

Hopwood Hall Sports Arena

Activities

2021



| Activity | Date | Time | Price | Perfect for... | Information | Location | How to book |
|------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------|---------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fit and Fed Multi Sports Programme | Tuesday - 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 Sports Arena playing fields | t. 01706 926243 https://haf-rochdale.your-hopwood.co.uk/ Or 0161 653 2070 |
| Disability Football | Monday | 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 | 21st July - 3rd September | 8:30am - 4pm | £80 Per Week £25 Per Day | 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 Races | 4th August | 7pm - 9pm | £12.50 per entry | 14 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 specialist football and Fitness 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" Chris "train with honer" |
| Specialist Running Workshop | Saturday 14th August | 10am - 1pm | £40 | 16 plus | Learn how to pace effectively, prepare for a race, receive nutritional advice and guidance as well as video run analysis from a sports analysis consultant. | Sports Arena | Graham Grinrod: 07539 560 786 ggrindrod1@gmail.com |
| Arena Basketball sessions | Taster sessions on 1st and 3rd September then running each week throughout the year | 2-hour sessions | £3 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, wo hours of fun learning basketball with regular after school club starting in September. |
| PT Gym Fitness Sessions | Monday-Thursday every week | 2pm - 3pm | Free | 14 - 19 years | Activities include circuits, outside bootcamps and fitness-based classes with fully trained instructors. | Aerobics studio | Sports Arena: 0161 653 2070 Keep fit with our fantastic instructors varies sessions to keep mind and body active. |
| Kixx Junior Football Sessions | Every Friday starting from 6th August | 4 - 6pm | 18 months - 10 years | Fantastic and controlled programme incorporating sessions for tots and older children | Sessions running throughout the year Booking required subject to availability. | Sports Hall A | oliverspencer@kixx.org.uk : 07956 040 744 kixx.org.uk 0161 653 2070 |

CAMP FULL

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|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| Football Youth Development Programme | Fox Clubs (ages 2 - 5) - Saturdays, 10:15am - 11am Junior Foxes (ages 11 - 14) Mondays 7pm - 8pm (starting August 2nd) Wednesday 5pm - 6pm One to one athlete development (from age 8) | | For prices contact Chris Honour | Sessions available for 2 - 14 year olds | Enhance your confidence and become fitter, faster and stronger | Sports Arena fields | Sports Arena: 0161 653 2070 Chris Honor: 07847 598 572 |
| Parent and Tots Football | Wednesdays throughout August | 9.30 - 10.15 | £3 per session or £10 for 4 sessions | 18 Months - 2 years | Sessions will be focused on development of motor and social skills to build your child's confidence in a positive learning environment | Sports Hall | Sports Arena: 0161 653 2070 liam.hughes@hopwood.ac.uk |
| Sports Works Disability sessions | Every Tuesday from 27th July - 31st August then every Tuesday, every half term. | 10 - 3pm | £5 | 4 - 18 years | All disabilities welcome, Join us for a fun pack day various sports and activities. Runs throughout the year. | | karen@sportsworkssltd.co.uk 07947 570 955 |
| Ed start Holiday Clubs | Mon to Friday | 9am - 3.30 | £20 one day £50 3 days £70 5 days | | Mini Olympics 21st - 23rd July & 9th - 13th August Sporting super stars 26th - 30th July & 16th - 20th August Sports Fusion & Euros 2021 2nd - 6th August & 23rd - 27th August | Sports Hall, Kick pitch and outdoor grass | https://edstart.org.uk/sc/rochdale-sports-club/ |
| Children and Parent Badminton sessions | Tuesday - Friday Starting 27th July for 6 weeks | 2pm - 4pm | £1 | 14 - 19 | Supervised Social Session to play with friends and parents. All equipment provided. | Sports Hall | Sports Arena: 0161 653 2070 liam.hughes@hopwood.ac.uk |
| Basketball sessions | Tuesday 3rd August 17th August | 6 - 7pm | £1.00 | 14 - 19 | Supervised social session. Play matches and practise skills. Equipment provided. | Sports Hall | Sports Arena: 0161 653 2070 liam.hughes@hopwood.ac.uk |
| Netball sessions | Thursday 5th August 19th August | 3pm - 4pm | Free | 14 - 19 | Supervised social session. Play matches and practise skills. Equipment provided. | Sports Hall | Sports Arena: 0161 653 2070 liam.hughes@hopwood.ac.uk |
| Cricket | Thursday 5th August 19th August 6pm - 7pm | | Free | 14 - 19 | Supervised session. Batting and bowling support and coaching in nets. | Sports Hall | Sports Arena: 0161 653 2070 liam.hughes@hopwood.ac.uk |
| Dodgeball | Thursday 5th August 19th August | 6pm - 7pm | Free | 14 - 19 | Coach led session with variations on Dodgeball games. | Kick Pitch | Sports Arena: 0161 653 2070 liam.hughes@hopwood.ac.uk |
| Football | Tuesday 27th July 10th August Thursday 5th August 19th August | Tuesday 6pm - 7pm Thursday 3pm - 4pm | Free | 14 - 19 | Coach led 5/6 a side matches. Turn up and play. | Kick Pitch | Sports Arena: 0161 653 2070 liam.hughes@hopwood.ac.uk |
| Boxing Fitness | Tuesday 3rd August 17th August 3pm - 4pm | | Free | 14 - 19 | Fitness class and pad work with instructor. Great way to learn self-defence and get fit! | Aerobic studio | Sports Arena: 0161 653 2070 liam.hughes@hopwood.ac.uk |
| Advanced PT Gym | Mon - Thurs July 26th - August 19th | 2pm - 3pm | Free | 14 - 19 | PT led session to learn advanced techniques. Including Squats, Deadlifts and Olympic lifts and training techniques. Fun and active. | Parkside Gym | Sports Arena: 0161 653 2070 liam.hughes@hopwood.ac.uk |
| PSG England Soccer Summer Camp | Tuesday 31st August - Friday 3rd September | 9-3pm | £25 per day £80 4 days | 8 - 15 | 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. | Kick Pitch and Grass | www.psgacademyuk.com/psg-soccer-camps |

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0161 653 2070 www.hopwood.ac.uk

