

NORTH CITY, HARPURHEY & MOSTON

Date updated: January 2010

Legen	RED = Stopped activity.		BLUE = New activity		GREEN =change to an activity (ie date/time/venues etc)					
No	Activity	Who for	Where	How Often	When	Time	Until	Price	How do I join	Max no per class
24	Heart Beat Exercise Group	Adults	Harpurhey Day Centre, Church Lane	Weekly	Mon	12.30-2.30pm	Ongoing	1.00	Just turn up	12
47	Tai Chi	Adults - 16+	New Moston Library, Nuthurst Road	Weekly	Mon	1.00-2.00pm	Ongoing	FREE	Just turn up	15
34	Aquatone	Adults	North City Family & Fitness Centre, Moston Lane	Weekly	Tues	10.00-10.45am	Ongoing	2.50	Just turn up	20
36	Tai Chi	Adults	Simpson Memorial Hall, Moston Lane	Weekly	Tues	10.30-12noon	Ongoing	1.00	Just turn up	18
127	Tai Chi	Adults - 16+	New Moston Library, Nuthurst Road	Weekly	Tues	10.00-11.00am	Ongoing	FREE	Just turn up	15
181	Learning Traditional Country Dance (Gay Gordon/Dashing White Sergeant/Military Two Step) - Not Line Dancing	Adults	Parkfield Dance Centre, Corner of Eastwood Road and Parkfield Road North	Weekly	Tues	6.30-7.30pm	Ongoing	1.50	Just turn up	24
W	Strollers Group (Park Wardens)	Adults	Boggart Hole Clough Visitors Centre, Charlestown Road	Weekly	Tues	1.30pm	Ongoing	FREE	Just turn up	26
37	Aerobics	Adults	Holy Trinity Church Hall, Goodman Street, Harpurhey	Weekly	Weds	1.45-2.45pm	Ongoing	1.00	Just turn up	18
54	Tai Chi	Adults	Simpson Memorial Hall, Moston Lane	Weekly	Weds	6.30pm	Ongoing	1.00	Just turn up	18
13	Yoga (Beginners Welcome)	Adults	Parkfield Dance Centre, Corner of Eastwood Road and Parkfield Road North	Weekly	Thurs	9.15-10.45am	Ongoing	2.00	Just turn up	15
29	Learn to Dance	Adults	Parkfield Dance Centre	Weekly	Thurs	3-4.30pm	Ongoing	2.00	Just turn up	18
35	Aquatone	Adults	North City Family & Fitness Centre, Moston Lane	Weekly	Thurs	1.00-1.45pm	Ongoing	2.50	Just turn up	20
51	Come Dancing - Learn to Dance, and practice as well as Tea Dance. To join ring Jean 740 5591	Adults - 45+	Simpson Memorial Hall, Moston Lane	Weekly	Thurs	1-4pm	Ongoing	1.50	FULL at present. Ring Jean on 740 5591	30
53	Creative Card Making (Beginners Welcome)	Adults	Parkfield Dance Centre	Weekly	Thurs	12.45pm-2.45pm	Ongoing	£2.00 + cost of materials	Just turn up	15
102	Baby Yoga	Children 6mths-4yrs with Adult	Broadhurst Children Centre, Lightbowne Road (in front of Broadhurst Park)	Weekly	Thurs	11.00-12.00noon	Ongoing	2.00	Just turn up	12
49	Tai Chi	Adults	North City Family & Fitness Centre, Moston Lane	Weekly	Fri	7-8.30pm	Ongoing	3.00	Just turn up	25
180	Tai Chi Wet	Adults	Broadway Leisure Centre, Broadway, Moston	Weekly	Fri	9.30-10.30am	Time Limited - end June 09	1.50	Just turn up	25
G	Gym/Fitness Suite sessions	16 - 90yrs - all welcome	MANCAT Fitness Suite, Ashley Lane, Moston Campus(now open)	Weekly (once induction completed - residents can attend any weekday between 7.30am-4.30pm)	Fri	Between 1.15-3.30pm	Ongoing	FREE	Ring Pietro 920 4239	15
18	Yoga (Beginners Welcome)	Adults	North City Family & Fitness Centre, Moston Lane	Weekly	Sat	9.15-10.45am	Ongoing	3.00	Just turn up	25
28	Tai Chi	Adults	New Moston Library, Nuthurst Road	Weekly	Sat	10.30-11.30am	Ongoing	FREE	Just turn up	15
C	Cycling for All (Tots, Tweenies, Teenagers,Mums,Dads,Grans and Grandads - Younger Children should be accompanied by an adult).	All Ages	Boggart Hole Clough (Running Track)	Weekly BRING YOUR BIKE - ring Mark Gumbs on 232 3101 or 07717725449	Sat	11.00-1.00pm	Ongoing	FREE	Just turn up	
197	Pamper Sessions Traditional Country Dancing	All Ages Adults	Parkfield Dance Centre Parkfield Dance Centre	Weekly - Ann Booth Weekly	Thurs Tues	11 - 12pm 6.30-7.30pm	til Dec til Dec	2.00 1.50	Just turn up Just turn up	

For further info contact Shirley 655 7882