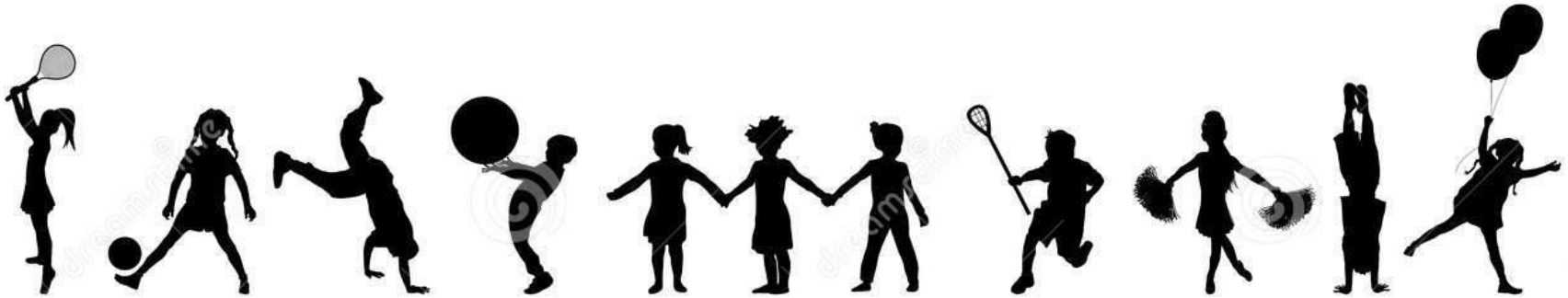
Stoke-on-Trent & Staffordshire: Get Active!



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

Northwood Stadium

Athletics Startrack



Tuesday 6-7pm

- The ideal way for children to explore a variety of athletics disciplines while also improving their fitness.
- Sessions are led by UK Athletics instructors.
- Track skills
- Throwing and jumping skills
- For children aged 6-11yrs

