

WLC 5-aside Spring League in partnership with Wigan Athletic

Complete a registration form – found in Student Services

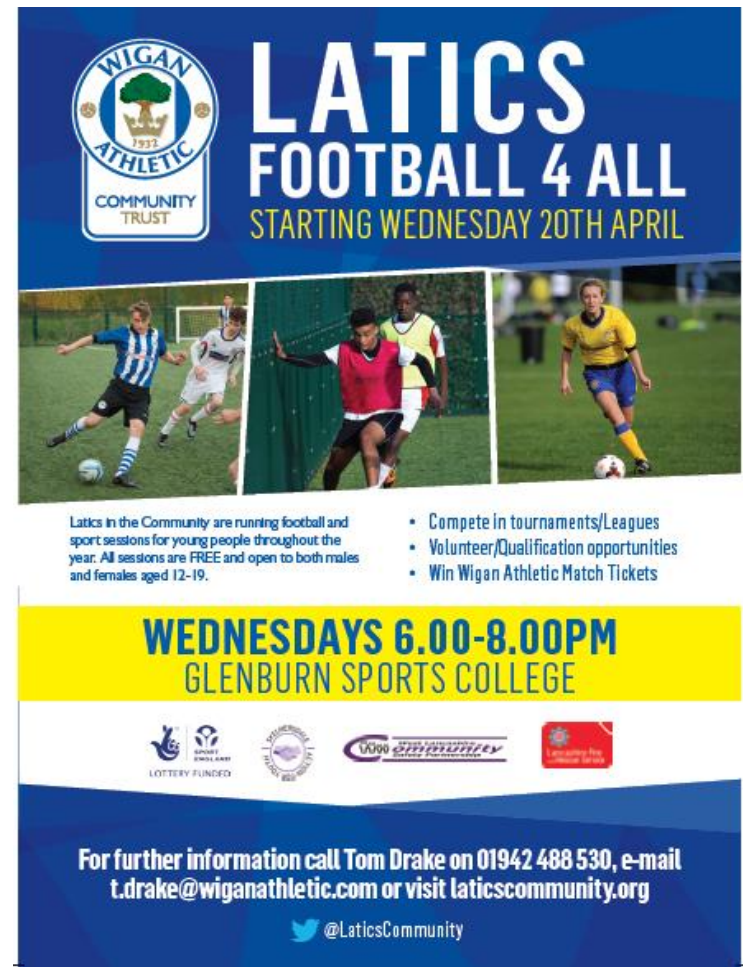
Venue: Glenburn Astro

Start time: 14:15

Fixtures will be produced

Prize for winning team and most committed team: **Paintballing!**

Also note that Wigan Athletic are running FREE football 4 all sessions at Glenburn Astro 6-8pm every Wednesday.



The poster features the Wigan Athletic logo at the top left, which includes a tree and the year 1932. To the right, the text reads 'LATICS FOOTBALL 4 ALL' in large white letters, with 'STARTING WEDNESDAY 20TH APRIL' below it. Below the text are three action shots of players on a football pitch. A yellow banner at the bottom contains the text 'WEDNESDAYS 6.00-8.00PM' and 'GLENBURN SPORTS COLLEGE'. Below this banner are logos for 'LOTTERY FUNDED', 'Wigan Athletic', 'VAP90', and 'Community'. At the bottom, contact information is provided: 'For further information call Tom Drake on 01942 488 530, e-mail t.drake@wiganathletic.com or visit laticsccommunity.org' and the Twitter handle '@LaticsCommunity'.

WIGAN ATHLETIC
COMMUNITY TRUST

LATICS FOOTBALL 4 ALL
STARTING WEDNESDAY 20TH APRIL

Latics in the Community are running football and sport sessions for young people throughout the year. All sessions are FREE and open to both males and females aged 12-19.

- Compete in tournaments/Leagues
- Volunteer/Qualification opportunities
- Win Wigan Athletic Match Tickets

WEDNESDAYS 6.00-8.00PM
GLENBURN SPORTS COLLEGE

LOTTERY FUNDED

Wigan Athletic

VAP90

Community

For further information call Tom Drake on 01942 488 530, e-mail t.drake@wiganathletic.com or visit laticsccommunity.org

@LaticsCommunity

Boogie
Bounce
xtreme

FOOD IS THE
MOST ABUSED
ANXIETY DRUG.

EXERCISES IS
THE MOST
UNDER UTILIZED
ANTIDEPRESSANT.

**If you haven't returned your
form you need to do so asap or
you will lose your place!**

STRESS BUSTER

– When you are tired and emotionally challenged a Boogie Bounce just revitalises you, totally eradicates your stress and makes you feel on top of the world.

Session time 14:30-15:30

for 6 weeks

Burns over 600 calories per session

If you sign up and complete ALL 6 sessions you will receive:

1. Free Boogie Bounce class pass to any community session
2. Stress Ball
3. Infusion water bottle
4. Make stress your friend. Lancashire Mind Pack
5. One months free gym pass at Nye Bevan gym

If you wish to book a place please speak to Bec or email rebecca.connick@westlancs.ac.uk – first come first served.



