

Weekend Teen Gym (For 12–15yr olds)



Fully supervised gym sessions for under 16s. Workouts are set up to provide a circuit based approach to fitness. Exercises use a combination of cardiovascular and weight machines to achieve results.

Saturday 10am–11am

11am–12pm

Sunday 12pm–1pm

1pm–2pm

Sessions are limited to 10 people maximum so book to avoid disappointment

Parental consent forms and health questionnaires must be filled in before participating in their first session



Opening Times

Monday - Friday	4.30pm - 9.3pm
Saturday	9.00am - 3.00pm
Sunday	10.00am - 3.00pm

**Handsworth
Grange Sports
Centre**

Under 16s Activities list



Tel: 0114 2542641

Trampolining



Tuesday

5.30—6.30pm

(School yr 5 and under)

6.30—7.30pm

(School yr 6 and above)

These sessions are a satellite of the Abbey Flyers Trampolining Club, currently one of the largest trampolining clubs in Yorkshire. Committed coaches develop each participants skills to their full potential at a pace that suits them. Courses come in a 10 week block. Booking is essential.

Please call the centre for more details.

Badminton Coaching



Friday

6.00—7.00pm

(School yr 3—6)

7.00—8.00pm

(School yr 7—11)

Fancy improving your skills on the court? Sessions are led by a Badminton England affiliated coach, covering all aspects of the game from serve to smash!

Book now as places are limited

Friday 5's Soccer League



Friday

5.15—7.15pm

Take part in our Friday night 5 a side football league. Get your mates together and come on down to the Astroturf for a mini league every Friday night.

£1 entry per person. Teams must consist of a minimum of 5 players