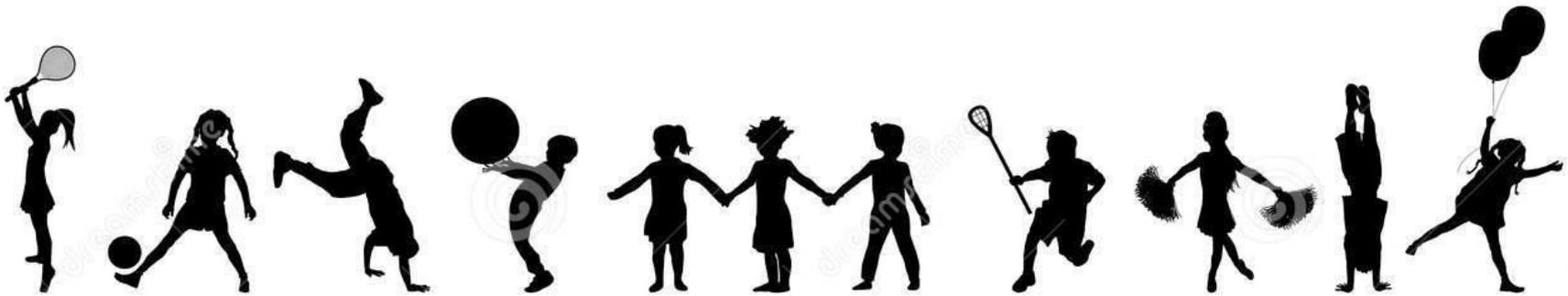


Stoke-on-Trent & Staffordshire: Get Active!



Created by the Newman Catholic Collegiate





City of Stoke Athletics Club



- Under 10's: Tuesday 6 – 7pm @ Northwood Stadium. Ring 01782 234400
- For ages 10 – 12: Tuesdays & Thursdays 7pm start. Coaching focuses on a mixture of Run, Jump & Throw.
- Opportunity to compete in a Midlands Young Athletes League.
- Membership to join the Athletics club costs £76 for the season



Tuesday 6-7pm

- ◆ The ideal way for children to explore a variety of athletics disciplines while also improving their fitness.
- ◆ Sessions are led by UK Athletics instructors.
- ◆ Track skills
- ◆ Throwing and jumping skills
- ◆ For children aged 6-11yrs

