

Activity	Age	Time	Cost	Venue
<b>Monday –</b>				
Futsal	7 – 12	4.30 – 5.30pm	£1	The Grange School, Latham Avenue, WA7 5DX
Football	13+	6-8pm	£1	Frank Myler Sports Pavilion, Liverpool Road WA8 7EZ
Couch to 5k		6pm	Free	St Peter & Paul, Highfield Road, WA8 7DW
<b>Tuesday –</b>				
Couch to 5k		6pm	Free	Phoenix Park, Castlefields Ave, Runcorn WA7 2NY
<b>Wednesday –</b>				
Active Kidz Club	7 - 12	4.30 – 5.30pm	£2	Kingsway Leisure Centre, Kingsway, WA8 7QH
Fitness Camp (Starts 2 <sup>nd</sup> May)	14 – 16	5pm	£2	West Bank Bears ARLFC, Hutchinson Street, WA8 0PZ
Couch to 5k		6pm	FREE	St Peter & Paul, Highfield Road, WA8 7DW
<b>Thursday –</b>				
Multi Sports	7 – 12	4.30 – 5.30pm	£1	Hallwood Park Primary, Hallwood Park Ave WA7 2FL
Couch to 5k		6pm	Free	Phoenix Park, Castlefields Ave, Runcorn WA7 2NY
<b>Friday –</b>				
Football	13 +	6 – 8pm	£1	Brookvale Rec Centre, Barnfield Ave, WA7 6EP
<b>Saturday –</b>				
Widnes Parkrun		9am	FREE	Bandstand, Victoria Park, WA8 7SU
Phoenix Parkrun		9am	FREE	Phoenix Park, Castlefields Ave, WA7 2NY
<b>Sunday –</b>				
Junior Parkrun	4 - 14	9am	FREE	Bandstand, Victoria Park, WA8 7SU

Please note registration for all parkruns can be found at <http://www.parkrun.org.uk/register/> Children under 11 must be accompanied by an adult for a 5k parkrun.

Any child under 16 years attending couch to 5k must be with an adult, who is responsible for them during the session.

Please visit [www.activehalton.co.uk](http://www.activehalton.co.uk) to find swimming timetables for all 3 leisure centres & info on local sports clubs.

For information on Children's & Young people Sport/Physical Activity in Halton contact: Jenny Illidge

Jenny.illidge@halton.gov.uk or 0151 511 7869