

FUNCTION ROOMS

Celebrate your special occasion in style here at the centre.

Delicious catering available from our in-house team

MEETINGS & CONFERENCES

The perfect venue for your next business meeting or event
Flexible venue spaces, from 2 to 180 guests

PITCH HIRE

Enjoy a game with your team or a group of friends on one of our four floodlit, 3G Astroturf pitches. 5-a-side football & other team sports.
Competitive rates

KID'S PARTIES

Hold your next kid's party here at the centre for a fun-filled day to remember! Catering also available.
Take the stress and mess out of hosting at home

POP IN TO OUR CAFÉ

Hot drinks and snacks
Fresh, hot and cold food prepared on-site every day.
Delicious daily specials and speciality coffees.

Tel: 0161 436 0560

Woodhouse Park Lifestyle Centre
Portway (junction with Selstead Road),
Wythenshawe M22 1QW

www.woodhouseparklifestylecentre.co.uk

Follow us

For all our latest news and events:

 Woodhouse Park Lifestyle Centre

 @WPLifestyleCent

 @wplifestylecent

 **Woodhouse Park Lifestyle Centre**

Part of the

Wythenshawe
Community Housing Group

Your Local Community Centre

What's On Guide

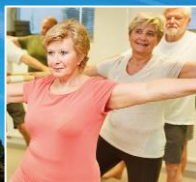
Just pop in!




Pitch hire



Function rooms



Fitness classes



Kid's parties



Toddlers Groups



Over 50s groups

Health & Wellbeing : Learning : Over 50s : Youth Activities : Inclusive : Community

Quick guide to what's on at your centre:



COMPUTERS

WOW Zone After School Computing Club 8-12 yrs
Monday 4.00 - 5.30pm £2
(incl. snacks & drinks)

Social Computer Class
Friday 9:30am – 12.30pm **FREE**



LANGUAGE

ESOL - Intermediate
Monday 4.30 - 6.30pm **FREE**

ESOL - Beginners
Thursday 4.00 - 6.00pm **FREE**



HEALTH, WELLBEING & ADVICE

Zumba
Tuesday 6.30 - 7.30pm £3.50

Councillor's Advice Bureau
Wednesday 7.00 - 8.00pm **FREE**

Yoga
Thursday 10.00 - 11.00am £3.00

Slimming World
Thursday 5.00pm and 7.00pm
£4.95 per session

Sunday Social 50+
Last Sunday of the Month
1.00 - 4.00pm
£1.00 (incl. Tea/Coffee)



PARENTS & CHILDREN

Tots of Fun
Adult & Toddler Group
Wednesday 9.30 - 11.30am £1.00

Sweaty Mama
Parent & child workout class
Friday 10.00 - 11.00am £35.00 for 6 sessions



SPORTS GROUPS

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

Benchill Celtics
Saturday 9.00 - 11.00am £2.00 5-6 years

Badminton/Table Tennis Court
Available each day £6.00 per court

Netball Courts
Available each day £35.00 per hour

Football Pitches
Available from £10 per hour at the weekend and
from £15 per hour weekdays



MARTIAL ARTS

Black Panther Karate
Monday 7.00 - 8.00pm
Wednesday & Friday 6.00 - 7.00pm
First session: £6, next ones: £3

Wrestling
Tuesday 6.00 - 7.30pm **FREE**

Public Bowling

A friendly group who play games on a drop-in basis. Open access, newcomers of all ages are welcome.

Senior Citizens Club

A friendly and welcoming social group for over 60s. Activities include crafts, talks, and organised days out.

Senior Youth Club

For young people in years 9,10 and 11. Ages 12-19. Activities include multi-sports, arts, music, crafts and much more.

Sequence Dancing

Our popular sequence dancing class, run by Gloria for many years. Includes refreshments

Shana Keeler's Commercial Dance

Junior sessions suitable for age 6-8 years, senior sessions suitable for 8+ years.

Shana Keeler's Street Dance

Learn the different styles of street dance with experienced teachers
Classes for age 4-6 and 6+.

Shana Keeler's Boys Street Dance 6+

Learn the different styles of street dance with experienced teachers.

