

Summer Activities



**From Monday 25th July
- Sunday 21st August**
Unless stated otherwise.

Hopwood Hall Sports Arena

Hopwood Hall College | Rochdale Road | Middleton | M24 6XH

0161 653 2070 www.hopwood.ac.uk



**Hopwood Hall College
& University Centre**

Kids Classes!

Monday Basketball

Sports Hall (Runs all year round)

7 to 12 years old

4-6pm

£2 per hour

Tuesday Cricket / Badminton

Sports Hall

5-11 years old

5pm-7pm

£2 per hour

Thursday 3v3 football

Sports Arena Astro

5-7 years old

5pm-6pm

£3

8-11 year old

5-7pm

£3

Saturday Football

Sports Hall (Runs all year round)

4-7 years old

9.30-10.30

£3

8-11 years old

10.40-11.40

£3

*** Parents can attend a Class or the Gym for £2 while kids are in sessions***

Teen Session

Open session for groups or individuals to play Football, Basketball, Badminton, Cricket, Table Tennis or attend a supervised gym session.

13-16 Years Old

Tuesday and Thursday

10am - 2pm

Family Session`s

Coach led Fun fitness challenges for all the family

Outdoor Bootcamp

Wednesday

(Ages 8+) 6pm - 6.45pm

£5 per family

Badminton / Table Tennis

Friday - 5pm-7pm

Active games and free play

£5 per family

Adult Classes

Metafit, Studio Resistance , Bootcamp, Spin ,Legs Bums and Tums, Circuit training and HIIT training.

External classes:

Samba with Sophia

Monday 7pm-8pm - £5

Yoga

Tuesday 6.45-7.45 - £4



Hopwood Hall Sports Park and Arena



HopwoodHallSportsArena



@hopwoodarena

For all classes please book by phone or email:

0161 653 2070

liam.hughes@hopwood.ac.uk



**Hopwood Hall College
& University Centre**

Activity	Date	Time	Price	Perfect for	Information	Location	How to Book
Fit and Fed Multi Sports Programme	Monday – Friday	9am – 2pm	Check website for details. Free to children who qualify	5–12 years	Free meal, various activities dependent upon weather and Group sizes, rounders Dodgeball, Football basketball, Bouncy castle. Add your child to the additional session badminton session at no extra cost 2-3 subject to availability.	Sports Hall A Playing fields	t. 01706 926243 Or 0161 653 2070
Disability Football	Mondays	5pm–6pm	Free or donation	All disabilities welcome	Great to meet new friends and enjoy keeping fit Just turn up and play	Sports Hall A	Sports Arena: 0161 653 2070 Or Garry: 07918 176 917
Athletico Middleton Football Camps	25th July – 26th August	8:30am-4:00pm	Prices vary	Grassroots 14 and under	Football games, tournaments, development and fun! Please bring a packed lunch takes place upon our new 3g facility.	Large 3G Pitch	Sports Arena: 0161 653 2070 Or Jonny – 07767 733 545 Activities are weather dependant and varied to enhance enjoyment of the session.
Hopwood Trot Running Race	3rd August	5:30pm-9:00pm	£12.50 per entry	14 years plus	Multi-race (gravel & tarmac) in association with Middleton Harriers	Sports Arena/ Park	Sports Arena: 0161 653 2070 www.middletonharriers.jimdo.com oldham@upandrinning.co.uk
One to One Football Coaching	Various days	Book your own time	Dependant on session	Any	Great to improve skills and advanced techniques. Specialist coaching sessions in the safety of Hopwood sports Campus.	Sports Arena/ Playing fields	Sports Arena: 0161 653 2070 various coaches and delivery: Eden "Ball master player development" Sophie "strike Conditioning"
Arena Basketball Sessions	Mondays	4pm–6pm	£4 per child	8–12 years	Fun and activities for two hours with experienced coaches learning the basic of basketball regular sessions from September with after school's club	Sports Arena	Sports Arena: 0161 653 2070 Taster sessions run by experienced instructors, two hours of fun learning basketball with regular after school club starting in September
Sports Works Disability Sessions	Tuesdays 26th July – 30th August	10am–3pm	£5	4–18 years	All disabilities welcome, Join us for a fun pack day various sports and activities. Runs throughout the year.	Sports Hall B	karen@sportsworkssttd.co.uk 07947 570 955
PSG Football Camp	8th August – 12th August	9am–4pm	Prices vary	8–15 years	PSG values the importance of encouraging players to work together and enjoying possession of the ball. Each Player will develop: Ball mastery, dribbling, Passing, shooting and aerial skills. Having chance to put these skills into action during matches every day	Playing Fields	
Animal Academy Summer Holiday Courses	Monday 1st Aug – Friday 5th Aug Monday 8th Aug – Friday 12th Aug	9am–3pm	Various	13–16 years	This incredible 5-day adventure for young people aged 13–16 who aspire to develop a career working with animals. Delivered by our in-house team of zoologists and expert tutors, these immersive programmes are set to give young people 30 hours of highly sought-after practical experience – perfect foundations for a career in working with animals.	Hopwood Hall Animal Care	https://hopwood.collegestore.uk/