Pilates

Help to tackle stress!
Its free!

**Session time 12:30-13:10
for 6 weeks**

**WLC Dance Studio
Everyone is welcome!**



If you sign up and complete ALL 6 sessions you will receive:

1. Stress Ball
2. Infusion water bottle
3. Make stress your friend. Lancashire Mind Pack
4. **One months free gym pass at Nye Bevan gym**

If you wish to book a place please speak to Bec or email rebecca.connick@westlancs.ac.uk – or turn up on the day!



Our Army is forming, Congratulations to the 35 ladies that have already signed up!



To secure your FREE entry into a 5K Race for Life (usually £15) event you will need to engage with at least 4/6 walking/jogging/running training sessions. Sessions will start after Easter – **look out for the posters stating when and where, you will need to complete a registration form found at learner gateway. Why not participate as a class or get all Levels together and take Cancer on as a course!**

Our Pink Army has spoken:

We will participate in the
Aintree Race Course 5k Race for life

Estimated leave college time 09:45. Estimated return to college time 13:00

If you haven't completed a registration form please do so this week. You still have 7 weeks to complete 4 training sessions. Anyone who completes 6 training sessions will be rewarded with a WLC Pink Army T-shirt for you to walk/jog/ run in on the day.

Sponsorship forms can be collected from Learner Gateway!

Free Race for Life Training Sessions for all females.

Meet at front of College near Café West

Monday 12:30-13:00

Monday 15:30-16:15

Tuesday 16:30-17:15

Wednesday 14:30-15:15

Thursday 15:30-16:10

If your group want a running session at a different time please come and speak to me and I will try to accommodate this.



Multi Sports
Glow Sports
Wednesday-
Racket Sports
Thursday-
Glow Dodgeball

Transform
how you view
fitness!



GLOWSPORTS

GET READY
GLOWSPORTS

**GLOW
SPORTS**

WWW.GLOWSPORTS.CO.UK

THE ULTIMATE SPORTS EXPERIENCE
DRESS TO GLOW - SOCIAL SPORT - MUSIC - LAUGHTER

GetReadyGlow

Wednesday & Thursday
12:10-13:10. Pop in for 20
minutes or stay the whole session

Transform how you view
fitness!

Sports Fixtures

Activity	Time	Capacity	Room	Notes
<u>Handball</u>	14:15-16:15	Only students that come to practice will be selected to represent the college	Home game Sportshall Against Edge Hill, Ormskirk 6 th Form & Knowsley	(no netball on this date)
<u>11 aside Recreational Football</u>	PM	The FA have set strict rules on who can play as it's a <u>recreational</u> league. E.g No club players.		Invite only

Other Enrichment

Activity	Time	Capacity	Room	Notes	Future dates if you cant make this session
Glow Sports	Wednesday and Thursday Lunchtime	30	Sportshall	Glow in the dark sports	Every Wednesday
Film Club	Wednesday 14:10-15:30	20	Julie Ann		Every Wednesday
Basketball	Friday Lunchtime	20	Dave Sullivan Sports hall	Everyone welcome	Every Friday
Photography Club	Wednesday Starting 20th April 14:10-15:40pm	16	2.033 Simone Lister	Course over 4 weeks	4 th May / 11 th May and 18th

Activity	Time	Capacity	Room	Notes	Future dates if you cant make this session
Drama Club	Wednesday	20	Hope		Every Wednesday
Dance Club	Wednesday	12	Dance Studio		very Wednesday
Velocity Trampoline Park	Tuesday 12:30-15:00	We have 2 places left	Mini bus to Velocity, Widnes.	6 week block free to students	n/a
Velocity Trampoline Park	Friday 12:30-15:00	We have 2 places left	Mini bus to Velocity, Widnes.	6 week block free to students	n/a

Community Enrichment options

SPARTANS BASKETBALL

Skelmersdale based West Lancs Spartans Basketball Club is re-launching junior training sessions here at **West Lancashire College on Saturday 30th April.**

We would like to invite any child interested in learning the game of basketball to come to our sessions and learn new skills. Focus on having FUN in a friendly and safe environment.

All coaches are DBS/CRB checked and Basketball England Level 1 or 2 qualified.

Sessions are based in the Sports centre at **West Lancashire College,**

- 10am—11am for Under 12's
- 11am—12noon for Under 16's
- We Also have a Senior session for anyone 16+ on a **Wednesday night 8pm-9pm.**
- 1st session is FREE! Normal cost per session £2.50.

Spartans are part of the larger **WEST LANCASHIRE WARRIORS** national league program, Providing a local development route in the sport for interested players.



So come down and give it a go!

Contact:- Gavin Dunne on 07932548046 or westlancsspartans@gmail.com

