



EVERYBODY CAN

disability community respite

Everybody Can focuses on removing barriers to give everyone the opportunity to reach their potential. Therefore, we welcome anyone to access our sessions freely and openly knowing appropriate equipment and qualified staff are in place. So come and enjoy, engage and grow in your community, come and live your best life.

Everybody Can Memberships include access to all community sessions, along with off-peak gym and swim.

Visit activetameside.com or email EverybodyCan@activetameside.com for further information.

Turn over to see our session timetable.

ACTIVE
TAMESIDE

Tameside
Metropolitan Borough



activetameside.com



EVERYBODY CAN

helping you
to live your
best life

mainstream and youth community sessions

DAY / TIME	ACTIVITY	VENUE	AGE	PRICE
MONDAY				
5.00pm - 6.00pm	Football - Astro turf	Active Copley	8+	Funded session
TUESDAY				
5.00pm - 6.30pm	Multi-sports	Active Medlock	8+	Funded session
5.00pm - 7.00pm	Youth Bowling	Tameside Wellness Centre	8+	£1
6.00pm - 7.00pm	JUMPS	Active Oxford Park	8+	Invite only
WEDNESDAY				
5.30pm - 7.30pm	Youth Swim, Slide & Waves	Active Hyde	8+	£1
FRIDAY				
6.00pm - 8.00pm	Multi-sports	Active Oxford Park	8+	£1

Parents/Carers only need to attend if a child/adult requires 1:1 support or they're not able to cope at the session independently. One parent/carer can attend for free per ticket.





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disability/inclusive community sessions

DAY / TIME	ACTIVITY	VENUE	AGE
MONDAY			
5.00pm - 7.00pm	Cycling	Tameside Cycle Circuit	5+
5.30pm - 7.30pm	Multi-sports, cooking and swimming	Active Medlock	5+
TUESDAY			
6.00pm - 7.30pm	Swimming	Active Hyde	5+
WEDNESDAY			
6.00pm - 8.00pm	Multi-sports and life skills	Active Oxford Park	5+
THURSDAY			
5.00pm - 7.00pm	Cycling	Tameside Cycle Circuit	5+
5.30pm - 7.30pm	Bowling & sensory play, gaming and yoga	Tameside Wellness Centre	5+
FRIDAY			
6.30pm - 8.30pm	Dance	Active Copley	5+
SATURDAY			
1.00pm - 3.00pm	Cycling	Tameside Cycle Circuit	5+
5.15pm - 6.00pm	Everybody Can family swim	Active Medlock	5+

prices for all sessions

£3 for children

£4 for adults

Free with Everybody Can membership

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TAMESIDE



activetameside.com

