

**ALL SESSIONS ARE
FREE**

Easter Holidays 2019

April	Activity	Venue	Time	Age
Mon 1 st	Multi-Sport	Grangeway CC	3.30–4.30pm	7 years+
Mon 1 st	Couch to 2k	The Track, Widnes	6–7pm	Families
Tues 2 nd	Table Tennis & Archery	Frank Myler Pavilion	2–4pm	7 years+
Tues 2 nd	Couch to 2k	Phoenix Park	6–7pm	Families
Wed 3 rd	Couch to 2k	The Track, Widnes	6–7pm	Families
Thurs 4 th	Couch to 2k	Phoenix Park	6-7pm	Families
Fri 5 th	Football	Frank Myler Pavilion	10am-12	7–12years
Fri 5 th	Football	Grangeway CC	1–3pm	7–12years
Mon 8 th	Boxercise	Grangeway CC	3.30–4.15pm	7 years+
Mon 8 th	Couch to 2k	The Track, Widnes	6–7pm	Families
Tues 9 th	Table Tennis & Archery	Frank Myler Pavilion	2–4pm	7 years+
Tues 9 th	Couch to 2k	Phoenix Park	6–7pm	Families
Wed 10 th	Archery	Upton CC	10am-12	7 years+
Wed 10 th	Archery	Castlefields CC	1.30-3.30pm	7 years+
Wed 10 th	Couch to 2k	The Track, Widnes	6–7pm	Families
Thurs 11 th	Couch to 2k	Phoenix Park	6–7pm	Families
Fri 12 th	Football	Grangeway CC	10am–12	7–12years
Fri 12 th	Football	Grangeway CC	1–3pm	7–12years

**Couch to 2k sessions are part of a 5 week programme
Widnes & Runcorn programmes start week commencing
1st April.**

For more information contact Jenny Illidge:
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