



# EVERYBODY CAN

helping you  
to live your  
best life

DAY / TIME	ACTIVITY	VENUE	AGE
<b>MONDAY</b>			
5.00pm - 7.00pm	Cycling	Tameside Cycle Circuit	5+
5.30pm - 7.30pm	Multi-sports, dance, cooking and swimming	Active Medlock	5+
<b>TUESDAY</b>			
6.00pm - 7.30pm	Swimming	Active Hyde	5+
<b>WEDNESDAY</b>			
6.00pm - 8.00pm	Multi-sports, dance and life skills	Thomas Ashton School	5+
<b>THURSDAY</b>			
5.00pm - 7.00pm	Cycling	Tameside Cycle Circuit	5+
5.30pm - 8.30pm	Bowling & sensory play and yoga with <i>Active Angels</i>	Tameside Wellness Centre	5+
<b>FRIDAY</b>			
6.30pm - 8.30pm	Dance	Active Copley	5+
<b>SATURDAY</b>			
1.00pm - 3.00pm	Cycling	Tameside Cycle Circuit	5+
3.30pm - 4.30pm	Everybody Can family swim	Active Medlock	5+

## prices for all sessions

£3 for children

£4 for adults

Free with Everybody Can membership

**ACTIVE**  
TAMESIDE

    
activetameside.com

