

# SUMMERSONIC

A fantastic range of FREE sports & activities across North Manchester



**FREE HOLIDAY ACTIVITIES**  
**FOR PEOPLE AGED 6 – 19**

**FULL TIMETABLE OF  
ACTIVITIES INSIDE!**



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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](mailto:johnwhitemoss@googlemail.com)

\*\* Family participation welcome at this session

\*\*\* Book in advance. [Mohammeddawdali@gmail.com](mailto:Mohammeddawdali@gmail.com)

\*\*\*\* For further information call 0161 302 0930

or visit [www.better.org.uk/leisure-centre/manchester](http://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 0PF

**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](mailto: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

MANCHESTER  
CITY COUNCIL



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