



Sport
Trafford

Sport Trafford
More People, More
Active, More Often

Power League Trafford Soccer
Dome
Trafford Park
Manchester

Get into Football



change
4 life
Eat well Move more Live longer

Get Active 5 a side 30+ Legends Football Thursday



Would you like to play football again? Would you like to play in an informal game but don't get a chance too? Want to dust off your boots and get a little fitter?

If the answer to these questions is yes then why not get involved in the Get Active 30+ 5 a side "Legends" football scheme every Thursday Evening 5—6pm at the Power-league Trafford Soccer Dome. The session is held indoor and is open to anyone of any ability 30+ years of age.

The session does operate a book in advance scheme due to it's popularity but should you wish to be added to the list please contact Andy Hilton, Football Development Officer on any of the contact details on this flyer.



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