

## Acorn Multi - Sports Activities

Every school holidays (excluding Christmas holidays) the Acorn Centre hosts a week day multi sports program for children aged 6 - 15, 9am - 3pm. Prices are competitive although do change during the year.

Examples of sports provided include:

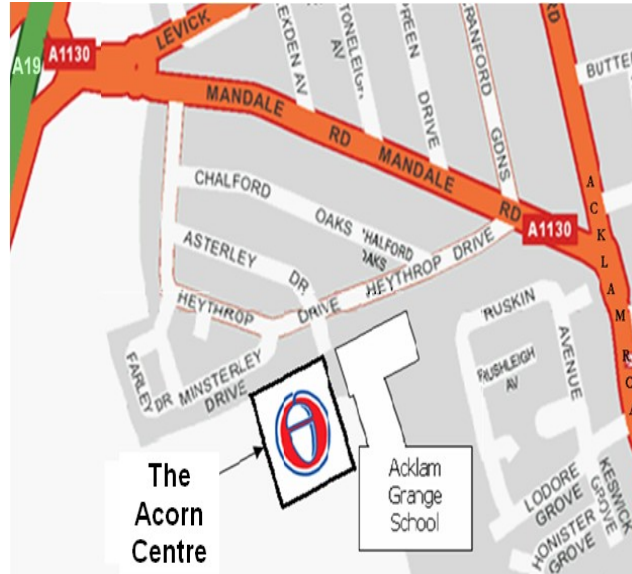
- ◆ Badminton
- ◆ Trampolining
- ◆ Multi - Games
- ◆ Cricket
- ◆ Dodgeball
- ◆ Volleyball
- ◆ Basketball
- ◆ Football
- ◆ Dance
- ◆ Tennis

Bookings need to be made in advance to secure a place. Participants are informed via post when bookings are required. If you would like to be added to our mailing list please inform the reception.



All club coaches at the Acorn Centre are fully qualified to deliver the relevant activities and are CRB checked.

The Acorn Centre welcomes new clubs, for further details please ask at reception or contact Guy Whatmore, Sports Centre Manager.



Acorn Centre  
Acklam Grange School  
Off Heythrop Drive  
Acklam  
Middlesbrough  
TS5 8PB

TEL: 01642 850303  
FAX: 01642 277710

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



## **CLUB CONTACT INFORMATION**



West Middlesbrough Neighbourhood Trust



Supported by



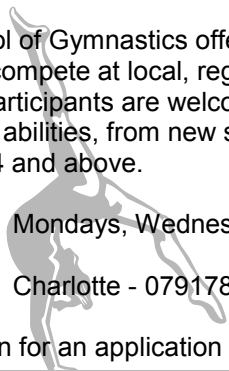
## Stainsby School of Gymnastics

Stainsby School of Gymnastics offers participants the chance to compete at local, regional and national levels. Participants are welcomed from a whole range of abilities, from new starters to advanced. Ages 4 and above.

Sessions: Mondays, Wednesdays, Fridays

Contact: Charlotte - 07917878954

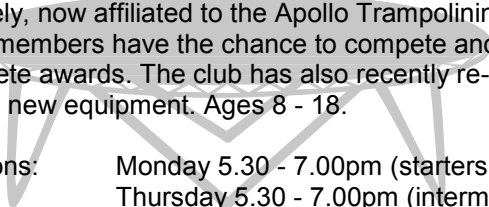
Ask at reception for an application form.



## High Flyers Trampoline Club

During the last year this club has developed immensely, now affiliated to the Apollo Trampolining Club, members have the chance to compete and complete awards. The club has also recently received new equipment. Ages 8 - 18.

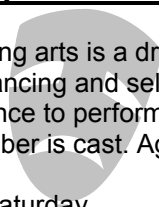
Sessions: Monday 5.30 - 7.00pm (starters)  
Thursday 5.30 - 7.00pm (intermed)



## Spotlight Performing Arts

Spotlight performing arts is a drama club teaching acting, singing, dancing and self confidence. Participants get the chance to perform in productions where every member is cast. Ages 3 - 18years.

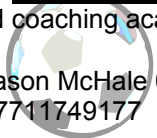
Sessions: Saturday  
Contact: Ayme 01642 825551  
spotlightpa@hotmail.com



## Total Sport

Junior football and coaching academies.

Contact: Jason McHale 01642 647055  
07711749177

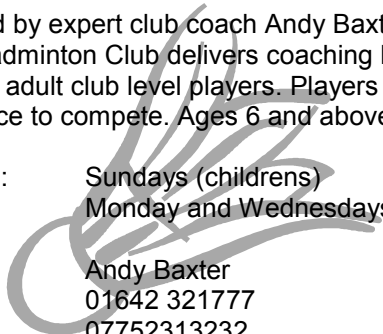


## Badminton Club

Delivered by expert club coach Andy Baxter, the Acorn Badminton Club delivers coaching both children and adult club level players. Players also get the chance to compete. Ages 6 and above.

Sessions: Sundays (childrens)  
Monday and Wednesdays (Club)

Contact: Andy Baxter  
01642 321777  
07752313232



## FA Skills Club

The FA skills club provides football coaching to children aged 5 - 11. Sessions are varied and exciting with children being split into appropriate age groups.

Sessions: Tuesdays

Contact: 07825045194

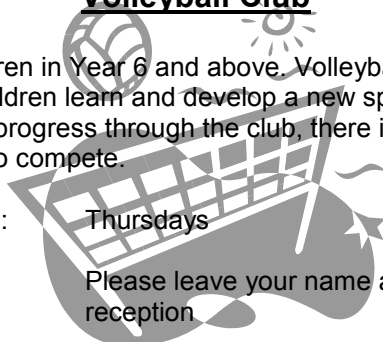


## Volleyball Club

For children in Year 6 and above. Volleyball club helps children learn and develop a new sport, as children progress through the club, there is a chance to compete.

Sessions: Thursdays

Contact: Please leave your name at the reception.



## Acklam Rugby Club

An established junior and senior club.

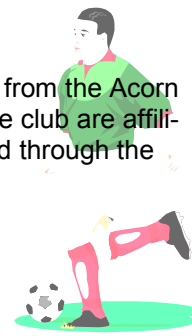
Contact: Jim Ward  
01642 319302



## Acklam FC

Acklam FC currently operate 2 clubs from the Acorn Centre. Under 14s and Under 8s. The club are affiliated to the TJFA and are fully insured through the North Riding County FA.

Contact: Craig Hundall  
01642 825015  
07894198825



## Aikido

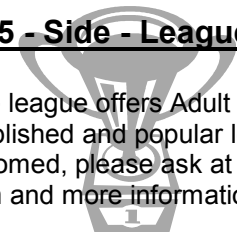
For adults only. Aikido is a martial art based on self defence and control. The club is new to the Acorn Centre and we hope that this will be the beginning of many martial art clubs.

Session: Mondays

Contact: Paul  
01388 774002

## 5 - Side - League

The 5 - A - Side league offers Adult teams to battle it out in well established and popular league. New teams are welcomed, please ask at reception for an application form and more information.



## More....

The Acorn Centre is also home to a varied range of lifestyle fitness classes (please take a leaflet) and Slimming World which takes place on a Wednesday Evening.

New clubs, ideas and suggestions are always welcomed and we thank you for your valued support and custom.