

## POP IN TO STYLES CAFÉ

For a hot drink or a homecooked meal. Fresh, hot and cold food prepared on-site for breakfast and lunch. Delicious daily specials and speciality coffees.

**Open Monday – Thursday  
9am – 2pm**



## VENUE HIRE

The perfect venue for your next meeting, training or event with flexible spaces that can accommodate 2 to 120 guests

***Spaces suitable for physical activity indoors and outdoors***

Delicious catering available from our In-house team

***We take ad hoc, block bookings and office hire***

## KID'S PARTIES

Hold your next kid's party here at the centre for a fun-filled day to remember!

***We can accommodate Bouncy Castle hire in some of our larger rooms and can help with recommended suppliers***

We can offer catering, take the stress and mess out of hosting at home

**Tel: 0161 436 0560**

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

[www.woodhouseparklifestylecentre.co.uk](http://www.woodhouseparklifestylecentre.co.uk)

## Follow us

For all our latest news and events:



Woodhouse Park Lifestyle Centre



@WPLifestyleCent



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**Woodhouse Park  
Lifestyle Centre**

Part of the



**Your Local Community Centre**

# What's On Guide



Pitch hire



Venue hire



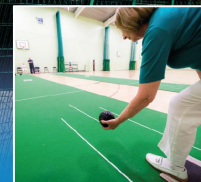
Fitness classes



Kid's parties



Toddlers Groups



Over 50s groups

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

### Ability SEND Group: Open Access Session

For young people with SEND aged 13-25 years. Enjoy multi-sports, arts and crafts, music and more.

Tuesdays 6pm – 8pm

**FREE** -online registration must be completed first, visit the website for more information: [www.wchg.org.uk/our-services/wchg-youth-team/](http://www.wchg.org.uk/our-services/wchg-youth-team/)

### Arts Social Class 50+

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

Mondays 1pm – 3pm **£1.00pp**

### Badminton/ Basketball Table Tennis/Netball

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

**£7.00 per court per hour**

### 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.

Tuesdays 1.30pm - 3.30pm

**£2.00pp inc. hot drink**

### Belly Dancing

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

Thursdays 7.30pm - 8.30pm

**£6.00 per session**

### Better Things Drop In

Different weekly activities including Zumba, Multi-sports, Gardening and workshops for adults with learning disabilities ran by Kate Maggs.

Tuesdays 11.30am – 2.00pm

Prices vary – just pop in and speak with Kate for more information or visit <http://wearebetterthings.wix.com/better-things>

### Black Panther Karate

Ran by Alan, improve fitness and train in a safe, secure, family orientated environment

Tuesdays and Thursdays 6pm – 7pm

**FREE first session, pricing then discussed with Alan**

### CITC Play Together

City Play Together is a CITC initiative to help get families and their children aged 2-5 taking part in physical activity together.

Tuesdays 3.30pm- 4.30pm

**FREE – no need to book**

### Directions for Men

Talking group and activities to help Men through tough times. Safe place, confidential and no need for a referral

Thursdays 6pm - 8pm

**FREE – just turn up**

## Onsite organisations and services:



A single point of entry, a front door, to Manchester's Emotional Wellbeing and Mental Health offer

### Opening times:

8.30am – 5.30pm

**Email address:**

[Mthrive.south@mft.nhs.uk](mailto:Mthrive.south@mft.nhs.uk)

### Pop in details:

Monday – Friday 12pm – 1pm

Tuesdays 2.30pm – 5.30pm

Thursday 2.30pm – 5.30pm

**Hub contact number:**

0161 436 0575

## Own Your Future with Street League!

Calling all 16-18yr olds, boost your future prospects with education, training or employment with Street League **FREE** programme and get support with achieving your next steps with daily sport activities.

**Monday – Thursday  
10am – 2pm**

Visit [www.streetleague.co.uk/join](http://www.streetleague.co.uk/join) or contact:









































[Kirsten.rennie@streetleague.co.uk](mailto:Kirsten.rennie@streetleague.co.uk) or

[James.perry@streetleague.co.uk](mailto:James.perry@streetleague.co.uk)



