

ACTIVE
TAMESIDE

Active

*Little
you*

grow
HELPING CHILDREN AND
FAMILIES TO START WELL



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Helping you to *live* your best life

There are so many activities for you and your little one to enjoy with Active Tameside, from Little Ducks swimming sessions at Active Ashton, to Little Tumblers gymnastics sessions at Active Ken Ward.



Activities for *little ones*

Little Ducks

Little Ducks is the next step on from Ducklings and a platform for our Learn to Swim programme. Instructors deliver the lesson from in the water to support children throughout and each class contains only 4 pupils to provide a high quality lesson.



Swim School

Your child's progression through the Learn to Swim scheme will result in the development of a wide range of skills that, when put together, will create a competent, confident and safe swimmer who has the skill base for then developing technique in a wide range of water based sports.



Little Tumblers

ages
3-5

Our Little Tumblers coaches are British Gymnastics Pre-School qualified and will guide your child through their structured gymnastics session. Encouraging new milestones in social, physical and gymnastic development, we actively encourage independence and ask you to leave your child in the care of the coaches, but remain within the centre. By taking part in the Little Tumblers sessions your child will work towards British Gymnastics Badge Scheme rewards so you know they're on the right path.



Messy play at Active Medlock

Does your child love playing? And do they LOVE to make a mess? Come along to Messy Play every Thursday from 1pm-2pm (term time only) and take your child into the Soft Play Zone afterwards. No need to book, just turn up! Suitable for under 4s.

Only £3 per child.

under 4s

**Every
Thursday
1pm-2pm**
(term time only)

Family Activities

Wally Walrus and Ducklings

Wally Walrus & Ducklings are great ways to encourage your baby or toddler to explore and enjoy the fun of learning to swim. With your help, your child will develop a range of skills, helping them to stay buoyant in the water.



Pre ducks

You will accompany your child in a structured swimming lesson, delivered by a qualified swimming teacher. Once your child is confident enough, they can progress to our Little Duck's lessons. From age 2 years.

Tiny Tumblers

ages
2-3

These fun sessions are great for parents and children to learn together! Each Tiny Tumbler session will last for 1 hour and begins with a 30 minute structured session delivered by our British Gymnastics qualified coaches. These sessions cover a circuit of activities that have been adapted to meet that week's theme. Every 6 weeks the session will be a badge week, where your child will earn one of their British Gymnastics Fundamental Badges.

Gym Tots

Taking place at our specially designed Active Ken Ward centre, our Gym Tots sessions are perfect for letting your little one explore a new and exciting environment. As your child discovers the equipment we have at the centre they'll experience an interactive learning session in a fun and stimulating environment. With you by their side, they'll develop social and physical skills, improving movement, strength, balance and co-ordination. These sessions are supervised by one of our pre-school coaches who will be on hand should you need any guidance.

Fun 4 all

A great family session with a range of equipment available to put some extra fun into your swim.



Time for you

**Take advantage of our
Crèche sessions and
enjoy some personal
time for yourself...**

Whether you want to hit the gym at Medlock, Copley or iTrain to work on your fitness whilst the tots are playing, or take some quiet time in our sauna, steam room & hot beds at Copley, taking some time for yourself will leave you feeling refreshed and ready to go.

You can...

ACTIVE
TAMESIDE

Relax
or hit
the
gym



Enjoy a
Workout
or go for a
Swim

Crèche

Time for tots and time for you

At Active Medlock, Active Copley & iTrain our Crèche sessions have been carefully timed to coincide with some of our group exercise classes and general swim times, so you can enjoy a gym workout, class or go for a swim whilst we look after your little one. Our Crèche offers childcare for 3 month old babies up to children aged 8 years. We care for your children to the highest of standards, so that they have fun while you work out.



