



DEVELOPMENT

with activeMe



Halton  
Housing

# Children's after school Sports Activities Ditton- *Free*

Working in partnership with Halton Housing Ditton area we are able to offer a selection of activities for free.

Starting week 28<sup>th</sup> June for 10-weeks:

**Fun Football Skills sessions:** have fun learning new football skills & drills  
Every Wednesday – 4-5pm age 5-7  
Every Wednesday – 5-6pm age 8-11

**Street Dance Fitness:** have fun, get fit and learn some new dance skills  
Every Tuesday- 4- 4.45pm juniors age 8+  
Every Thursday- 4- 4.45pm infants age 5-7

**Fit for Stage School:** have fun, get fit and get ready to show your skills off on stage  
Every Friday 4- 4.45pm infants age 5-7  
Every Friday 4.45- 5.30pm juniors age 8+

**Beginners Karate Fitness:** learn self-defence/new skills, gain confidence  
Earn your first karate belt with-in 10-weeks.  
This 10-week course includes karate grading, uniform and licence  
Every Wednesday 4- 4.45pm age 5+

To enquire or book your child's place call:

Frank Myler Pavilion on: 0151 511 8585 or Paula Parle on: 0151 511 8550

Email: [Paula.parle@halton.gov.uk](mailto:Paula.parle@halton.gov.uk)