01782 234400
stoke.gov.uk/northwoodstadium
/northwoodstadium
/stokeleisure

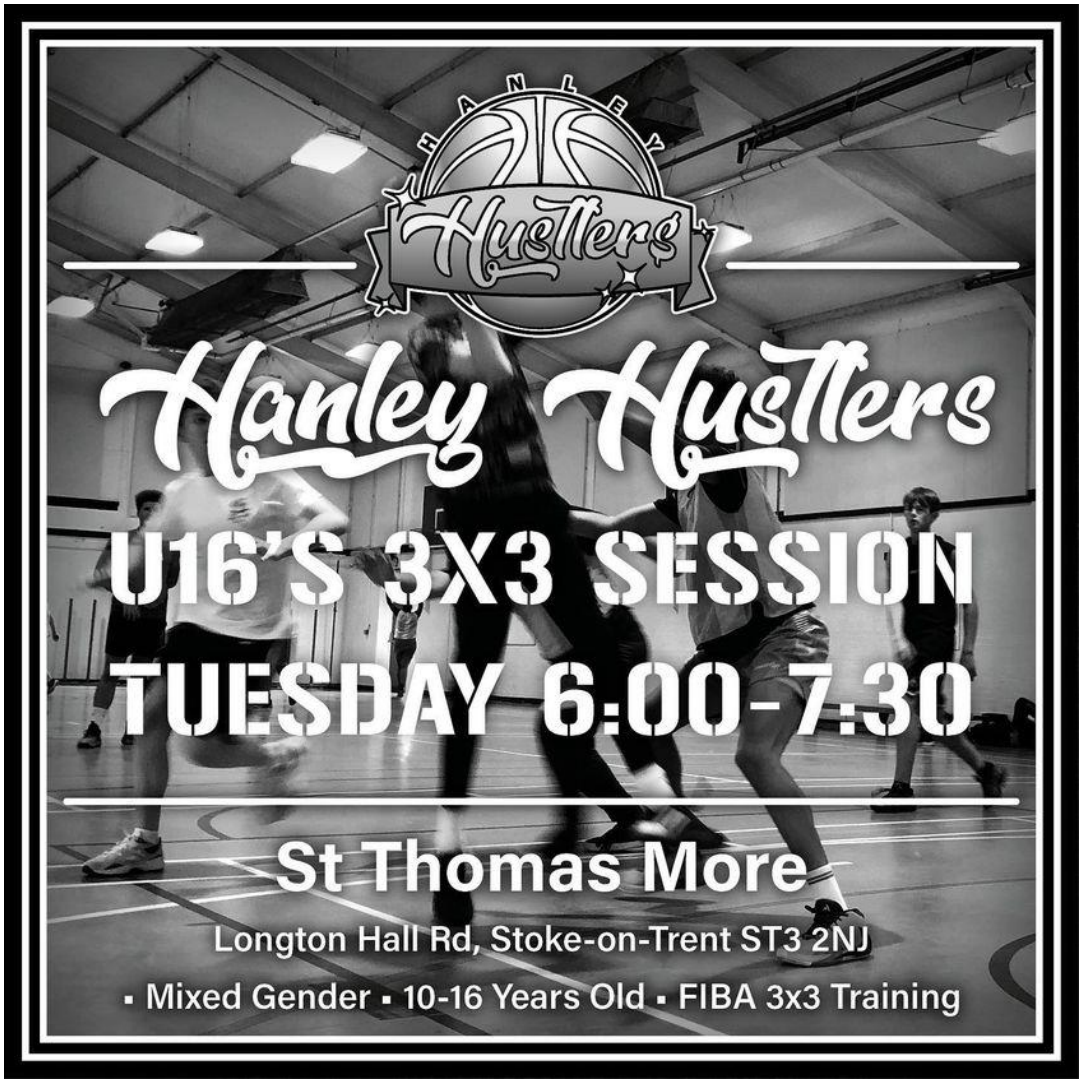
City of Sport

City of Stoke-on-Trent

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

Hanley Hustlers Basketball Club





Alsager Aces Basketball Club



- Sundays 4:00 – 6:00
- Alsager Leisure Centre
- Age range – Y2 –Y11!

- E-mail: alsager.aces@gmail.com
- Phone: 07850372324

Climbing/Bouldering: Awesome Walls Stoke!

Saturday and Sunday –
10.00am to 12.00 noon.
Tuesday, Wednesday & Thursday -
4.30pm to 6.00pm

Sefton Rd, Stoke-on-Trent ST3 5LW

Call - **01782 341 919**
Follow the link below:
http://www.awesomewalls.co.uk/climbingcentres/stoke/kids-club

Happy Feet Dance Academy, Hanley



There is a full timetable to all classes offered on the website!

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!

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



City of Stoke Gymnastics Club @ Dimensions





CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Under 5's 1/2 hour	4 - 4.30pm	4 - 4.30pm		4 - 4.30pm	4 - 4.30pm	9 - 9.30am	9 - 9.30am
5-6 years 1 hour	4.30 - 5.30pm		4 - 5pm	4.30 - 5.30pm	4.30 - 5.30pm	9.30 - 10.30am	9.30 - 10.30am
7-8 years 1 hour	5.30 - 6.30pm		5 - 6pm				
7-9 years 1 hour		4.30 - 5.30pm				10.30 - 11.30am	10.30 - 11.30am
9-10 years 1 hour	6.30 - 7.30pm		6 - 7pm				
11+ years 1 ½ hour	7.30 - 9pm		7 - 8.30pm				
Adult Class 1 ½ hour			8.30 - 10pm				

City of Stoke-on-Trent

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

Kidsgrove Martial Arts

Kidsgrove MARTIAL ARTS

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3:45 Ninjas Intros	4:00 Tots	4:00 Ninjas Intros	4:00 Little Ninjas
4:30 Little Ninjas	4:30 Little Ninjas	4:45 Little Ninjas	4:30 Little Ninjas
5pm Little Ninjas	5pm Little Ninjas	5:15 Little Ninjas	5:30 Kids
5:30 Kids	5:45 Kids	6:00 Kids	6:15 Advanced kids
6:15 Advanced Kids	6:45 Teens & Adults	6:45 Advanced Kids	7:00 Teens & Adults
7:00 Sparring	7:30 Ladies Only	7:30 Teens & Adults	7:45 Kids intros
7:45 Teens & Adults			





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

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

19 52
RENASCOR
LONGTON RUGBY

Burslem Junior Park Run

What is Burslem Park junior parkrun?

It is a 2k event for juniors only (4-14 year olds). If you are not a junior please try one of our weekly Saturday parkrun events instead.

When is it?

It is held every Sunday at 9:00am.

Where is it?

The event takes place at Burslem Park, 182 Moorland Rd, Stoke-On-Trent, ST6 1EA. See Course page for more details.



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

FC Hanley Soccer School

Potteries Park – Abbey Lane
Stoke-on-Trent
ST2 8AJ

Saturday mornings

- - Registration from 9.00 for a 9.30 start
- - Football fun and learning through to 11.00
- - Just £3 per session £2 for siblings
- - Open to boys and girls 4 to 13 years
- - Hot drinks and cheesy oatcakes available
- Looking forward to welcoming you all - wrap up and lets get the children smiling, fit and healthy !!

Milton United Soccer School

- The Hardman Football Development Centre, Milton United FC, Stoke-on-Trent ST2 7EU



If your child is hoping to join a football team of any age/level a good place to start is on the facebook page ‘Staffs Footy Alliance’