COPLEY

Mon-Fri: 9.30-10.15 | 10.30-11.15 | 11.30 - 12.15



MEDLOCK

Mon-Fri: 9.30-10.15 | 10.30-11.15 | 11.30 - 12.15



iTRAIN

Mon, Tue & Fri: 09.20-11.20 | 13.30-15.30 | 15.30 - 17.30

Wed & Thurs: 09.20-11.20 | 13.30-15.30

Sat: 10.00-12.00

Parent & Toddler Activities

Welly Walks

Families of all ages can enjoy our Welly Walks. Enjoy the great outdoors with fun walking sessions, followed by iPlay Zone access which is open to children under 12 years of age. Welly Walks are ideal for families. They provide an opportunity for parents or carers and children to be active while experiencing the outdoors, with fun nature themed activities along the way. After each Welly Walk which is free, children can have fun in our iPlay Zone for **just £1!**

9:30am on Tuesdays at Active Medlock (during school term time only).

Rhyme Time

Mornings of musical fun with rhymes and instruments, followed by iPlay Zone access.

Children and their parents or carers can play musical instruments and learn and sing rhymes in a fun and relaxed atmosphere. Following on from the free Rhyme Time session, children can make the most of our iPlay Zone **for £1.**

9:30am on Wednesdays and Thursdays at Active Medlock (during school term time only).



Move and Play

Move and Play gives mums, dads and carers lots of fun ideas and information about: crawling, cruising and pulling to stand, sensory play experiences, information on physical development. It's a perfect opportunity to meet other mums, dads and carers and for babies to socialise with other children.

The aim of each session is to provide activities to support and encourage your baby's physical development. We provide activities to support on fine and gross motor skills, visual tracking, sensory play, balance, and creative play. You will be given useful leaflets and simple practical activities to share with your family and friends. Each session is broken down into short, fun activities to keep your baby engaged and interested.

Please contact Active Oxford Park on 0161 830 0508 for times and dates or email sarah.tindall@activetameside.com.

Little Bouncers

Fun trampoline sessions at Active Longdendale (lasting 1 hour) for children under 5 and their parents or guardians. School holidays only, not Bank Holidays. Each session is limited to 25 places, so there's plenty of space to bounce around and have fun. Please note that parents or guardians will be responsible for their children throughout the sessions.

For an additional £2.50, little ones can also access the Soft Play Zone before or after Little Bouncers.

Little Bouncers Timetable

Term time

Mondays	10am - 11am
Fridays	1.30pm - 2.30pm
Saturdays	9am - 10am
Sundays	10am - 11am

Term time only and not
Bank Holidays

School holidays

Mondays	10am - 11am
Fridays	10am - 11am
Saturdays	9am - 10am

Soft Play Zone

February

Valentines Session: Friday 14th
11.30-13.30 & 16.00-18.00

Session includes make a heart card, create a beautiful rose and decorate a biscuit. Soft play and 3 course valentines lunch included in the session. £5.00 per child.

"We're going on a bear hunt" story

time: Friday 7th, Tuesday 11th and
Thursday 27th February 11.30-13.30

Session includes story time, sensory trays, bear masks, playdough bears and "we're going on a bear hunt" around the play centre. Soft play and lunch included in the session. £5.00 per child.

March

World Book day: Thursday

5th March 11.30-13.30. Session includes Goodnight Harry story by Kim Lewis, Make a dream catcher, Freddie the Fairy story by Julia Donaldson, Wand making, The Ugly Duckling by Hans Christian Andersen and duck masks. Soft play and lunch included. £5.00 per child.

Mothers Day: Wednesday 18th
11.30-13.30 and Friday 20th 11.30-13.30 and 16.00-18.00. Session includes Mother's Day cards, decorate a flower pot, pick & plant a flower bulb and cupcake decorating. Soft play and lunch included. £5.00 per child.

April

Easter crafts: Wednesday 1st April
11.30-13.30 and Thursday 2nd April
11.30-13.30 and 16.00-18.00

Session includes cornflake cake making, chick masks, make an Easter basket and Easter egg hunt Soft Play and lunch included. £6.50 per child.

