



Woodland Glade Sports and Leisure Centre

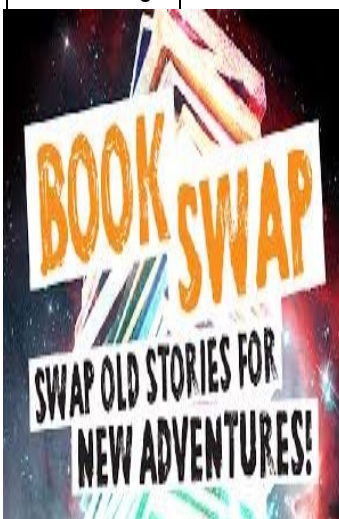
62 The Green, Bradley, Huddersfield, HD21QB.

Tel:01484 420383

Email: woodlandglade@gmail.com www.woodlandglade.co.uk



Master chef	17th September
EGM 7.30pm	22nd September
Family Friday	30th September
Neil Diamond	8th October
Cheese & wine tasting	November 12th



**No fouling
Clean it up**



**We have four Residents battling away in a curry cook off.
A night full of competitive cooking, each competing to tempt your
taste buds and gain your vote to win the Master Chef title,
learn their skills and taste their mouth watering curries.
Each resident will have one vote as we will be awarding the
Woodland glade Master chef 2016 and cash prize
Followed by a night of fun with Guest star Bollywood singer**

Aidan Mufti

Plus Bollywood dance group Sanjay Music mix



Saturday 17th September

Tickets now on sale £10.00 to include curry supper

Limited availability book soon

Proceeds to charity

Month end Family Friday

Games, fun and kids disco

Friday 30th September 6pm All Welcome





**Relax your
Mind & Body**
Tuesdays 8.00 - 9.00pm
Classes to resume late September

Perfects your posture. Prevents cartilage and joint breakdown. Protects your spine. Better your bone health. Increases your blood flow. Drains your lymphs and boosts immunity.

Pilates with Denise 07918645222

Thursday 9:30 am and Sunday 10.15am

- Increase Core Stability
- Improve Muscle Tone
- Reduce Aches and Pains
- Improve Flexibility
- De stress



Children's Football Training

For all Children Every Friday
With Anthony From 4:30 pm
Various levels of classes
All ages available
FOOTBALL Adult 5 A Side
Every Monday 7 pm
More players needed
All residents and their guest welcome



Rediscover the joys of playing *football* again through a new version of the sport that slows the game down to Walking Football
Fridays 1.30pm pre training 2pm start over 50's preferred
Running strictly Prohibited

Badminton Group

Every Tuesday
7 - 8pm
players needed
All Abilities Welcome
Call Anthony for info
On 07896939672

Squash & Table Tennis League

We have a league chart on the Notice board please
sign up
if you would like to play
All abilities welcome

Adult Squash lessons
Tuesdays 7.45pm - 9.00pm
Every fortnight

Bums and Tums

Call **Sarah** for further details on 546422
Tuesday and Thursday
7:00 PM– 7:45 PM



Swimming Lessons

Ruth's classes 07866751405
Tuesday 10.30 - 1.45pm
Wednesday 9.30 - 11.00am
Marisa's swim school
07748155017
Mon 4 - 7.30pm
Wed 4 - 7.30pm
Thursday 4 - 7.30pm
Call for availability

Powerhoop

With Caroline
Mondays 9.30am
Wednesdays
7.00pm & 8.00pm
Booking necessary
Limited availability
£4.00

Shall We Dance



With Sharon
Dancing for all
Ages and ability's
Tuesday 2pm
Salsa/ballroom/cha-cha

Zumba Gold with Ros

Perfect for adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. How It Works. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Ros now has a new class starting in the new studio
Wednesday & Fridays 9.30am
Tuesday 6.00pm



Mondays 6:30 PM Zumba
7:30 PM Aqua Zumba
Saturday 9:00 AM Zumba
10:00 AM AquaZumba

