

These sessions are designed at grass roots level promoting a healthy lifestyle, fitness and weight control also contributing to increased self confidence. There is no contact involved.

Available at **Abraham Moss Community Leisure Centre** • **Forum Leisure Levenshulme Pools** • **Moss Side Community Leisure Centre**  
**Withington Community Leisure Centre**

**1 hour sessions | Only £1 per session**

## Monday

10am – 11am	Abraham Moss	Age 10-14years
11am – 12noon	Abraham Moss	Age 15-19 years
12.30pm-1.30pm	Moss Side	Age 10-14 years
1.30pm – 2.30pm	Moss Side	Age 15-19 years
3pm – 4pm	Levenshulme	Age 10-14 years
4pm – 5pm	Levenshulme	Age 15-19 years



## Tuesday

10am – 11am	Withington	Age 10-14 years
11am – 12noon	Withington	Age 15 – 19 years
1pm – 2pm	Wythenshawe Forum	Age 10 – 14 years
2pm – 3pm	Wythenshawe Forum	Age 15-19 years



## Wednesday

10am – 11am	Abraham Moss	Age 10-14years
11am – 12noon	Abraham Moss	Age 15-19 years
12.30pm-1.30pm	Moss Side	Age 10-14 years
1.30pm – 2.30pm	Moss Side	Age 15-19 years
3pm – 4pm	Levenshulme	Age 10-14 years
4pm – 5pm	Levenshulme	Age 15-19 years

## Thursday

10am – 11am	Withington	Age 10-14 years
11am – 12noon	Withington	Age 15 – 19 years
1pm – 2pm	Wythenshawe Forum	Age 10 – 14 years
2pm – 3pm	Wythenshawe Forum	Age 15-19 years