

# SPORTS CATALOGUE

Activities for all ages and abilities, throughout the week



**BEECHCROFT MULTI SPORTS CLUB**  
Beechcroft Ave., Hall Green B28 9ER

[www.beechcrofttennisclub.co.uk](http://www.beechcrofttennisclub.co.uk)



**SOLIHULL FOOTBALL CENTRE**  
Brick Kiln Lane, Solihull B91 3LD

[www.solihullfootballcentre.co.uk](http://www.solihullfootballcentre.co.uk)



**BIRCHMERE MEWS CARE HOME**  
Residential, Dementia & Respite Care

01564 621228 [averyhealthcare.co.uk](http://averyhealthcare.co.uk) Avery

**Welcoming  
New Admissions**

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SCHOOL HOLIDAY

# Multi-Sport Camps



For kids  
aged  
4 – 12  
years

## SPORTS INCLUDE:

Football, Dodgeball,  
Tennis, Netball,  
Dance, Arts & Crafts  
& many more



## HELD ALL YEAR ROUND AT:

**Dickens Heath  
Community  
Primary School**



Three Acres Lane,  
Dickens Heath,  
Solihull B90 1NA

## ENQUIRIES & BOOKINGS:

Email: [mpsportsbirmingham@gmail.com](mailto:mpsportsbirmingham@gmail.com) Call: 0121 796 1330

[www.beechcrofttennisclub.co.uk](http://www.beechcrofttennisclub.co.uk)

# WALKING FOOTBALL



## Thought your Football Career was over? Think again!

Aimed at anyone from their 40's up to their 70's & over, including those with sports injuries, this tactical take on the game we all love ensures a safe, enjoyable return to football.

- KEEP FIT     MEET NEW PEOPLE     REDUCE CHANCE OF INJURY

### BEECHCROFT MULTI SPORTS CLUB

**£5:00**  
Pay&Play

Mon	20:40-22:00	Women Only
Tue	11:00-12:15	Moveability
	12:30-13:45	Over 60 Social
Wed	10:45-11:30	Moveability
	13:00-14:15	Women Only
Thu	18:15-19:15	3 Touch 40+
	19:15-20:30	Over 40
Fri	13:30-15:00	Over 60 Social
	19:45-21:00	Women Only
Sat	12:30-14:00	Over 40

### SOLIHULL FOOTBALL CENTRE

**£5:00**  
Pay&Play

Mon	09:30-10:30	Rehab
	10:30-11:30	Parkinsons
	11:45-13:00	Over 50
	13:15-14:30	Over 50
	14:45-16:00	Over 65/70
	19:30-20:40	Women Only
Tue	10:30-11:45	3 Touch 50+
Wed	10:00-11:15	Over 70
	11:30-12:45	Over 60
Thu	09:45-10:55	3 Touch 50+
	11:00-12:15	Over 65
	12:20-13:20	Moveability
	13:30-14:45	Over 60
Fri	10:00-11:15	Over 55
	11:30-12:45	Over 60
	13:00-14:15	Controlled 55+

Book online at [www.bookwhen.com/mpsports](http://www.bookwhen.com/mpsports)



### BEECHCROFT MULTI SPORTS CLUB

Beechcroft Ave., Hall Green B28 9ER

[www.birminghamwalkingfootball.co.uk](http://www.birminghamwalkingfootball.co.uk)



### SOLIHULL FOOTBALL CENTRE

Brick Kiln Lane, Solihull B91 3LD

[www.solihullfootballcentre.co.uk](http://www.solihullfootballcentre.co.uk)

For enquiries, contact the team on **0121 796 1330** - [solihullfootballcentre@gmail.com](mailto:solihullfootballcentre@gmail.com)

# WOMEN'S WALKING FOOTBALL



A fantastic way to keep active in a friendly and welcoming environment. Played at a slower pace to ensure it is fun for all. There's no age cap, so we'll see you down there!

- ✓ KEEP FIT
- ✓ MEET NEW PEOPLE
- ✓ REDUCE CHANCE OF INJURY

## BEECHCROFT MULTI SPORTS CLUB

£5.00  
Pay&Play

Mon	20:40-22:00	Training
Wed	13:00-14:15	Recreational
Fri	19:45-21:00	



## SOLIHULL FOOTBALL CENTRE

£5.00  
Pay&Play

Mon	19.30-20.40
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Book online at [www.bookwhen.com/mpsports](http://www.bookwhen.com/mpsports)

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Beechcroft Ave., Hall Green B28 9ER



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Welcoming  
New Admissions

# PARKINSONS SPECIFIC WALKING FOOTBALL

**AT SOLIHULL  
FOOTBALL CENTRE**



**JOIN US**  
**Mondays 10:30am**

**£3 PER SESSION**  
**PAY & PLAY**

Birmingham Walking Football Club have teamed up with the Solihull Parkinson's Group to offer this fantastic new class aimed at people living with Parkinsons Disease. Improve fitness and make friends while having fun in our outdoor facility.



