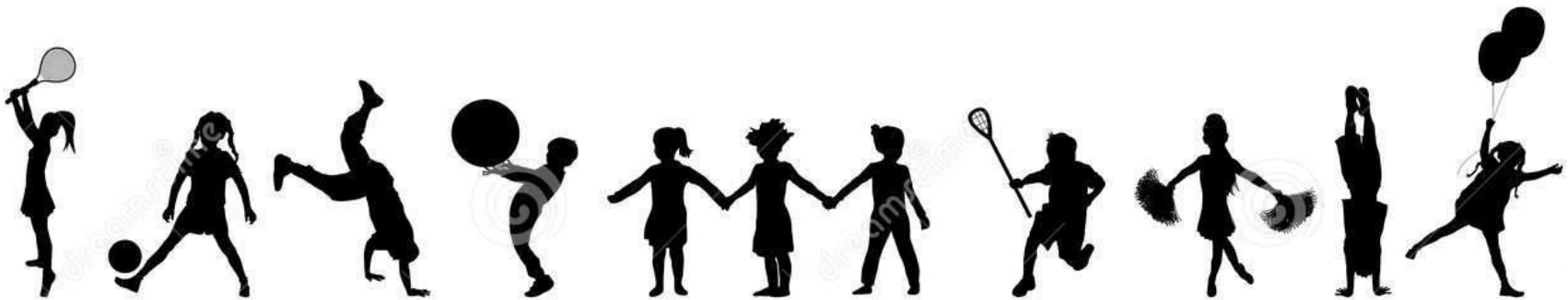


Stoke-on-Trent & Staffordshire: Get Active!



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



Athletics Startrack



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

01782 234400
stoke.gov.uk/northwoodstadium

  /northwoodstadium
 /stokeleisure

 City of Sport



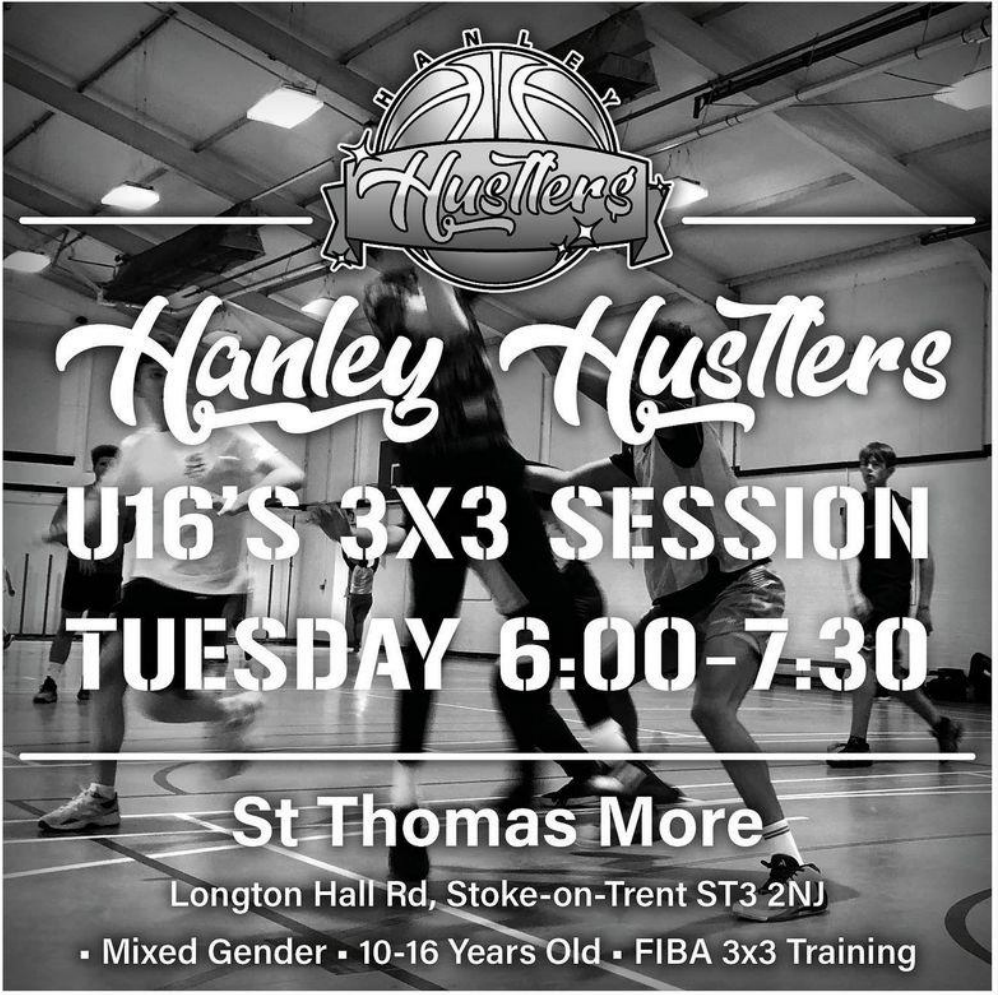


The Ballet Workshop



- 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>

Happy Feet Dance Academy, Hanley



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



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)

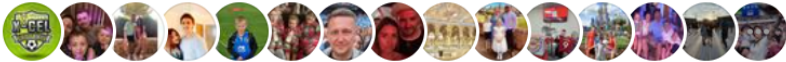
10:15 am - 11:15 am - 9 - 12 year olds (9:45 registration)

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](#)

 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**