Superhero Day: Tuesday 28th April
11.30-13.30 and 16.00-18.00

Session includes make your superhero identity card, pick & paint a superhero mask and take part in our superhero obstacle course. Soft play and superhero themed lunch included. £5.00 per child.

May

Dear Zoo: Wednesday 6th May, Tuesday 12th May & Friday 15th May 11.30-13.30

Session includes story time, animal mask, animal finger puppet and playdough animal. Soft play and themed lunch included. £5.00 per child

Toy Story 4: Friday 22nd 11.30-13.30 and 16.00-18.00

Session includes Make a Mr Potato Head, colour in a wanted poster and make your own folky. Soft play and lunch included. £5.00 per child.

June

Father's Day: Friday 19th June

13.30-15.30 and 16.00-18.00 Session includes Father's Day card, colour in a Father's Day tie and decorate a gingerbread man. Soft play and lunch included £5.00. per child.

Three Little Pigs: Friday 12th, Monday 15th and Wednesday 24th 11.30-13.30

Session includes story time, pig masks, sensory trays, make a house made of wood, sticks and bricks. Soft play and lunch included. £5.00 per child.

July

Alice in wonderland session & Tea Party: Friday 10th July 13.30-14.30 & 16.00-18.00

Session includes, Mad Hatter hat making, cake decorating, make a rabbit mask. Afternoon tea and soft play zone included. £5 per child.

Little Red Riding Hood: Friday 17th, Tuesday 21st and Wednesday 22nd Session includes story

time, basket making, cupcake decorating and wolf mask. Lunch and soft play included. £5 per child.



Soft Play

Adventure Longdendale

February

Valentines Session: Tuesday 11th 12.30-14.30 & 16.00-18.00

Session includes make a heart card, create a beautiful rose and decorate a biscuit. Soft play and 3 course valentines lunch included in the session. £5.00 per child.

Goldilocks and the Three Bears story: Tuesday 18th 12.30-14.30

Session includes story time, bear masks, lollipop stick puppets and play dough bears. Soft play and lunch included in the session. £5.00 per child.

March

World Book Day: Thursday 5th March 12.30-14.30

Session includes Nighty night! – dinosaur mask, Fish Who Could Wish story, under the sea water bottles, Hansel & Gretel story and decorate gingerbread. Soft play and lunch included in the session. £5.00 per child.

Mother's Day session: Tuesday 17th March 12.30-14.30 & 16.00-18.00

Session includes Mother's Day cards, decorate a flower pot, pick & plant a flower bulb and cupcake decorating. Soft play and lunch included £5.00 per child.



April

Easter crafts: Tuesday 7th 16.00-18.00 & Thursday 9th 12.30-14.30 Session includes Easter bunny masks, make an Easter basket, cornflake cake and Easter egg hunt. Soft play and lunch included. £6.50 per child.

Superhero day: Tuesday 28th 12.30-14.30 & 16.00-18.00 Session includes make your Captain America shield, pick & paint a superhero mask and take part in our superhero obstacle course. Soft play and superhero themed lunch included. £5.00 per child.



May



Sleeping Beauty session: Tuesday 12th 16.00-18.00 Session includes make a dream catcher, dragon scratch art magnets and fairy wand making. Soft play and lunch included. £5.00 per child.

The Very Hungry Caterpillar: Tuesday 19th 16.00-18.00 & Thursday 21st 12.30-14.30 Session includes story time, make a card, caterpillar mask painting and fruit kebab making. Soft play and lunch included. £5.00 per child.

June

Animal Boogie: Monday 8th June
12.30-14.30

Session includes story time, make a musical instrument, animal mask and make a jungle. Soft play and lunch included £5.00 per child.

Father's Day session: Tuesday 16th 12.30-14.30 & 16.00-18.00 Session includes Father's Day card, colour in a Father's Day tie and decorate a gingerbread man. Soft play and lunch included. £5.00 per child.