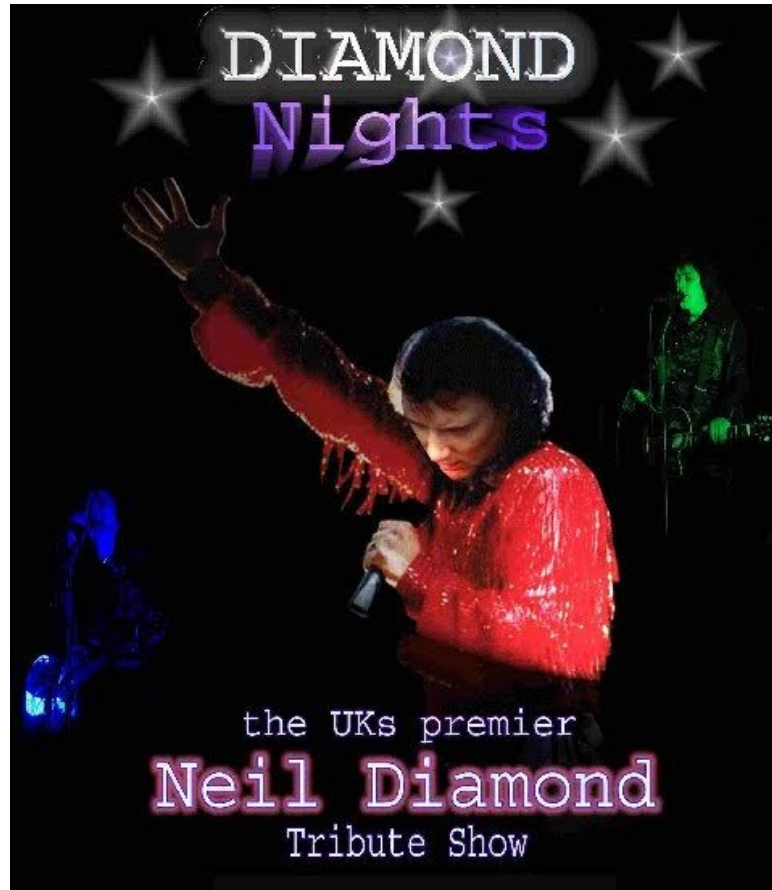
Contact **Rebecca**
Mobile 07840144059
Tel 01484 317951 Or Email
rebeccazumba@hotmail.co.uk

Weekly Guided Walks

Every **Thursday at 1:30 pm** Martin Bradley and Andy Frankish now fully certified walking guides will be heading up a chosen walk for residents and guests. Starting point will be at the Centre. The walk will be about 1 1/2hour to 2 hours duration, then everyone is welcome back at the centre for coffee and biscuits. Come and join us its great exercise, social interaction and enjoy your local surroundings .

Contact Sharon for details

Woodland Glade Presents the Amazing



Saturday 8th October 8.30pm

Tickets now on sale £6.00

A Night Cheese & Wine Tasting with Czerwik of Brighouse

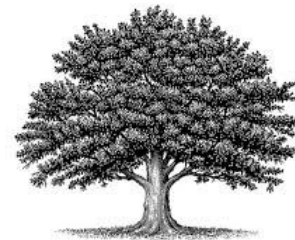
The tasting starts in the Bar lounge area with 3 white wines followed by one beer and then 3 red wines - there is also a surprise taster drink. Each wine and beer is complemented with a matching cheese. John will take you through the tasting providing as much information as possible on each product and a fun quiz included. The theme for the tasting is 'fun' so the whole evening takes on an informal and relaxed atmosphere. John is obviously around to answer any questions you may have on any of the wines or cheeses experienced during the tasting.

Back by popular demand Tickets available 1st October

12th November 8pm start



USEFUL INFORMATION



For all new members, please come and register your access card on arrival.

All cards allow residents a 20% bar discount .

Top up your cards in the bar area.

Cash back facility in the bar area

Opening Hours:

9am - 11.00pm 365 days a year (Christmas day we close at 3.30pm)

Early morning access can be arranged , (unfortunately there is a waiting list for early morning fobs)

please see a member of staff with more information about an induction.

Bar opening time:

Monday to Thursday 6.00 pm - 11.00pm

Friday 5pm - 11.00pm

Saturday - Sunday 12 noon - 11.00pm

Children must leave the bar by 9.30pm unless a special event has been pre arranged.

Members only

Members must sign in their guest and pay the appropriate fee

Adult £3.00, Child £1.00

Members must hold their membership card when using the facilities.

The gym is for members only no guests allowed.

Cards are not transferable

Any concerns you may have around the building please see a member of staff who will be happy to help

Sauna & Steam room are on a push button system please allow 10mins to raise the temperature.

Squash courts and Tennis courts can be pre booked with a ticket from the machine in the reception area.

Tennis court floodlights £2.00 per hour

Activity timetable

Please see our notice boards for further activity/Entertainment details

Room Hire available for all Parties, celebrations and funerals, see staff for details