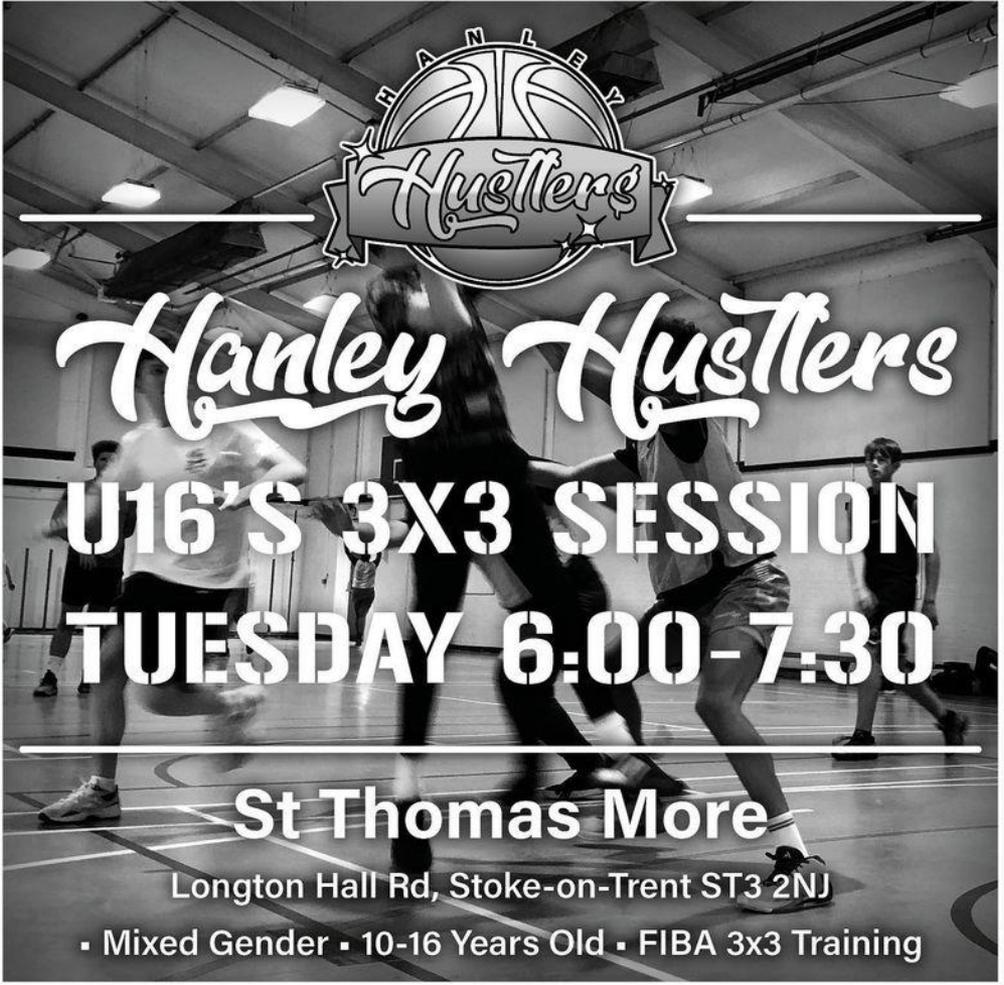


The Ballet Workshop



- Children's & Youth Ballet!
- A Company which prides itself as a family orientated School of Dance. Specialist in the teaching of Ballet. Class environments are relaxed & our younger dance programmes are structured to enhance creativity & capture the imagination. Classes work with specialist dance props & an extensive library of dynamic music to teach technique.
- Focus on interaction & enjoyment to send pupils home, happy & confident.
- First lesson free!
- Go to www.theballetworkshop.co.uk for a full timetable
- Call – 07590656027
- E- mail: info.theballetworkshop@gmail.com

Hanley Hustlers Basketball Club



HANLEY
Hustlers

Hanley Hustlers

U16'S 3X3 SESSION

TUESDAY 6:00-7:30

St Thomas More
Longton Hall Rd, Stoke-on-Trent ST3 2NJ

• Mixed Gender • 10-16 Years Old • FIBA 3x3 Training



Alsager Aces Basketball Club



- Sundays 4:00 – 6:00
- Alsager Leisure Centre
- Age range – Y2 –Y11!

- E-mail: alsager.aces@gmail.com
- Phone: 07850372324

Climbing/Bouldering: Awesome Walls Stoke!

Saturday and Sunday –
10.00am to 12.00 noon.

Tuesday, Wednesday & Thursday -
4.30pm to 6.00pm

Sefton Rd, Stoke-on-Trent ST3 5LW

Call - **01782 341 919**

Follow the link below:

[http://www.awesomewalls.co.uk/climbingcentres/stoke/
kids-club](http://www.awesomewalls.co.uk/climbingcentres/stoke/kids-club)

Happy Feet Dance Academy, Hanley



Book a FREE TRIAL CLASS today
or for more information email us at
info@happyfeetpa.co.uk or call
01782 286442

There is a full timetable to all classes offered on the website!

Kids Fitness! (Functional Training)

- Promoting Fitness in Children 5-16yrs and keeping there body active using every day movements. Helping to maintain a better understanding of the body and movements and helping understand the importance of been healthy.
- The classes are suitable for all fitness levels as every exercise (movement)can be made easier or more challenging
- General sportswear and trainers and a drink is suggested.

- **Biddulph Valley Leisure Centre**, Thames Dr, Biddulph ST8 7HL
- Tuesday 5.00 – 6.00 – 5-11 year olds – £3.10
- **Biddulph Youth & Community Zone**, Church Rd, Biddulph, Stoke-on-Trent ST8 6NE
- Monday 5.15 – 6.00 – 9-16year olds – £2.50 (free during June 2017)

- For more information contact:
- James Bourne (Kids Active Fitness)
E: kidsactivefitness@gmail.com
T: 07903 238817
www.facebook.com/KidsActiveFitness/



COMMENCES
SEPTEMBER 14, 2024

Stoke Excel Powerleague

Sneyd Green, Milton Road, ST1 6LG

Have you ever wondered what it feels like to train like a Premier League star?

Develop your techniques and understanding of the game with a fun environment that promotes teamwork and leadership.



Tuesday
17:00-18:00
Wednesday
17:00-18:00
Saturday
09:30-10:30



Tuesday
17:00-18:00
Wednesday
17:00-18:00
Saturday
09:30-10:30



Tuesday
18:00-19:00
Wednesday
18:00-19:00
Saturday
10:30-11:30



Tuesday
18:00-19:00
Wednesday
18:00-19:00
Saturday
10:30-11:30

We are inclusive!

Whether a novice or experienced player, everyone is challenged and given an enjoyable experience.

READ OUR REVIEWS ★★★★★

Easy to manage payments.

Book your sessions in advance through our online portal!

Call: 01782 366332

Visit: www.asmsports.co.uk

Only
£6.50
per session



ASM Sports Football Masterclass!



SSE Wildcats Girls Football



- SSE Wildcats FA Girls' Football Centres
- Have fun, Make friends, Play Football
- Ash Green Primary School, Trentham, Stoke-on-Trent, ST4 8BX
- Fridays 4:00 – 5:00pm
- Contact Lucy Ridgway – 01782 592218

