

For more information contact:

Telephone: 0151 511 8282

Text: 07920833405

Email: sports.development@halton.gov.uk

July 2018	Activity	Venue	Time	Age	Cost
Monday 30 th	Couch to 2k	Victoria Park	1 – 2pm	Families	FREE
Tuesday 31 st	Couch to 2k	Runcorn Hill Park	1 – 2pm	Families	FREE
August 2018	Activity	Venue	Time	Age	Cost
Wednesday 1 st	Couch to 2k	Victoria Park	1 – 2pm	Families	FREE
Wednesday 1 st	Active Kidz Club	Kingsway Leisure Centre	3.30–5.30pm	7yrs+	£2
Thursday 2 nd	Couch to 2k	Runcorn Hill Park	1 – 2pm	Families	FREE
Friday 3 rd	American Football	Frank Myler	6 – 7pm	13 – 19yrs	£2
Monday 6 th	Fit4Life Camp	Moon Meadows	10am-12	Families	FREE
Tuesday 7 th	Fit4Life Camp	Moon Meadows	10am-12	Families	FREE
Wednesday 8 th	Fit4Life Camp	Moon Meadows	10am-12	Families	FREE
Wednesday 8 th	Active Kidz Club	Kingsway Leisure Centre	3.30-5.30pm	7yrs+	£2
Thursday 9 th	Family Fun Day	Frank Myler Pavilion	1 - 3pm	Families	FREE
Friday 10 th	American Football	Stadium	6 -7pm	13 – 19yrs	£2
Tuesday 14 th	Pop Up Tennis	Rock Park	1pm – 3pm	7yrs +	FREE
Wednesday 15 th	Table Tennis & Archery	Victoria Park	1pm – 3pm	7yrs+	FREE
Wednesday 15 th	Active Kidz Club	Kingsway Leisure Centre	3.30-5.30pm	7yrs+	£2
Thursday 16 th	Family Fun Day	Frank Myler Pavilion	1 – 3pm	Families	FREE
Friday 17 th	Freestyle Friday	Frank Myler Sports Pavilion	10am - 12	7 – 12yrs	FREE
Friday 17 th	Freestyle Friday	Grangeway Community Centre	1pm – 3m	7 – 12yrs	FREE
Friday 17 th	American Football	Stadium	6 – 7pm	13 – 19yrs	£2
Monday 20 th	Fun Day	Brookvale Recreation Centre	1 – 4pm	Families	£1 a child
Tuesday 21 st	Pop Up Tennis	Rock Park	1pm – 3pm	7yrs +	FREE
Wednesday 22 nd	Table Tennis & Archery	Victoria Park	1pm – 3pm	7yrs +	FREE
Wednesday 22 nd	Active Kidz Club	Kingsway Leisure Centre	3.30-5.30pm	7yrs+	£2
Friday 24 th	Freestyle Friday	Frank Myler Sports Pavilion	10am - 12	7 – 12yrs	FREE
Friday 24 th	Freestyle Friday	Grangeway Community Centre	1pm – 3pm	7 – 12yrs	FREE
Friday 24 th	American Football	Frank Myler	6 – 7pm	13 – 19yrs	£2
Tuesday 28 th	Pop Up Tennis	Rock Park	1pm – 3pm	7yrs +	FREE
Wednesday 29 th	Table Tennis & Archery	Victoria Park	1pm – 3pm	7yrs +	FREE
Friday 31 st	Freestyle Friday	Frank Myler Sports Pavilion	10am - 12	7 – 12yrs	FREE

Friday 31st	Freestyle Friday	Grangeway Community Centre	1pm – 3pm	7 – 12yrs	FREE
Friday 31 st	American Football	Stadium	6 – 7pm	13 – 19yrs	£2

Venue Details:

Frank Myler Sports Pavilion, Liverpool Road, Widnes, WA8 7EZ	Grangeway Community Centre, Grangeway, Runcorn, WA7 5HA
Moon Meadows, Farnworth Street, WA8 9LH	Heath Park, Highland Road, WA7 4PT
Victoria Park, Birchfield Road, Widnes, WA8 7SU	Phoenix Park, Castlefields Avenue, Runcorn, WA7 2NY
Stadium, Lower House Lane, WA8 7DZ	Rock Park, Sewell Street, Runcorn, WA7 5SY

Please note: We reserve the right to cancel sessions or substitute for other activities

All under 8's must be accompanied by an adult at all times

To book onto the Fit4life sessions at Moon Meadows, Farnworth Street please contact Health improvement team on 0300 029 0029

In addition to the Sports Development summer programme, there are a number of sports clubs throughout Halton who will be operating. For a list of sports clubs in Halton, please either contact the Sports Development Team by emailing sports.development@halton.gov.uk or you can go to Active Halton's Website at www.activehalton.co.uk and select the Club Halton link.

Couch to 5k will also be running through the summer holidays for families. Mondays and Wednesday 6 – 8pm at Halton Athletics Academy (Park at St Peter and Paul high school), WA8 7DW. It also runs on Tuesdays and Thursdays at Phoenix Park, Runcorn WA7 2NY, 6 – 7pm.

Leisure Centre's Timetables and summer activities can also be found on the Active Halton Website, or ring:

Kingsway Leisure Centre: 0151 495 2200

Brookvale Recreation Centre: 01928 712051

Runcorn Swimming Pool: 01928 712051 **£1 swims at Leisure centres.**

30th July – 31st August £1 swims at Leisure centres. See below for more details
 Runcorn Swimming pool on all general swims and Brookvale weekdays 1 – 7pm.
 Brookvale recreation are also opening their astro-turf for £1 a child

Parkrun Information:

- ❖ **Parkrun: Victoria Park & Phoenix Park – Saturdays 9am** <http://www.parkrun.org.uk/widnes/>
<http://www.parkrun.org.uk/phoenix/>
- ❖ **Junior Parkrun: Victoria Park – Sundays 9am** <http://www.parkrun.org.uk/widnes-juniors/>