Social Computer Class

Free basic IT skills classes for beginners. Supported learning at your own pace based on your own interests.

Slimming World

A warm, friendly group where you'll get all the support you need to reach your dream weight and stay there for life.

Strictly Inclusive Kids

Dance class for young people between 5-15 who have physical disabilities and/or learning difficulties. No experience necessary

Sunday Social – over 50s

A monthly get together with a beginners social dance session & tea and biscuits. All welcome.

Sweaty Mama

Effective, fun workouts with your child. Suitable for all fitness levels and easily adapted to suit your child's age & development. Contact Toni on 07795 566078.

Tots of Fun

Play group for parents and children from 0-4 years old. With lots of toys and fun activities to take part in together.

Wheelchair Dancing

Members dance with either another wheelchair user or a standing partner. There are no barriers to dancing!

WOW Zone Computer Club

A creative computing club for 8-12 year olds. Caters to all computing abilities. Snack and drink provided.

Wrestling

Children from 6 to 16 years can come and give wrestling a try and develop their talents with a qualified coach.

Yoga

Delivered by Audrey Youngman, this class will help to relax both mind and body. Adults of all ages welcome.










































Zumba

Combines Latin and International music to create a fun and effective workout system. Get fit and have fun! All ages.

WANT MORE INFO?

For full details on what's on at the centre, visit our website, give us a call or just pop in for a chat at reception.

Your weekly *What's On* guide

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.30am – 12.30pm Public Bowls Sports Hall 	10.30am – 12.30pm Public Bowls Sports Hall 	9.30am – 11.30am Tots of Fun 	10am – 11am Yoga 	9.30am – 12.30pm Social Computer Class 	9am – 11am  Benchill Celtics Little Kickers 5-6 yrs	1pm – 4pm  Last Sun of each month Sunday Social
1.30pm – 4.30pm Art Class Over 50's 	11.00am – 12.30pm Exercise for Over 50's 	10am – 12pm Sequence Dancing 	10am – 12pm Over 50's Line Dancing 	10am – 11am Sweaty Mama 	9am Lil Beatz 3-4yrs 	
4pm – 5.30pm WOW Zone After School Computer Club 	11.30- 2.00pm Better Things Sessions 	1.30pm – 3.30pm Public Bowls Sports Hall 	1.30pm – 3.30pm Public Bowls Sports Hall 	1pm – 3.30pm (fortnightly) Senior Citizens Club 	9.30am Lil Beatz 4-6yrs 	
4.30pm – 6.30pm ESOL Intermediate 	1pm – 3pm Sequence Dancing 	6pm – 7pm Black Panther Karate 	4pm – 6pm ESOL Beginners 	5.15pm – 7.15pm Junior Youth Club 	9.30am -10.30am Strictly Inclusive Kids 	
7pm – 8pm Black Panther Karate 	1.30pm – 4pm Beginners Dance 	7.00pm – 8.00pm Councillors Advice Bureau	5pm & 7pm Slimming World 	6pm – 7pm Black Panther Karate 	10.00 – 11am Boys Only Street Dance 6+ 	
	6pm – 7.30pm Wrestling 	5.15pm – 7.45pm Junior Youth Club 10- 15 yrs 	7.30pm – 8.30pm Belly Dancing 	6.15pm – 8.45pm Senior Youth Club 13-19yrs 	11.15am – 12.15pm Shana Keeler's Junior Commercial Dance 	
	5.45pm – 8.15pm Disability Youth Club 				11am – 1pm Wheelchair Dancing 	
	6.30pm – 7.30pm Zumba 				12.15pm – 1.15pm Shana Keeler's Senior Commercial Dance 	
	4.00pm – 5.00pm Street Dance 4-6 yrs 				1pm - 2pm Manchester Marvels Disability Sports 	
	5.00pm – 6.00pm Street Dance 6+ yrs					

Every day: Badminton, table tennis, netball, basketball, 3G Astro pitch hire. **Call 0161 436 0560 to enquire & book.**

Arts Class 50+

Try your hand at drawing and painting in a relaxed setting. Beginners welcome. Materials and tea & coffee provided.