City of Stoke Gymnastics Club

FREE
TASTER DROP IN SESSION

DINKY DOTS

AGES
12 MONTHS - 4 YEARS

Wednesday 18th September
9.30am-11.15am Circuits and Development

 gymnastics@stoke.gov.uk  01782 236210

City of
Stoke-on-Trent

**NATIONAL
FITNESS
DAY**

YOUR HEALTH
IS FOR LIFE

#FITNESSDAY

City of Stoke Gymnastics Club @ Dimensions





CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Under 5's 1/2 hour	4 - 4.30pm	4 - 4.30pm		4 - 4.30pm	4 - 4.30pm	9 - 9.30am	9 - 9.30am
5-6 years 1 hour	4.30 - 5.30pm		4 - 5pm	4.30 - 5.30pm	4.30 - 5.30pm	9.30 - 10.30am	9.30 - 10.30am
7-8 years 1 hour	5.30 - 6.30pm		5 - 6pm				
7-9 years 1 hour		4.30 - 5.30pm				10.30 - 11.30am	10.30 - 11.30am
9-10 years 1 hour	6.30 - 7.30pm		6 - 7pm				
11+ years 1 1/2 hour	7.30 - 9pm		7 - 8.30pm				
Adult Class 1 1/2 hour			8.30 - 10pm				



Bedlam Brazilian Jiu Jitsu - Kidsgrove

- Wednesday – 18:00 – 19:00
- Age: 5-6+ Price: £5 per class(First session free)
- Saturday – 10:00 – 11:00
- Age: 5-6+ Price: £5 per class(First session free)

Behind Salon Symphony hairdressers, 23
Liverpool Road, Kidsgrove, ST7 1EA

07552977459

Kidsgrove Martial Arts



CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3:45 Ninjas Intros	4:00 Tots	4:00 Ninjas Intros	4:00 Little Ninjas
4:30 Little Ninjas	4:30 Little Ninjas	4:45 Little Ninjas	4:30 Little Ninjas
5pm Little Ninjas	5pm Little Ninjas	5:15 Little Ninjas	5:30 Kids
5:30 Kids	5:45 Kids	6:00 Kids	6:15 Advanced kids
6:15 Advanced Kids	6:45 Teens & Adults	6:45 Advanced Kids	7:00 Teens & Adults
7:00 Sparring	7:30 Ladies Only	7:30 Teens & Adults	7:45 Kids intros
7:45 Teens & Adults			



Kenzoku Jiu Jitsu @ Kidsgrove

- Every Monday
- Juniors (5-10 years) 5:30 – 6:30pm £4 per session
- Seniors (11+ years) 6:30 – 7:30pm £5 per session

- Tel: 01782 612422
- The Wade Centre, St. Thomas Church, 12 the Avenue, Kidsgrove, ST7 1AG
- First Class T-Shirt

Junior Rugby @ Longton Rugby Club

- Longton Rugby Club, Trentham Fields, Off Sir Stanley Matthews Way, Stoke-on-Trent, ST4 8WG
- Cater for children from 5 years old
- All coaches RFU qualified & DBS checked
- Annual membership works out at less than £1 per week! (£45 for a whole season)
- They train on Wednesday & Sundays!
- E-mail: junior@longtonrugby.co.uk
- Call: 01782 594016



Burslem Junior Park Run

What is Burslem Park junior parkrun?

It is a 2k event for juniors only (4-14 year olds). If you are not a junior please try one of our weekly Saturday parkrun events instead.

When is it?

It is held every Sunday at 9:00am.

Where is it?

The event takes place at Burslem Park, 182 Moorland Rd, Stoke-On-Trent, ST6 1EA. See [Course page](#) for more details.



Olympic Taekwondo!



- For all ages, Children & Adults! Keep fit & learn self-defence in this Olympic art.
- Wallace Sports Centre, Abbey Hulton: Monday – 5:30 – 7:00pm, Saturday – 10 – 11:30am
- Smallthorne Community Centre: Tuesday – 6:00 – 7:00pm
- Alsager Leisure Centre: Thursday – 6:30 – 7:30pm
- Call: 01782 281906



FC Hanley Soccer School



Potteries Park – Abbey Lane
Stoke-on-Trent
ST2 8AJ

Saturday mornings

- - Registration from 9.00 for a 9.30 start
- - Football fun and learning through to 11.00
- - Just £3 per session £2 for siblings
- - Open to boys and girls 4 to 13 years
- - Hot drinks and cheesy oatcakes available
- Looking forward to welcoming you all - wrap up and lets get the children smiling, fit and healthy !!

Milton United Soccer School

- The Hardman Football Development Centre,
Milton United FC, Stoke-on-Trent ST2 7EU



Saturday Soccer School
£3 per session

Sessions ran by FA qualified coaches

Fully DBS checked

Café and facilities open

9-10 am - 5 - 8 years old (8:30 am registration)

10:15 am - 11:15 am - 9 - 12 year olds (9:45 registration)

For any enquiries please contact Gaz 07526253232

If your child is hoping to join a football team of any age/level a good place to start is on the facebook page 'Staffs Footy Alliance'

Staffs Footy Alliance
Public group · 11.4K members

+ Invite Share Joined

Discussion Featured People Events Media Files

Write something...

Reel Photo/video

Featured

New posts

North Staffs Silverbacks
Top contributor · 59m

OVER 30's SOCIAL FOOTBALL

About
STAFFS FOOTY ALLIANCE is a football community group for the people of Staffordshire to allow people to share and post football related informati... See more

Public
Anyone can see who's in the group and what they post.

Visible
Anyone can find this group.

Staffordshire