

# REGULAR WEEKLY BOOKING PROGRAMME 2009

PLEASE CALL 0161 220 3800 TO CHECK AVAILABILITY FOR BOTH THE INTERNAL & EXTERNAL ARENA FOR ANY OTHER DAY / TIME

CONTACTS FOR REGULAR PROGRAMME: TREVOR PAINTER 0161 220 3855 / KAREN WILLIAMS 0161 220 3862

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.30 - 11.30					<b>PACE Referral.</b> Internal Arena. Open to referred patients. Contact: Gym 0161 220 3824
17.00 - 18.00	<b>Community Club.</b> Internal & External Arena. Age 9 - 15 yrs. Open to all. Contact: Karen	<b>Community Club.</b> Internal & External Arena. Age 5 - 8 yrs. Open to all. Contact: Karen	<b>Community Club.</b> Internal & External Arena. Age 9 - 11 yrs. Open to all. Contact: Karen	<b>Community Club.</b> Internal & External Arena. Age 12 - 15 yrs. Open to all. Contact: Karen	
18.00 - 19.00	<b>Sprints Academy.</b> Internal & External Arena. Age 12 - 16 yrs. Open to all. Contact: Trevor	<b>Pole Vault Academy.</b> Internal & External Arena. Age 12 - 16 yrs. Open to all. Contact: Trevor	<b>Long / Triple Jump Academy.</b> Internal & External Arena. Age 12 - 16 yrs. Open to all. Contact: Trevor	<b>High Jump Academy.</b> Internal & External Arena. Age 12 - 16 yrs. Open to all. Contact: Trevor	
	<b>Middle Distance Academy.</b> Internal & External Arena. Age 12 - 16 yrs. Open to all. Contact: Trevor	<b>Hurdles Academy.</b> Internal & External Arena. Age 12 - 16 yrs. Open to all. Contact: Trevor	<b>Throws Academy.</b> Internal & External Arena. Age 12 - 16 yrs. Open to all. Contact: Trevor		
18.00 - 19.00	<b>Moston and District Harriers:</b> 6-7pm ages 7yrs upwards. Everyone Welcome. Contact Lorraine Barlow 07931 143590	<b>Disability Athletics Academy.</b> Internal Arena. Age 12 - 18 yrs. <u>Not open to public.</u> Contact: Trevor	<b>Moston and District Harriers:</b> 6-7pm ages 7yrs upwards. Everyone Welcome. Contact Lorraine Barlow 07931 143590	<b>Disability Athletics Academy.</b> Internal Arena. Age 12 - 18 yrs. <u>Not open to public.</u> Contact: Trevor	
18.30 - 20.00					<b>Disability Athletics Session.</b> Internal Arena. Age 8 - 19 yrs. Open to all. Contact: Trevor
19.00 - 22.00	<b>Sale Harriers Athletics Club.</b> Internal & External Arena. Amateur Athletics Club covering all track, field, cross country and Road disciplines. Restricted access to public. For details on sessions/ Club see <a href="http://www.saleharriersmanchester.com">www.saleharriersmanchester.com</a>				
	<b>Manchester Kestrels.</b> No age limit. Free. Must have physical disability. Contact: Tina Curran 0161 902 0282		<b>Manchester Harriers and AC.</b> 7pm-9pm. Contact Kes Salmon 07985934658 or email <a href="mailto:info@manchesterharriers.co.uk">info@manchesterharriers.co.uk</a>	<b>Belle Vue Racers.</b> From 18.45. Everyone welcome. See website for details: <a href="http://www.bellevueacers.co.uk">www.bellevueacers.co.uk</a>	<b>Manchester Harriers and AC.</b> 7pm-9pm. Contact Kes Salmon 07985934658 or <a href="mailto:info@manchesterharriers.co.uk">info@manchesterharriers.co.uk</a>
	<b>Manchester Harriers and AC.</b> 7pm-9pm. Contact Kes Salmon 07985934658 or email <a href="mailto:info@manchesterharriers.co.uk">info@manchesterharriers.co.uk</a>				