Book online at

[www.bookwhen.com/mpsports](http://www.bookwhen.com/mpsports)



For enquiries, please contact us on **0121 796 1330**

[www.birminghamwalkingfootball.co.uk](http://www.birminghamwalkingfootball.co.uk)



Find us at the end of Brick Kiln Lane, Solihull B91 3LD



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# JUNIOR FOOTBALL



Develop your skills and take part in games, in a fun & friendly atmosphere!

- ✓ FA QUALIFIED COACHES
- ✓ DBS CHECKED
- ✓ FIRST AID QUALIFIED

## SATURDAY MORNINGS

11.20 - 12.20

£5.00 Pay & Play

OPEN TO AGES 13 - 19



## ≡ HALL GREEN'S HOME OF SPORT ≡

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0121 796 1330 - [beechcroftsportsclub@gmail.com](mailto:beechcroftsportsclub@gmail.com)

[www.beechcrofthomeofsport.co.uk](http://www.beechcrofthomeofsport.co.uk)



Find us at - Beechcroft Avenue, Hall Green B28 9ER



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New Admissions

# CONTROLLED FOOTBALL



Thought your Football Career was over?  
**Think again!**

Aimed at over 25's, sessions are played on a smaller 4G pitch with 5-a-side goals.

A more 'controlled' form of the game we all love. With minimal contact, head height and no sliding tackles, ensures a safer and enjoyable return to football.

## SOLIHULL FOOTBALL CENTRE

Brick Kiln Lane, B91 3LD

**£6.00**  
Pay&Play

<b>Friday</b>	<b>13:00 - 14:15</b>	<b>Age 50+</b>
<b>Saturday</b>	<b>9:00 - 10:00</b>	<b>Age 25+</b>

## BEECHCROFT SPORTS CLUB

Beechcroft Avenue, B28 9ER (Astroturf)

**£6.00**  
Pay&Play

<b>Thursday</b>	<b>20:45 - 22:00</b>	<b>Age 25+</b>
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[www.birminghamwalkingfootball.co.uk](http://www.birminghamwalkingfootball.co.uk)



**JUST PLAY!**  
The FA **SNACKERS**



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**GOALKEEPER SPECIFIC TRAINING**

**EVERY**

**FRIDAY**  
18:30-19:30

@BEEHCROFT  
TENNIS & MULTI  
SPORTS  
COMMUNITY  
CLUB,  
B28 9ER



1-2-1 & TEAM  
SESSIONS ALSO  
AVAILABLE



**GOALKEEPESPECIFICTRAINING@GMAIL.COM**  
**07817969549**



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New Admissions**

# NETBALL

WALKING & RUNNING



A fantastic way to keep active in a friendly and welcoming environment.

Played at a slower pace to ensure it's fun for all. There's no age cap, so we'll see you down there!

## BEEHCROFT MULTI SPORTS CLUB

Beechcroft Avenue, Hall Green B28 9ER

£5.00  
Pay&Play

Tue	9.30-10.30	Walking Netball
Wed	9.30-10.30	Walking Netball
Fri	17.45-18.45	Running Netball

## LIGHTHALL SCHOOL

Hathaway Road, Shirley B90 2PZ

£5.00  
Pay&Play

Mon	18.30-19.30	Walking Netball Experienced Players
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### CAN'T MAKE IT?

We have a full programme of activities through the week, there's something for everyone!



Outstanding Project  
Delivered in the Community  
WINNER 2015



Book online at [www.bookwhen.com/mpsports](http://www.bookwhen.com/mpsports)



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New Admissions

# TENNIS



## PROGRAMME

TENNIS  
FOR BRITAIN



Designed for all ages & abilities, our lessons help develop skills & achieve goals. With a wide range of lessons, you can choose what's best for you.

### LTA YOUTH TENNIS

From **£6.50 Pay & Play**

Mon	16.20	Mini Red Coaching Ages (5-9)
	17.20	Junior Coaching Ages (10-16)
	18.20	Teen Performance Squad Ages (12-18)
Tue	17.10	Mini Red Improver Squad Ages (6-9)
	16.10	Mini Red Coaching Ages (5-8)
Thu	17.10	Junior & Teen Coaching Ages (9 -16)
	9.00	Junior Coaching Ages (9-16)
Sat	10.00	Mini Red & Orange Coaching Ages (4-9)
	9.00	Girls Only Tennis Coaching Ages (7-11)
Sun	10.00	Girls Only Tennis Coaching Ages (9-16)

PRIVATE  
COACHING ALSO  
AVAILABLE

DISCOUNTED  
FEES FOR  
MEMBERS

### ADULT TENNIS

From **£6.50 Pay & Play**

Mon	19.30	Rusty Rackets (Beginner & Improver+)
Tue	18.20	Tennis Match Practice (Improver+)
Wed	18.30	Doubles Club Social (Improver+)
Sun	11.15	Cardio Tennis (All Abilities)
	12.00	Coaching & Games (Beginner & Improver+)
	13.00	Doubles Club Social (Improver+)

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# OVER 50's TENNIS



A fantastic way to keep active in a friendly and welcoming environment.

