Active!



Created by the Newman Catholic Collegiate





City of Stoke Athletics Club



- Under 10's: Tuesday 6 – 7pm @ Northwood Stadium. Ring 01782 234400
- For ages 10 – 12: Tuesdays & Thursdays 7pm start. Coaching focuses on a mixture of Run, Jump & Throw.
- Opportunity to compete in a Midlands Young Athletes League.
- Membership to join the Athletics club costs £76 for the season



The Ballet Workshop



- Children's & Youth Ballet!
- A Company which prides itself as a family orientated School of Dance. Specialist in the teaching of Ballet. Class environments are relaxed & our younger dance programmes are structured to enhance creativity & capture the imagination. Classes work with specialist dance props & an extensive library of dynamic music to teach technique.
- Focus on interaction & enjoyment to send pupils home, happy & confident.
- First lesson free!
- Go to www.theballetworkshop.co.uk for a full timetable
- Call – 07590656027
- E- mail: info.theballetworkshop@gmail.com

Slam Dunk Basketball Sessions!

- Every Sunday 12 – 1pm
- Dimensions Leisure Centre, Scotia Road, Burslem, Stoke-on-Trent, ST6 4ET
- £3.00 per session
- Contact: 07523437845 E-mail: jav@twmad.co.uk
- Develop new skills, Have fun be competitive, Meet people & learn new skills

Kids Fitness! (Functional Training)

- Promoting Fitness in Children 5-16yrs and keeping there body active using every day movements. Helping to maintain a better understanding of the body and movements and helping understand the importance of been healthy.
- The classes are suitable for all fitness levels as every exercise (movement) can be made easier or more challenging
- General sportswear and trainers and a drink is suggested.
- **Biddulph Valley Leisure Centre**, Thames Dr, Biddulph ST8 7HL
- Tuesday 5.00 – 6.00 – 5-11 year olds – £3.10
- **Biddulph Youth & Community Zone**, Church Rd, Biddulph, Stoke-on-Trent ST8 6NE
- Monday 5.15 – 6.00 – 9-16year olds – £2.50 (free during June 2017)
- For more information contact:
- James Bourne (Kids Active Fitness)
E: kidsactivefitness@gmail.com
T: 07903 238817
www.facebook.com/KidsActiveFitness/



ASM Sports

Football Masterclass



- Hosted by Crewe Alexandra FC Academy coach Dan Colclough
- £5.00 per session
- St John's – Kidsgrove
- Monday – 18:00 – 19:00
- Saturday – 10:00 – 11:00
- Hillside Primary School – Baddeley Green
- Wednesday – 18:30 – 19:30
- Talented players will be invited to a trial for Crewe Alexandra FC Academy



SSE Wildcats Girls Football



- SSE Wildcats FA Girls' Football Centres
- Have fun, Make friends, Play Football
- Ash Green Primary School, Trentham, Stoke-on-Trent, ST4 8BX
- Fridays 4:00 – 5:00pm
- Contact Lucy Ridgway – 01782 592218

City of Stoke Gymnastics Club

Classes from:

- pre-school
- ages five to six
- ages seven to nine
- ten years and older
- Classes run on Mondays, Wednesdays, Thursdays, Fridays, Saturdays and Sundays.

Newcastle Street,
Burslem,
Stoke-on-Trent, ST6 3QT

E-mail: gym.centre@stoke.gov.uk

Phone: 01782 234444



Bedlam Brazilian Jiu Jitsu - Kidsgrove

- Wednesday – 18:00 – 19:00
- Age: 5-6+ Price: £5 per class(First session free)
- Saturday – 10:00 – 11:00
- Age: 5-6+ Price: £5 per class(First session free)

Behind Salon Symphony hairdressers, 23
Liverpool Road, Kidsgrove, ST7 1EA

07552977459



Kenzoku Jiu Jitsu @ Kidsgrove



- Every Monday
- Juniors (5-10 years) 5:30 – 6:30pm £4 per session
- Seniors (11+ years) 6:30 – 7:30pm £5 per session
- Tel: 01782 612422
- The Wade Centre, St. Thomas Church, 12 the Avenue, Kidsgrove, ST7 1AG
- First Class T-Shirt

Staffordshire Parkour Group

- Saturday Morning – 10:00 – 12:00
- Age: 9+ Price: £5
- Monday Night – 17:00 – 18:30
- Age: 8+ Price: £4



- Harding Road, Stoke-on-Trent, Staffordshire, ST1 3AE

Tel: 01782 222376/01782 222376

Email: hello@ymcans.org.uk

www.ymcans.org.uk

Junior Rugby @ Longton Rugby Club

- Longton Rugby Club, Trentham Fields, Off Sir Stanley Matthews Way, Stoke-on-Trent, ST4 8WG
- Cater for children from 5 years old
- All coaches RFU qualified & DBS checked
- Annual membership works out at less than £1 per week! (£45 for a whole season)
- They train on Wednesday & Sundays!
- E-mail: junior@longtonrugby.co.uk
- Call: 01782 594016



Potteries Active Kids (Weekly 2k Fun Run!)

- We have an exciting free 2K run available for all children aged 4-14 that takes place every Sunday at the Excel Academy and Goals soccer centre in Milton!
- No registration or payment is necessary, just turn up at 8:30 on Sunday morning with your child and let them enjoy themselves around our beautiful and scenic course, taking in the Holden lane pool and then the woods, before returning to the start/finish area outside Goals entrance!
- Enjoy a coffee from Goals whilst you're waiting, or even better, fill in the volunteer form and help out by being a marshal!





Olympic Taekwondo!



- For all ages, Children & Adults! Keep fit & learn self-defence in this Olympic art.
- Wallace Sports Centre, Abbey Hulton: Monday – 5:30 – 7:00pm, Saturday – 10 – 11:30am
- Smallthorne Community Centre: Tuesday – 6:00 – 7:00pm
- Alsager Leisure Centre: Thursday – 6:30 – 7:30pm
- Call: 01782 281906