July

Giraffes Can't Dance: Tuesday 7th 12.30-14.30 Session includes story time, giraffe door hangers, make a musical shaker, giraffe mask. Lunch and soft play included. £5.00 per child.

Lion King: Thursday 23rd 12.30-14.30 & 16.00-18.00 Session includes lion masks, animal scratch art magnets, make a lion biscuit. Lunch and soft play included. £5.00 per child





Birthday Parties

Make it a day to remember and celebrate in style with exciting birthday parties across our Active Tameside attractions.

Choose from an exciting range of activities including;

Pool Parties

Soft Play Zone

Trampoline Zone

Laser Zone

Climbing, High ropes and Bouldering



Contact us for more information
or to book your next party!

0161 413 8299

events@activetameside.com

www.activetameside.com



Tameside Wellness Centre

Helping you

to *live*
your
best life

Enjoy leisure, health and wellbeing facilities and activities for all ages and abilities at our new flagship centre in the heart of Denton.

Swim, gym, relax, eat, socialise and come together as friends, as family, and as a community, in a brand new state-of-the-art centre built around your wellbeing.

Opening
Spring
2020

Tameside Wellness Centre,
Lance Corporal Andrew Breeze Way,
Denton, M34 3LF

- **Bowling**
- **Crèche**
- **Swimming Lessons**
- **Parties**
- **Soft Play**
- **Early Years Activity Sessions**



Email: hello@activetameside.com

Phone: 0161 260 1190

Gymnastics

ages
2-3

Tiny Tumblers

These fun sessions are great for parents and children to learn together! Each Tiny Tumbler session will last for 1 hour and begins with a 30 minute structured session delivered by our British Gymnastics qualified coaches. These sessions cover a circuit of activities that have been adapted to meet that week's theme. The second half of these session will consist of free play, much like our Gym Tots sessions, where you'll have free reign of our Gymnastics centre, enjoying our great range of equipment together.

ages
3-5

Little Tumblers

Our Little Tumblers coaches are British Gymnastics Pre-School qualified and will guide your child through their structured gymnastics session.

Encouraging new milestones, in social, physical and gymnastic development, we actively encourage independence and ask you to leave your child in the care of the coaches, but remain within the centre.

By taking part in the Little Tumblers sessions your child will work towards British Gymnastics Badge Scheme rewards so you know they're on the right path.

ages
5+

Gymnastics

British Gymnastics qualified coaches lead groups of up to 10 gymnasts through the sessions, learning skills on our great range of equipment. Working through the British Gymnastics Proficiency Badges, gymnasts will be rewarded for their time and effort, regularly gaining their next level. These sessions are great for children new to gymnastics and those who have come through our sessions previously. Our coaches tailor the sessions to make sure each child is always learning.

Timetable



COPLEY

Active Copley

Huddersfield Road, Stalybridge, SK15 3ET

Monday	5:00 – 6:00	Gymnastics 5+ years
Monday	6:00 – 7:00	Gymnastics 5+ years
Thursday	6:00 – 7:00	Gymnastics 5+ years
Thursday	7:00 – 8:00	Gymnastics 5+ years
Saturday	09:00 – 12:00	Gymnastics 5+ years



OXFORD PARK

Active Oxford Park

Pottinger Street, Ashton-U-Lyne, OL7 0PW

Friday	4.00pm - 5.00	Junior Gymnastics 5-7 years
	5.00pm - 6.00	Junior Gymnastics 5-7 years
Saturday	9.00am - 10.00	Junior Gymnastics 5-7 years
	10.00am - 11.00	Junior Gymnastics 5-7 years
	11.00am - 12.00	Junior Gymnastics 5-7 years





