

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



SOLIHULL FOOTBALL CENTRE
Brick Kiln Lane, Solihull B91 3LD

www.solihullfootballcentre.co.uk



BIRCHMERE MEWS CARE HOME
Residential, Dementia & Respite Care

01564 621228 averyhealthcare.co.uk Avery

**Welcoming
New Admissions**

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**Welcoming
New Admissions**



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 Call: 0121 796 1330

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



BEECHCROFT MULTI SPORTS CLUB

Beechcroft Ave., Hall Green B28 9ER

www.birminghamwalkingfootball.co.uk



SOLIHULL FOOTBALL CENTRE

Brick Kiln Lane, Solihull B91 3LD

www.solihullfootballcentre.co.uk

For enquiries, contact the team on **0121 796 1330** - 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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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



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

www.birminghamwalkingfootball.co.uk



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



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**Welcoming
New Admissions**

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 ≡

For more information, please contact the team on
0121 796 1330 - beechcroftsportsclub@gmail.com

www.beechcrofttennisclub.co.uk



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



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Welcoming
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

Friday	13:00 - 14:15	Age 50+
Saturday	9:00 - 10:00	Age 25+

BEECHCROFT SPORTS CLUB

Beechcroft Avenue, B28 9ER (Astroturf)

£6.00
Pay&Play

Thursday	20:45 - 22:00	Age 25+
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For enquiries, contact Matt on **07930 164 811**
or email beechcroftsportsclub@gmail.com



JUST PLAY!
The FA **SNICKERS**

www.solihullfootballcentre.co.uk

www.birminghamwalkingfootball.co.uk



BIRCHMERE MEWS CARE HOME
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Welcoming
New Admissions



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



BIRCHMERE MEWS CARE HOME
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☎ 01564 621228 averyhealthcare.co.uk 

**Welcoming
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!



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Welcoming
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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matt.corp@live.co.uk or 07930 164 811

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0121 796 1330 - beechcroftsportsclub@gmail.com



BIRCHMERE MEWS CARE HOME
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Welcoming
New Admissions

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!

CAN'T MAKE IT?

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

OUTDOOR SESSIONS

Monday 1.00 - 4.00pm

Thursday 1.00 - 4.00pm

LADIES & GENTS WELCOME

£6.00
Pay&Play

FREE
Members



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**Welcoming
New Admissions**



WALKING TENNIS



Funded by
UK Government



Birmingham
City Council



West Midlands
Combined Authority



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.

CAN'T MAKE IT?

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

WALKING TENNIS

Friday

12.00-1.00pm

£6.00
Pay&Play

To book, contact Matt

matt.corp@live.co.uk or 07930 164 811



SOLIHULL
TOGETHER
for better lives

Outstanding Project
Delivered in the Community
WINNER 2015



TENNIS
FOR BRITAIN



HALL GREEN'S HOME OF SPORT

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Welcoming
New Admissions

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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**Welcoming
New Admissions**



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
New Admissions**



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!



Funded by
UK Government



Birmingham
City Council



West Midlands
Combined Authority



ADULT TABLE TENNIS

From **£5 Pay & Play**

Mon	14.40-16.10	Adult Social
	18.15-19.15	Parkinsons Specific
	19.30-21.00	Adult Social
Tue	19.00-20.30	Adult Social
Wed	13.30-15.00	Coaching - Improver
	15.15-16.15	Coaching - Beginner
Thu	14.40-16.10	Adult Social
Fri	9.30-11.00	Adult Social
Sun	9.00-11.30	Members Social Matchplay

JUNIOR TABLE TENNIS

From **£6 Pay & Play**

Tue	16.20-17.20	Junior Beginner, 6-9
	17.30-19.00	Junior Improver, 8+
Wed	16.30-17.30	Junior Beginner, 6-9
	17.45-19.15	Teen Advanced, 12+
Thu	17.45-19.15	Junior Beginner, 8+
Sat	12.15-13.45	Junior Beginner, 8+
	13.45-15.15	Jnr. Improver/Advanced, 8+
	15.15-16.45	Improver/Advanced Matchplay, 8+



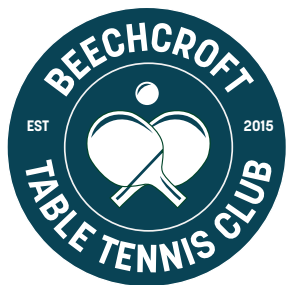
COMPETITIVE OPPORTUNITIES
AVAILABLE

DISCOUNT
FEES FOR
MEMBERS

PRIVATE
COACHING
AVAILABLE

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Welcoming
New Admissions

PARKINSONS SPECIFIC TABLE TENNIS

**AT BEEHCROFT
MULTI SPORTS CENTRE**



JOIN US
Mondays 6.15pm

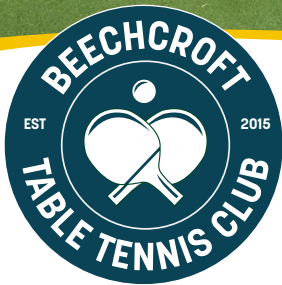
COST £4.00

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



For more information, please contact the team on
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**Welcoming
New Admissions**



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 or 07930 164 811

www.clubspark.lta.org.uk/BeechcroftTennis

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



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