



EVERYBODY CAN

# disability community respite

Everybody Can focuses on removing barriers to give everyone the opportunity to reach their potential. Therefore, we welcome anyone to access our sessions freely and openly knowing appropriate equipment and qualified staff are in place. So come and enjoy, engage and grow in your community, come and live your best life.

Everybody Can Memberships include access to all community sessions, along with off-peak gym and swim.

Visit [activetameside.com](https://www.activetameside.com) or email [EverybodyCan@activetameside.com](mailto:EverybodyCan@activetameside.com) for further information.

Turn over to see our session timetable.

**ACTIVE**  
TAMESIDE

**Tameside**  
Metropolitan Borough



[activetameside.com](https://www.activetameside.com)



# EVERYBODY CAN

helping you  
to live your  
best life

DAY / TIME	ACTIVITY	VENUE	AGE
<b>MONDAY</b>			
5.00pm - 7.00pm	Cycling	Roy Oldham Cycle Circuit	5+
5.30pm - 7.30pm	Multi-sports, dance, cooking and swimming	Active Medlock	5+
<b>TUESDAY</b>			
5.30pm - 7.30pm	Swimming	Active Hyde	5+
<b>WEDNESDAY</b>			
6.00pm - 8.00pm	Multi-sports, dance and life skills	Thomas Ashton School	5+
<b>THURSDAY</b>			
5.00pm - 7.00pm	Cycling	Roy Oldham Cycle Circuit	5+
5.30pm - 8.30pm	Bowling & sensory play and yoga with <i>Active Angels</i>	Tameside Wellness Centre	5+
<b>FRIDAY</b>			
6.30pm - 8.30pm	Dance	Active Copley	5+
<b>SATURDAY</b>			
11.00am - 3.00pm	Cycling	Roy Oldham Cycle Circuit	5+
3.00pm - 4.00pm	Everybody Can family swim	Active Medlock	5+

## prices for all sessions

£3 for children

£4 for adults

Free with Everybody Can membership