KEN WARD

Active Ken Ward

Hattersley Road East, Hatterley, SK14 3NL

Monday	12.30pm - 1.30pm	Gym Tots 0-4 years
	1.45pm - 2.45pm	Little Tumblers 3-5 years
	4.00pm - 5.00pm	Boys Gymnastics
	5.00pm - 6.00pm	Girls Gymnastics
	6.00pm - 7.00pm	Girls Gymnastics
	7.00pm - 9.00pm	Girls Gymnastics
Tuesday	4.00pm - 5.00pm	Boys & Girls Gymnastics
	4.00pm - 5.00pm	Boys Gymnastics
	5.00pm - 6.00pm	Boys & Girls Gymnastics
	4.00pm - 6.00pm	Girls Gymnastics
	5.00pm - 6.00pm	Boys Gymnastics
	6.00pm - 7.00pm	Boys & Girls Gymnastics
Wednesday	9.45am - 10.45am	Gym Tots 0-4 years
	11.00am - 12.00pm	Little Tumblers 3-5 years
	1.00pm - 2.00pm	Little Tumblers 3-5 years
	4.00pm - 5.00pm	Boys & Girls Gymnastics
	5.00pm - 6.00pm	Girls Gymnastics
	6.00pm - 7.00pm	Girls Gymnastics
	7.00pm - 9.00pm	Girls Gymnastics

ACTIVE
TAMESIDE

come
and join
in the

Fun

Thursday	9.45am - 10.45am	Gym Tots 0-4 years
	11.00am - 12.00pm	Little Tumblers 2-3 years
	12.45pm - 1.45pm	Little Tumblers 2-3 years
	1.45pm - 2.45pm	Little Tumblers 3-5 years
	4.00pm - 5.00pm	Girls Gymnastics
	5.00pm - 6.00pm	Boys & Girls Gymnastics
	6.00pm - 7.00pm	Boys & Girls Gymnastics
Friday	9.15am - 10.15am	Gym Tots 0-4 years
	10.15am - 11.15am	Gym Tots 0-4 years
	11.15am - 12.15pm	Little Tumblers 3-5 years
	4.00pm - 5.00pm	Boys & Girls Gymnastics
	4.00pm - 6.00pm	Girls Gymnastics
	5.00pm - 6.00pm	Boys & Girls Gymnastics
	6.00pm - 7.00pm	Girls Gymnastics
	6.00pm - 8.00pm	Boys Gymnastics
	7.00pm - 8.00pm	Girls Gymnastics
Saturday	8.00pm - 9.00pm	Adult Gymnastics
	9.00am - 10.00am	Little Tumblers 3-5 years
	9.00am - 10.00am	Boys & Girls Gymnastics
	10.00am - 11.00am	Little Tumblers 3-5 years
	10.00am - 11.00am	Boys & Girls Gymnastics
	1.00am - 12.00pm	Little Tumblers 3-5 years
	11.00am - 12.00pm	Boys & Girls Gymnastics
	12.00pm - 1.00pm	Boys & Girls Gymnastics
	1.00pm - 2.00pm	Boys & Girls Gymnastics
	7.00pm - 9.00pm	Girls Gymnastics

Swimming

There can be so many benefits to splashing around and gliding through the water. Introducing children early into the pool helps with their key development skills, not just physically but cognitively too. Babies can move more independently and take part in activities that let them explore. Bouncing and splashing help stimulate the vestibular system, aiding balance and helping them become more coordinated out of the water.

Bilateral cross-patterning movements, which use both sides of the body to carry out an action, like reaching for a ball, help your baby's brain grow. Chasing and grasping toys develop fine motor skills. Swimming strengthens children's heart and lungs as well as their arm, leg and neck muscles. Babies are born with natural reflexes linked with swimming strokes, your teachers will encourage and build on these to ensure your child becomes happy and confident in the water.

