



COMMUNITY ACTIVITIES AT THE U-MIX CENTRE 2019

YOUTH AND SOCIAL CLUB SESSIONS

FURD Youth Club	Monday 6.30-9.00pm	11-19	FREE
Sheffield Futures Youth Club	Tuesday 7.00-9pm	11-19	FREE
FURD Belonging Together Women's Group	Wednesday 11am-12.45pm	16+	FREE
Sheffield Futures Youth Club	Thursday 7pm-9pm	11-19	FREE
FURD Refugee Social Club	Friday 6pm-9pm	Adult	FREE

FOOTBALL

FURD Football Coaching	Monday 4.30-6pm	11-16	FREE
FURD + Shipshape Walking Football	Tuesday 1pm-2pm	Adults	£2/£1
FURD Junior Football Coaching	Tuesday 4pm-5pm	6-11	£2
FURD Women and Girls' Football	Tuesday 6pm-7pm	12-60+	FREE
Sheffield Futures Football	Tuesday 7-8pm	11-19	FREE
Sheff Utd Community Foundation	Tuesday 8-9pm	11-19	FREE
FURD Belonging Group Football	Wednesday 11am-12.30pm	Adults	FREE
FURD Football Coaching	Wednesday 4.30-6pm	9-12; 13-18	£1.50 FREE
FURD Minds Over Football	Thursday 11am-1pm	Adults	£1
FURD Junior Football Coaching	Thursday 4-5pm	6-11	£2
Sheff Utd Community Girls' Football	Thursdays 6-7pm	11-19	FREE
Sheffield Futures Football	Thursday 7-8pm	11-19	FREE
FURD Belonging Group Football	Friday 8-9pm	Adult	FREE
FURD Junior Football Coaching	Saturday 2-4pm	13-17	£2
FURD Coaching	Sunday 3-4pm	6-12	£1
FURD Coaching	Sunday 4-5pm	12-19	£1

MUSIC/DANCE/FITNESS

Sheffield Futures Dance Session	Tuesday 8pm-9pm	11-19	FREE
SoundKickers Music Session	Thursday 5pm-7pm	11-19	FREE
Sheffield Futures Dance Session	Thursday 7pm-8pm	11-19	FREE

COMMERCIAL SESSIONS

Radicato Dance (Special Needs)	Wednesday 5-6pm	U18	£4
Radicato Hip Hop Dance	Wednesday 6pm-7pm	U18	£3
Football Coaching with Levan Reid	Tuesday 5-6pm	U6	£3.50
Football Coaching with Levan Reid	Thursdays 5-6pm	6-11	£3.50

FOR MORE INFORMATION ASK AT RECEPTION or call 0114 2589601

U-Mix Centre, Asline Road, Sheffield S2 4UJ (Lowfield Park)

Updated 30/07/2019