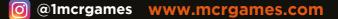
SUMMERSONIC

A fantastic range of FREE sports & activities across North Manchester

FREE HOLIDAY ACTIVITIES FOR PEOPLE AGED 6 - 19

FULL TIMETABLE OF ACTIVITIES INSIDE!





ACTIVITY	DATE	TIME	VENUE	AGE	PARTNER
****Boxing /Circuits	Tues 1st Aug Tues 8th Aug Tues 15th Aug Tues 22nd Aug Tues 29th Aug	3-4pm	North City Family & Fitness Centre	11-15	Better
Dodgeball and Football	Mon 7th Aug to Fri 11th Aug	2-4pm	Crumpsall Park	6-14	Pure Dodgeball
Dodgeball and Football	Mon 28th Aug to Fri 1st Sept	2-4pm	Crumpsall Park	6-14	Pure Dodgeball
Football	Wed 26th July Wed 2nd Aug Wed 9th Aug Wed 16th Aug Wed 23rd Aug Wed 30th Aug	1-2.15pm	FC United	U8- U11's	Moston Juniors
Football	Mon 7th Aug to Fri 11th Aug	2.30- 3.45pm	FC United	U12- U14's	Moston Juniors
****Karate	Thurs 3rd Aug Thurs 10th Aug Thurs 17th Aug Thurs 24th Aug Thurs 31st Aug	4-6pm	North City Family & Fitness Centre	8-14	Shukokai Karate Club
*Multi Sports	Mon 24th July to Fri 28th July	10-12noon	Whitemoss Youth Club	6-11	Pure Dodgeball / Whitemoss Youth Club
*Multi Sports	Mon 31st July Tues 1st Aug Wed 2nd Aug	10-12noon	Whitemoss Youth Club	6-11	Pure Dodgeball / Whitemoss Youth Club
**Multi Sports	Sat 26th Aug	12-3pm	Dam Head Park	6+	Various
Multi Sports	Mon 31st July Wed 2nd Aug Thurs 3rd Aug	10.30- 12noon	Nuthurst Park	6-12	Utopia
Multi Sports	Mon 28th Aug Wed 30th Aug Fri 1st Sept	10.30- 12noon	Nuthurst Park	6-12	Utopia
Multi-Sports	Mon 7th Aug to Fri 11th Aug	3-5pm	Our Lady's Sports Centre	8-16	Various
Multi-Sports	Mon 14th Aug to Fri 18th Aug	3-5pm	Our Lady's Sports Centre	8-16	Various
*** Multi-Sports (Male Only)	Mon 31st July Tue 1st Aug Wed 2nd Aug Thurs 3rd Aug	2.30- 3:30pm	Khizra Mosque	6-15	Communities For All

ACTIVITY	DATE	TIME	VENUE	AGE	PARTNER
*** Multi-Sports (Male Only)	Mon 7th Aug Tue 8th Aug Wed 9th Aug Thurs 10th Aug	2.30- 3:30pm	Khizra Mosque	6-15	Communities For All
*** Multi-Sports (Female Only)	July 31st, Aug 1st, 2nd, 3rd	12.30- 1.30pm	Khizra Mosque	6-15	Communities For All
*** Multi-Sports (Female Only)	Mon 7th Aug Tue 8th Aug Wed 9th Aug Thurs 10th Aug	12.30- 1.30pm	Khizra Mosque	6-15	Communities For All
**Multi-Sports	Tue 1st Aug	12-3pm	Bignor Street Park	6+	Various
**Multi-Sports	Wed 16th Aug	12-3pm	Collyhurst Park	6+	Various
****Inflatable Swimming	Every Mon, Wed, Fri 24th July to 3rd Sept	1.30- 2:30pm	North City Family & Fitness Centre	16 and under	Better
****Swimming	Mon 24th July to Sun 3rd Sept	From 9am	North City Family & Fitness Centre	16 and under	Better

* Book in advance. johnwhitemoss@googlemail.com

** Family participation welcome at this session

*** Book in advance. Mohammeddawdali@gmail.com

**** For further information call 0161 302 0930

or visit www.better.org.uk/leisure-centre/manchester

SUMMERSONIC

VENUES

Whitemoss Youth Club Southdown Crescent Blackley M97DQ
Dam Head Park Whitemoss Road Charlestown Manchester M9 7HD
Nuthurst Park Nuthurst Road New Moston Manchester M40 3PJ
FC United Broadhurst Park Lightbown Road M40 0FJ
Multi-Use Games Area Crumpsall Park Ash Tree Road Crumpsall Manchester M8 5RX
Our Lady's Sports Centre Alworth Road Higher Blackley M9 0RP
Khizra Mosque 425 Cheetham Hill Road M8 OPF
Bignor Street Park Cheetham Hill M8 0SE
Collyhurst Park Harrowby Drive M40 8LP
North City Family & Fitness Centre Upper Conran Street M9 4DA



For further information text or call Scott Flitcroft on 07599 474065 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.

