



ST. HELENS
COMMUNITY SPORT



Family FUN & Fitness!

Come and get fit with the kids for FREE!



Mondays

3.30-4.30pm

**Shining Lights Centre,
Sutton Manor
WA9 4AT**

Thursdays

5-6pm

**Sutton Leisure Centre
WA9 5AU**

Finding time to exercise when you have children can be hard & finding things to do as a family can be expensive!

We have 2 family sessions where you can get active, have fun & spend time together! Activities include table tennis, badminton, indoor tennis, fitness circuits & many more!

Sessions are suitable for children aged approximately 5 years+ and no booking is needed.

For more information contact Gemma: 01744 675403
or email: gemmaireland@sthelens.gov.uk

www.sthelens.gov.uk/communitysport



St Helens



St. Helens
Council

Sports Development