

COMPUTER & LANGUAGE

WOW Zone After School Computing Club 8-12 yrs

Monday 4.00 - 5.30 pm £2
(incl. snacks & drinks)

ESOL - Intermediate

Monday 4.30 - 6.30 pm FREE

ESOL - Beginners

Thursday 4.00 - 6.00 pm FREE

Social Computer Class

Friday 9:30 am - 12.30 pm FREE

HEALTH & WELLBEING

Targeted Youth Support Advice & Guidance Drop In 13-25 yrs

Monday 3.30 - 6.00 pm FREE

Zumba

Tuesday 6.30 - 7.30 pm £3.50

Councillor's Advice Bureau

Wednesday 7.00 - 8.00 pm FREE

Yoga

Thursday 10.00 - 11.00 am £3.00

Slimming World

Thursday 5.00 pm and 7.00 pm
£4.95 per session

Junior Youth Club 10-13 yrs

Friday 5.15 - 7.15 pm FREE

Senior Youth Club 13-19 yrs

Friday 7.45 - 9.45 pm FREE

Sunday Social

Last Sunday of the Month 1.00 - 4.00 pm
£1.00 (incl. Tea/Coffee)

SPORTS GROUPS

Public Bowling

Monday & Tuesday
10.30 am - 12.30 pm £1.50
Wednesday & Thursday
1.30 - 3.30 pm £1.50

Benchill Celtics 5 - 6 Yrs

Thursday 6.00 - 7.00 pm £2.00
Saturday 9.00 - 11.00 am £2.00

Avondale Netball Club

Thursday 7.30 - 8.30 pm £5.00

Badminton/Table Tennis

Available each day £6.00

NETBALL/BASKETBALL Courts

Available each day £6.00

FOOTBALL Pitches

available from £10 per hour

UNIQUE ZONE

Better Things Drop In Session

Tuesday 11.30 am - 1.30 pm £4

Disability Youth Club 13-25 yrs

Tuesday 6.15 - 8.15 pm FREE

Wheelchair Dancing

Saturday 11.00 am - 1.00 pm £5

Manchester Marvels Disability Sports Group

Saturday 1.00 - 2.00 pm £4

PARENTS & CHILDREN

Tots of Fun Adult & Toddler Group

Wednesday 9.30 - 11.30 am £1.00

OVER 50s GET TOGETHER

Arts Class 50+

Monday 1.30 - 4.30 pm £1

Exercises 50+

Tuesday 11.00 am - 12.30pm £1.50

Line Dancing 50+

Thursday 10.00 am - 12.00 pm £2

Senior Citizens Club

Friday 1.00 - 3.30 pm (fortnightly) 50p

MARTIAL ARTS

Black Panther Karate

Monday 7.00 - 8.00 pm
Wednesday & Friday
6.00 - 7.00 pm

First session: £6, next ones: £3

Wrestling

Tuesday 6.00 - 7.30 pm FREE

DANCE CLASSES

Muzik Moves - Music/dance/creative arts projects 16 - 25 years

Monday 6.30 - 8.30 pm FREE

Sequence Dancing

Tuesday 1.00 - 3.00 pm £2.00
Wednesday 10.00 am - 12.00 pm £2.00

Beginner's Dance

Tuesday 1.30 - 4.00 pm 50p

Street Dance 5-8 years

Tuesday 4.00 - 5.00 pm £5.00

Street Dance 9-11 years

Tuesday 6.00 - 7.00 pm

Belly Dancing

Thursday 7.30 - 8.30 pm £5.00

Lil Beatz Hoppers 3-4 years

Saturday 9am £4.50

Tiny Street

Saturday 9.30am £4.50

Boys Only Street Dance 6-11 years

Saturday 10 - 11.00 am £5.00

Shana Keeler's junior commercial 6-9 years

Saturday 11.00 am - 12.00 pm £5.00

Shana Keeler's Inter/senior Commercial 10+yrs

Saturday 12.00 - 1.00 pm £5.00

LilBeatz top rockers 4-6 years

Saturday 1.15pm £5.00