

# What's on Murdishaw Community Centre



## Mondays

Bloom Toddlers classes – book places in advance  
Runcorn Family Hub “Tumble Tots”  
Pilates (Book in advance 07716 022236)

9:30am & 11:00pm  
1:30pm – 2:30pm  
6:30pm – 7:30pm

## Tuesdays

Light dance – dance based exercise to music class for those over 40  
“Lunch Bunch” Dementia support group  
Slimming World (2 classes)  
Full Body Workout exercise class (Book in advance 07716 022236)

10:30am – 11:30am  
12:15pm – 2:45pm  
5:30pm + 7:00pm  
6:30pm – 7:30pm

## Wednesdays

Yoga (Book in advance 07716 022236)  
“Breakaways” Ukulele players  
Streetdance with Beth (First class for age 7 – 11, second class for age 12+)  
“Dancercise” exercise class – all abilities (Book in advance 07716 022236)  
Papercraft & Card making

10:30am – 11:30am  
2:00pm – 3:30pm  
4:45pm & 5:30pm  
6:30pm – 7:30pm  
7:00pm – 9:00pm

## Thursdays

Bloom Baby classes “Busy Bees” & “Caterpillar club” - book places in advance  
Murdishaw Art Co-operative  
Beginners Art - Murdishaw Art Co-operative  
Halton Health Improvement Team  
“Move & Tone” Exercise to music class (Book in advance 07716 022236)  
Local Councillors Surgery (Twice a month – contact the Centre for dates)  
East Runcorn Labour Party (First Thursday of the month)

9:30am & 11:00am  
10:00am – 12:00pm  
1:00pm – 3:00pm  
5:00pm – 8:00pm  
6:30pm – 7:30pm  
6:30pm – 7:15pm  
7:00pm – 9:00pm

## Fridays

“Mature Movers” – Gentle exercise for those aged 50 & over  
“Breakaways” Ukulele players

10:30am – 11:30am  
2:00pm – 3:30pm

## Saturday

Slimming World (2 classes)  
Vibe UK – activity sessions for children with a disability – book in advance

8:00am & 9:30am  
1:30pm – 4:30pm

The Centre is available for hire for Groups & Activities, Meetings, Training Courses Etc.  
Police (PCSO) Surgery – day & times vary - Contact Centre Staff for Details.

**Murdishaw Community Centre**  
**Barnfield Avenue, Runcorn, WA7 6JW. Tel: 0151 511 7910**  
**E-mail: [murdishaw.murdishaw@halton.gov.uk](mailto:murdishaw.murdishaw@halton.gov.uk)**

