

Connect3 Active working in partnership  
with...



# CONNECT3 *Active*



Do you want to get active  
and move more?

Join our multi-game  
and fitness sessions for  
young people aged 5-16

Only £1 per session



### Multi-games & fitness

Sports and Fitness Centre  
Minsthorpe Community College  
(For 10 – 16 years)  
Mondays 4pm- 5pm  
Minsthorpe Lane South Elmsall, WF9 2UJ

For more info contact Ben at  
Sports and Fitness Centre: 01977 644668



### Multi-games & fitness

Lightwaves Leisure Centre  
Thursdays 4pm – 5pm  
Lower York Street, Wakefield, WF1 3LJ

For more info contact Debbie: 07785224731



### Multi-games & fitness

Glasshoughton Centre  
Mondays 4pm - 5pm  
Leeds road, Castleford,  
WF10 4PF

For more info contact Craig:  
01977 511234

### Squash

Pontefract Squash Club  
Mondays 4.15pm - 5.45 pm  
Stuart Road, Pontefract,  
WF8 4PQ

For more info contact  
Gill at the squash club:  
01977 793333



### Multi-games & fitness

Featherstone Sports Centre  
Thursdays  
4.30pm - 5.30 pm  
Pontefract Road, Featherstone, WF7 5AJ

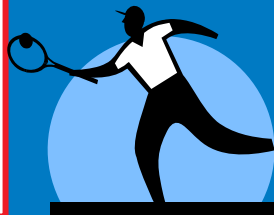
For more info contact  
Jane: 07748932129



### Multi-games & fitness

Knottingley Sports Centre  
Tuesdays 4.45 pm - 5.45 pm  
Hill Top, Knottingley, WF11 8EE

For more info contact  
Kate at the sports centre: 01977 722505



### To find out more:

**Call:** 01977 665800

**Text:** Healthy and your name to 64446

**Visit:** [www.wakefielddistrict.nhs.uk/connect3](http://www.wakefielddistrict.nhs.uk/connect3)



\* Sessions may not run during the holidays so please check with the contact for more info.

### Multi-games & fitness

Kinsley Primary (J+I) School  
Wednesdays 4pm-5pm  
Wakefield Road, Fitzwilliam, Pontefract, WF9 5BP

For more info contact Jane: 07748932129

active 4 life