

# International Women's Day



*International Women's Day*

**Thursday 8th March**

**10.30am to 2.30pm**

**Stretford Leisure Centre,  
Great Stone Road, Stretford**

**Free entry and  
goody bag for all**



**Free crèche for  
pre-schoolers**



**Free cookery lessons  
and light refreshments**



**Free fitness classes with  
professional instructors**



**Free information and  
advice from the experts**



**For further information please contact  
Stretford Leisure Centre 0161 875 1414**

Supported by  
**TRAFFORD**  
COUNCIL



**Stretford  
Community  
Panel**



**Embracing 2012 as the year of the London Olympic Games we are inviting all women to come along to try out fun sports and keep fit activities, learn how to make delicious healthy food, get confidential information and advice or just have a chat, meet new people and make new friends.**

The first one hundred lucky ladies will be treated to a free cupcake giving you all the energy you need to try the free activities on offer. Don't forget your kit and bring your little ones too, Trafford's Children's Centres will be providing crèche facilities for pre-school children.

## **Activities**

- 10.30 - 11.00 Spinning**
- 11.00 - 11.30 Shewa dance**
- 11.30 - 12.00 Legs, bums and tums**
- 12.00 - 12.30 Dance & swimming**
- 12.30 - 1.00 Swimming**
- 1.00 - 1.30 Netball & Badminton**
- 1.30 - 2.00 Spinning**
- 2.00 - 2.30 Pilates**

Cookery demonstration to include fresh fruit smoothies, homemade seedy bread and apple drop scones with crème fraiche



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