Timetable



HYDE

Active Hyde

Walker Lane, Hyde, SK14 5PL

Little ducks	Monday	12.15pm - 12.45pm
	Tuesday	3.45pm - 4.45pm
	Wednesday	4.00pm - 4.30pm
		6.00pm - 6.30pm
Wally Walrus	Saturday	11.15am - 4.00pm
Swim, Slide & Waves	Thursday	4.30pm - 8.00pm
	Friday	4.30pm - 9.00pm
	Saturday	11.15am - 4.00pm
	Sunday	9.00am - 4.00pm



ASHTON

Active Ashton

Water Street, Ashton-Under-Lyne, OL6 7AN

Little Ducks	Monday	3.20pm - 3.45pm
	Tuesday	3.20pm - 3.45pm
	Wednesday	10.00am - 11.00am
	Thursday	3.20pm - 3.45pm
	Friday	3.30pm - 6.00pm
Ducklings	Monday	12.45pm - 1.15pm
	Friday	1.15pm - 1.45pm
	Monday	9.15am - 10.00am
Pre Ducks	Friday	12.00pm - 12.45pm
	Monday	10.00am - 10.30am



Help your child
become happy &
Confident
in the water

**COPLEY**

Active Copley

Huddersfield Road, Stalybridge, SK15 3ET

Little Ducks	Monday	3.00pm - 4.00pm
	Tuesday	10.00am - 10.30am
		3.00pm - 4.00pm
	Wednesday	3.00pm - 6.30pm
	Thursday	11.00am - 12.00pm
		3.00pm - 4.00pm
	Friday	3.00pm - 4.00pm
Ducklings	Saturday	10.00am - 1.00pm
	Tuesday	11.30am - 12.15pm
	Thursday	12.05pm - 12.50pm
	Friday	11.30am - 12.15pm
	Saturday	1.15pm - 2.00pm

**MEDLOCK**

Active Medlock

Gardenfold Way, Droylsden, M43 7XU

Little Ducks	Monday	11.15am - 12.15pm
		4.00pm - 6.00pm
	Tuesday	3.45pm - 4.45pm
	Wednesday	3.45pm - 4.45pm
	Thursday	4.30pm - 5.30pm
	Friday	3.15pm - 4.15pm
	Saturday	11.15pm & 12.15pm
Pre Ducks	Monday	11.15am - 11.45pm
Fun For All	Saturday	1.00pm - 2.00pm
	Sunday	2.00pm - 3.00pm

Tameside Wellness Centre

LCpl Andrew Breeze Way, Denton, M34 3LF

Little ducks	Monday	12.00pm - 12.30pm
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		12.30pm - 1.00pm
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		3.00pm - 6.00pm
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	Tuesday	3.00pm - 3.30pm
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	Thursday	3.15am - 3.45pm
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	Friday	3.15pm - 3.45pm
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Ducklings	Monday	9.45am - 10.30am
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	Tuesday	9.45am - 10.30am
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	Thursday	12.00pm - 12.45pm
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	Friday	9.45am - 10.30am
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Fun For All	Saturday & Sunday	1.15pm - 2.15pm
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Help children
with their key
Development
skills



Contact us

Active Ashton

Water Street, Ashton-U-Lyne, OL6 7AN | 0161 330 1179

Tameside Wellness Centre

LCpl Andrew Breeze Way, Denton, M34 3LF | 0161 260 1190

Active Copley

Huddersfield Road, Stakybridge, SK15 3ET | 0161 303 8118

Active Ken Ward

Hattersley Road, East, Hattersley, SK1 3NL | 0161 366 5545

Active Medlock

Gardenfold Way, Droylsden, M43 7XU | 0161 370 3070

Active Oxford Park

Pottinger Street, Ashton-U-Lyne, OL7 0PW | 0161 830 0508

Active Hyde

Walker Lane, Hyde, SK14 5PL | 0161 368 4057

iTrain and Soft Play Zone

Birch Lane, Dukinfield, SK16 5AP | 0161 804 8999

Adventure Longendale

Manley Grove, Mottram in Longendale, SK14 6PJ | 01457 600 700