

ZEST CHEETHAM & CRUMPSALL

Date updated: January 2010

Legend:		RED = Stopped activity.	GREEN =change to an activity (ie date/time/venues etc)	BLUE = New activity						
No	Activity	Who for	Where	How Often	When	Time	Until	Price	How do I join	
52	Self Defence (from 10yrs up to Adult beginners)	all	Trinity Church hall Cheetham hill rd	Weekly	Mon	6.30-8.00pm	ongoing	FREE	just turn up or contact naomi 908 8335 or 655 7881	
12	Women Only Swim Lesson / waiting list in operation	women	Abraham Moss	weekly	Tue	1-1.30	ongoing	free	contact Zest 655 7888	
16	Yoga for all (with Shirley Wilson)	all	Cheetham Sure Start Ctre	Weekly	Tues	10 - 11.30	Ongoing	£1donation	just turn up or contact naomi 908 8335 or 655 7881	
17	Women Only Swim Lesson / waiting list in operation	women	Abraham Moss	weekly	Tues	1.45-2.15	ongoing	free	contact Zest 655 7888	
21	Gentle exercise with asian elder	men only	Al hilal community centre, Cheetham	weekly	Tues	2-3pm	Ongoing	FREE	call Naomi Davies 908 8335 or 6557881	
143	yoga for all	all	St Mathews Church Hall, Cleveland Rd Crumpsall	weekly	Tues	12:00 - 1:00	Ongoing	£1donation	just turn up or contact naomi 908 8335 or 655 7881	
33	Tai Chi (people with learning difficulties)	people with Learning difficulties	Abraham Moss Bungalow	Fortnightly	Wed	1.30-2.30	Ongoing	FREE	open to people attending AMC bungalow	
45	Women's exercise (with Paula Bentley)	women	Cheetham Community School	Weekly term time	Wed	10.30-11.30	ongoing	FREE	contact ZEST655 7888	
48	Asian Womens Exercise Group (Serco Session)	asian women	via Neesa group woodville but session is at Abraham Moss	Weekly	Wed	11.00-12.00	ongoing	£1.00	contact neesa on 795 9400 or 740 2995	
128	Aquanatal	Pregnant Women AMC Pool	Abraham Moss Pool	Weekly	Wed	7-7.45pm	ongoing	FREE	Call Sarah on 07966 8022 66 or Naomi at Zest 655 7881	
173	Massage	all	Trinity Church Hall Cheetham Hill Rd	weekly	Fri	11.00 - 1.00	ongoing	FREE	book 07984 636177 or call in	
103	Community Allotment	all	Cheetham and Crumpsall Allotments, Hazlebottom Rd Crumpsall	monthly meetings-but members can visit at all times	call for timetable	as per timetable	ongoing	FREE	contact naomi or geraldine 908 8335 or 655 7888	
	Weight Management classes/waiting list in operation	varies	community venues	weekly meetings for members	waiting list in peration	timetable sent to members	ONHOLD	FREE	call 0161 655 7888 to book a place	
196	Women swim only	women	Abraham Moss	weekly	Tue	1.45 - 2.00pm	ongoing	FREE	contact Naomi	
Partnerships and shared funding sessions										
	St Johns social café and drop in	all	St John's Church Waterloo Rd	Weekly	Wed	11.00 -1.00	ongoing	free	just call in	
	Welcome centre, social café and dropin	all	Trinity Church hall Cheetham Hill Rd	weekly	Thurs	1.00 - 4.00	ongoing	free	just call in	
	Girls Dance	female 11-16	Abraham Moss leisure centre	weekly term time	Fri	4-5pm	ongoing	free	contact Lisa Turner sports development	

For further info contact Naomi 655 7881 or 908 8335