**STREET  
LEAGUE**

# Your weekly *What's On* guide

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30am – 10am <b>SK Little Boppers Street Dance 2-3yrs</b> 	10.30am – 12.30pm <b>Public Bowls</b> Sports Hall 	9.30am – 11.30am <b>Tots of Fun</b> 	10am – 11am <b>Yoga</b> 	9.30am – 12.30pm <b>Social Computer Class with Alasdair</b> 	9am – 12pm <b>Elite Soccer School Ages 2 – 5yrs</b> 
10.15am – 10.45am <b>SK Little Tiny Boppers Street Dance 1-2yrs</b> 	11.30- 2.00pm <b>Better Things Sessions</b> 	10am – 12pm <b>Sequence Dancing</b> 	10am – 12pm <b>Line Dancing 50+</b> 	1pm – 3.30pm (fortnightly) <b>Senior Citizens Club</b> 	9am – 9.30am <b>SK Little Boppers Street Dance 2-3yrs</b> 
10.30am – 12.30pm <b>Public Bowls</b> Sports Hall 	12.30pm – 1.30pm (fortnightly) <b>Sale Sharks Headstart</b> 	3.30pm – 5pm <b>WOW Zone After School Computer Club</b> 	11am – 12pm <b>Wythenshawe Warriors Walking Football Club</b> 	5pm – 8pm <b>Tumble Bugs Gymnastics</b> 	9.40am – 10.10am <b>SK Little Hoppers Street Dance 3-4yrs</b> 
1pm – 3pm <b>Art Social Class</b> 	1pm – 3pm <b>Sequence Dancing</b> 	5pm – 8pm <b>Tumble Bugs Gymnastics</b> 	1.30pm – 3.30pm <b>Public Bowls</b> Sports Hall 	6pm – 8pm <b>Youth Club 10-18yrs</b> 	10.15 – 11am <b>SK Top Rockers Street Dance 3-4yrs</b> 
4pm – 4.30pm <b>SK Little Boppers Street Dance 3-4yrs</b> 	1.30pm – 3.30pm <b>Beginners Dance</b> 		5pm – 6pm <b>Street League Football Session 14 -18yrs</b> 		11.15am – 12pm <b>SK Top Rockers Street Dance 4-6yrs</b> 
5pm – 8pm <b>Tumble Bugs Gymnastics</b> 	3.30pm – 4.30pm <b>CITC Play Together Ages 2-5yrs</b> 		5.30pm – 7pm <b>Ringway Morris Dancing</b> 		
6.30pm – 7.30pm <b>Family Zumba</b> 	3.30pm – 5pm <b>WOW Zone After School Computer Club</b> 		6pm – 8pm <b>Directions for Men</b> 		
	4pm – 4.45pm <b>SK Top Rockers Street Dance 4-6yrs</b> 		6pm – 7pm <b>Walking Rugby with Wythenshawe Rugby Club</b> 		
	6pm – 7pm <b>Black Panther Karate</b> 		6pm – 7pm <b>Black Panther Karate</b> 		
	6pm – 8pm <b>Ability SEND Group: Open Access Session 13-25yrs</b> 		7.30pm – 8.30pm <b>Belly Dancing</b> 		

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



### Shana Keeler's School of Dance – Street Dance

We have a selection of Street dance classes for boys and girls aged 1yrs – 6yrs across the week. These sessions encourage kids to be active and have fun at the same time!

Various times and days, contact Shana via the website for more information, pricing and to book;

[www.shanakeelersschoolofdance.co.uk/](http://www.shanakeelersschoolofdance.co.uk/)

### Tots of Fun

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

Wednesdays 9.30am – 11.30am  
£1.00pp – just turn up

### Tumble Bugs Gymnastics

Tumble bugs gymnastics club is recreational and advanced gymnastics from 4+ all the way to 18. Places can be booked by contacting Miss Sophie directly on 07930203451 or via social media

Mondays, Wednesdays and Fridays  
5pm – 8pm  
£6.50 per class, £78.00 12 week block

### WOW Zone Computer Club

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

Tuesdays and Wednesdays  
3.30pm – 5pm

### Wythenshawe Rugby Club – Walking Rugby

Walking Rugby session ran by Wythenshawe Community Rugby Club on our outdoor astropitch, suitable for all ages and abilities. Followed by a drink and chat indoors.

Thursdays 6pm – 7pm  
FREE – just turn up

### Wythenshawe Warriors Walking Football Club

Walking football ran by Derek on our outdoor Astropitch, suitable for men and women 40+

Thursdays 11am – 12pm  
£3.00pp – just pop in

### Yoga

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

Thursdays 10am – 11am  
£3.50pp – no need to book

### Youth Club

For young people in years ages 10 – 18yrs. Activities include pool, basketball, multisports, arts & crafts, music, gaming and more.

Fridays 6pm – 8pm  
FREE – online registration must be completed first, visit the website for more information:  
[www.wchg.org.uk/our-services/wchg-youth-team/](http://www.wchg.org.uk/our-services/wchg-youth-team/)

### Elite Soccer School

Football sessions for boys and girls ages 2-5yrs. For more info visit; [www.elitefootballcoaching.co.uk/soccer-school-hubs](http://www.elitefootballcoaching.co.uk/soccer-school-hubs)

Saturdays 9am – 12pm  
FREE Taster Session

### Family Zumba

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

Mondays 6.30pm – 7.30pm £4.00pp

### Line Dancing 50+

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

Thursdays 10am - 12pm £3.50pp

### Pitch Hire

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

Available 6 days a week  
Peak: £25.00ph  
Off Peak: £15.00ph  
Weekend: £10.00ph

### Public Bowling

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

Mondays and Tuesdays  
10.30am – 12.30pm  
Thursdays 1.30pm – 3.30pm  
£2.50pp

### Ringway Morris Dancing

Ringway Morris dancing is run by local residents Anne & Catherine. Sessions available for babies, dinkies, juniors and seniors.

Thursdays 5.30pm – 7.30pm

### Sale Sharks Headstart

Sessions by Sale Sharks, promoting positive mental wellbeing through regular physical activity, suitable for all experience levels

Tuesdays (fortnightly)  
12.30pm - 1.30pm  
FREE – just pop in

### Senior Citizens Club

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

Fridays (fortnightly)  
1pm – 3.30pm  
£1.00pp inc a hot drink

### Sequence Dancing

Our popular sequence dancing and ballroom class, run by Gloria for many years.

Tuesdays 1pm – 3pm  
Wednesdays 10am – 12pm  
£3.50pp inc a hot drink

### Social Computer Class

Free basic IT skills drop in for beginners ran by Alasdair. Supported learning at your own pace based on your own interests.

Fridays 9.30am – 12.30pm  
FREE – just pop in