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Sessions are subject to change, to keep up to date visit;
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Neighbourhood Sports Programme

Positively Changing Lives



positivefutures >>



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Neighbourhood Sports

Positive Activity Weekly Sessions

Free sport/activity sessions

| Day | Time | Sport / Activity | Venue & Facility |
|-------------|-------------------------------------|---------------------|--|
| Mon | 4 – 5pm 5 – 6pm | Boxing | North Solihull Sports Centre, Sports Hall |
| Mon | 6 – 7pm 8-14yr | Street Dance | Park Hall Academy, Dance Studio |
| Tue | 3:15 – 4:15pm 11-18 yr | Aerobics / Body Con | CTC Kingshurst |
| Tue | 7:00 – 8:00pm | Street Dance | CTC Kingshurst, Dance Studio |
| Wed | 4 – 5:30pm 16+yr | Physical Dance | Solihull College Theatre |
| Wed | 6 – 7pm 7 – 8pm | Boxing | Tudor Grange Park |
| Wed | 8:30 – 10pm 13-16 yr | Basketball | Light Hall School Sports Hall |
| Thur | 6 – 7pm 8-14 yr | Street Dance | Lyndon School, Gym |
| Fri | 4 – 5pm (13+yr) 5 – 6pm (8-13yr) | Futsal | North Solihull Sports Centre, Sports Hall |
| Sat | 11:30 – 1:30pm | Street Dance | North Solihull Sports Centre, Dance Studio |

Response sessions (May-June)

| Day | Time | Sport / Activity | Venue & Facility |
|-------------|--------------------|-----------------------|-------------------------|
| Tue | 7 – 9pm | Multi-Sport | Lanchester Park |
| Wed | 5:45 – 7:15pm | Football / Basketball | Bennetts Well |
| Thur | 6:30 – 8:30 | Boxing | Meriden Park |
| Fri | 6 – 8pm | Boxing | Shirley Park |
| Fri | 7 – 8pm 8-19 yr | Football | Olton & West Warwick CC |

Box Clever

Boxing fitness and training programme

Sessions are charged at £5 per person per session

| Day | Time | Sport / Activity | Venue & Facility |
|-------------|---------|------------------|------------------------------|
| Mon | 6 – 7pm | Boxing | North Solihull Sports Centre |
| Thur | 6 – 7pm | Boxing | North Solihull Sports Centre |

Gym & Swim

Gym & Swim available for £10 one off induction fee then £2.25 per visit!
To take advantage of this contact Nicola Arrowsmith

| Day | Time | Age | Venue |
|----------------|--|---|--|
| Mon-Sun | Mon to Fri until 4:45pm Sat & Sun all day | 14-15 yrs – Swim & CV equipment <u>only</u> 16-19 yrs – Gym & Swim | North Solihull Sports Centre & Tudor Grange Leisure Centre |

For more information contact Nicola Arrowsmith Tel: 0121 704 6673, E-mail: narrowsmith@solihull.gov.uk