Badminton/ Basketball Table Tennis/Netball

Available everyday, subject to court availability. Please enquire with reception for bookings.

Beginner's Dance 50+

A mixture of sequence, ballroom and line dancing. For those new to dance or those who prefer to dance at a leisurely pace.

Belly Dancing

Open to all women regardless of age or fitness level. Friendly & inclusive atmosphere. No need to book.

Benchill Celtics Juniors

Junior football for boys and girls. Boys age 5-16, girls age 5-11.

Benchill Celtics Little Kickers

Football sessions for younger boys and girls age 5-6.

Better Things Drop In

Different weekly activities including live music, Zumba and workshops for adults with learning disabilities.

Better Things Multisport Drop In

Different weekly sporting activities including netball, basketball, cricket and football for adults with learning difficulties

Black Panther Karate

Run by Sensei Ivan Todd, 3rd Dan. Improve fitness and train in a safe, secure, family orientated environment

Councillor's Advice Bureau

Drop in advice sessions attended by the ward's three Councillors on a weekly rota basis (except August).

Disability Youth Club

For young people aged 11-21 years. Enjoy multi-sports, arts and crafts, music and more.

ESOL

Improve your English in a supportive environment. Make new friends and gain skills to help your children with their homework.

Exercises 50+

This ever-popular class is aerobics at a comfortable but effective pace, suitable for over 50's wanting to get fit.

Junior Youth Club

For children in years 6,7 and 8. Ages 10-12. Activities include pool, table tennis, badminton, football, ps3 and more.

Lil Beatz

Hip hop for tots! Learning street dance from a young age encourages kids to be active. Classes suitable for ages 3-4 and 4-6.

Line Dancing 50+

A great way to exercise and socialise at the same time! Run by Carol Bates from Crazy Horse Crew.

Manchester Marvels Disability Sports Group

Activities that improve fitness, confidence & other life skills of young people aged 8-18 years.

Pitch Hire

4 floodlit 3G, pitches. Perfect for five-a-side football, hockey, netball, lacrosse or other team sports. Hire by the hour or block book.



YOUTH ZONE

Junior Youth Club 10-13 yrs

Wednesday 5.15 - 7.45pm FREE

Senior Youth Club 13-19 yrs

Friday 6.15 - 8.45pm FREE



OVER 50's GET TOGETHER

Arts Class 50+

Monday 1.30 - 4.30pm £1

Exercises 50+ - Zumba

Tuesday 11.00am - 12.30pm £1.50

Line Dancing 50+

Thursday 10.00am - 12.00pm £2

Over 60s Club

Friday 1.00 - 3.30pm (fortnightly) 50p, plus £2 subs towards trips



INCLUSIVE GROUPS

Better Things Drop In Session

Tuesday 11.30am - 1.00pm £4

Better Things Multisports Drop In Session

Tuesday 1.00pm - 2.00pm FREE

Disability Youth Club 13-25 yrs

Tuesday 6.15 - 8.15pm FREE

Wheelchair Dancing

Saturday 11.00am - 1.00pm £5

Strictly Inclusive Kids

Saturday 9.30 - 11.30am £5

Manchester Marvels Disability Sports Group

Saturday 1.00 - 2.00pm £4



DANCE CLASSES

Sequence Dancing

Tuesday 1.00 - 3.00pm £2.00

Wednesday 10.00am - 12.00pm £2.00

Beginner's Dance 50+

Tuesday 1.30 - 4.00pm 50p

Street Dance 4-6 years

Tuesday 4.00 - 5.00pm £5.00

Street Dance 6+ years

Tuesday 5.00 - 6.00pm £5.00

Belly Dancing

Thursday 7.30 - 8.30pm £5.00

Lil Beatz 3-4 years

Saturday 9.00 - 9.30am £4.50

Lil Beatz 4 - 6 years

Saturday 9.30 - 10.15am £4.50

Boys Only Street Dance 6+ years

Saturday 10.15 - 11.15am £5.00

Shana Keeler's junior commercial 6-9 years

Saturday 11.15am - 12.15pm £5.00

Shana Keeler's Inter/senior Commercial 10+yrs

Saturday 12.15 - 1.15pm £5.00