Played at a slower pace ensure it's fun for all. There's no age cap, so we'll see you down there!

## OUTDOOR SESSIONS

**Monday** 1.00 - 4.00pm

**Thursday** 1.00 - 4.00pm

**LADIES & GENTS WELCOME**

**£6.00**  
Pay&Play

**FREE**  
Members

## CAN'T MAKE IT?

We have a full programme of activities throughout the week, there's something for everyone!



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**BRITISH  
TENNIS** **LTA**



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New Admissions**



# WALKING TENNIS



Love tennis but looking for a gentler pace of play? Walking Tennis is safe, fun and inclusive and a fantastic way to stay active.

You can play tennis at any age and Walking Tennis offers an easy way for older people to keep their body and mind active – while also enjoying the social side of being part of a tennis community.

## WALKING TENNIS

Friday

12.00-1.00pm

£6.00  
Pay&Play

To book, contact Matt

[matt.corp@live.co.uk](mailto:matt.corp@live.co.uk) or 07930 164 811

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# touchtennis

**AT BEEHCROFT  
MULTI SPORTS CENTRE**



touchtennis is a modified version of tennis played on a compact court with foam balls and shorter racquets.

Designed for all abilities and any age, it's social and great fun.

## touchtennis

**Wednesday 9.30 - 10.30**

**Wednesday 10.30 - 11.30**

**£6.00**  
Pay&Play



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# Cardio Tennis

**AT BEECHCROFT  
MULTI SPORTS CENTRE**

Cardio Tennis is a fun, sociable group fitness class with a tennis twist. This tennis workout is open to anyone - all ages and abilities! Great music, great cardio and great people – what's not to like? You'll get to hit lots of tennis balls during your class, build up your skills and work up a sweat.



## Cardio Tennis

Sunday

11.15am-12.00

**£6.00**  
Pay&Play



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**Welcoming  
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# TABLE TENNIS



A fantastic way to keep active in a friendly, welcoming environment with equipment provided. No age or skill cap, see you down there!

## ADULT TABLE TENNIS

From **£5 Pay & Play**

Mon	14.40-16.10	Adult Social
	18.15-19.15	Parkinsons Specific
	19.30-21.00	Matchplay Social
Tue	19.00-20.30	Adult Social
Wed	13.30-15.00	Coaching - Improver
	15.15-16.15	Coaching - Beginner
Fri	9.30-11.00	Adult Social

FIRST SESSION IS  
**FREE!**

ENQUIRE FOR MORE INFO

DISCOUNT  
FEES FOR  
MEMBERS

PRIVATE  
COACHING  
AVAILABLE

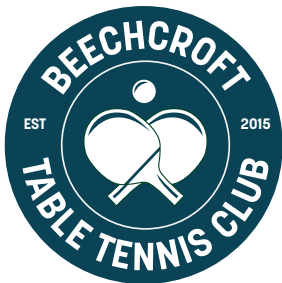
## JUNIOR TABLE TENNIS

From **£6 Pay & Play**

Tue	16.20-17.20	Beginner, 8-12
	17.30-19.00	Junior Improver, 8+
Wed	16.30-17.30	Girls Beginner, 8+
	17.45-19.15	Teen Advanced, 12+
Thu	17.45-19.15	Junior Beginner, 8+
Sat	12.30-13.30	Junior Matchplay Social, 8+
	13.30-15.00	Junior Improver, 8+
	15.15-16.45	Advanced Matchplay, 10+

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# PARKINSONS SPECIFIC TABLE TENNIS

**AT BEEHCROFT  
MULTI SPORTS CENTRE**



**JOIN US**  
**Mondays 6.15pm**

**COST £4.00**

Beechcroft Multi Sports Club have teamed up with Parkinsons UK to offer this fantastic new class aimed at people living with Parkinsons Disease. Improve fitness and coordination and make friends while having fun in our indoor facility.



Book online at

[www.bookwhen.com/mpsports](http://www.bookwhen.com/mpsports)



For more information, please contact the team on  
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# INDOOR & OUTDOOR PHYSICAL EDUCATION

FOR HOMESCHOOL AGES 5-10



Our qualified coaching team are now offering an enjoyable approach to the school curriculum for PE.

Sessions take place in our purpose built facilities, indoors and outdoors.

MONDAYS 9.30-10.30am

OPENING OFFER - ONLY £8



**HALL GREEN'S HOME OF SPORT**

For more information, please contact Matt on [matt.corp@live.co.uk](mailto:matt.corp@live.co.uk) or 07930 164 811

[www.clubspark.lta.org.uk/BeechcroftTennis](http://www.clubspark.lta.org.uk/BeechcroftTennis)

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