

# THIS GIRL CAN WEEKENDER 6-9 OCTOBER — FREE ACTIVITIES — TRY SOMETHING NEW!

THIS  
GIRL  
CAN



#ThisGirlCanSheffield

0114 273 4266 • [sccphysicalactivityandsport@sheffield.gov.uk](mailto:sccphysicalactivityandsport@sheffield.gov.uk)



## **This Girl Can is for women and girls who want to know how, when and where they can get moving.**

If you want to be someone who exercises or who plays sport, don't let anything stop you, [visit www.movemoreshsheffield.com/thisgirlcan](http://www.movemoreshsheffield.com/thisgirlcan) to view our FREE ACTIVITIES over 6-8 October.

## **SIV are hosting a FREE ice skating session at iceSheffield, on Saturday 7th October 4.30-7pm.**

All ages and abilities are welcome to take part in skating and curling which will be led by our team of experts, just turn up! You will have the opportunity to win blocks of lessons and access exclusive offers to return to iceSheffield.

T: 0114 223 3900.

## **Places for people are pleased to host free sports, health and fitness sessions for females at Wisewood & Thorncliffe leisure centres.**

All ages and abilities welcome!

### **Wisewood and Thorncliffe:**

We'd love for you to come down and try our session on Saturday 7 October from 10-5pm

Wisewood Tel: 0114 233 5457

Thorncliffe Tel: 0114 284 3910

### **Graves Health and Sports Centre:**

Come and try our FREE sessions on

Friday 6 October from 10-7pm.

Tel: 0114 283 9900

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