



SCAN HERE

Bolton



Sport In Mind

Registered Charity 1161323

Youth Activities for Mental Wellbeing

FREE!

Sport in Mind provides **free sport** and **physical activity** opportunities for children and young people to help build confidence and self esteem, meet new people and support low mood and other mental health challenges.

Bolton Sessions

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|-------|--------------|---------------------|-------------|--|
| Tues | 4-5pm | Boxing | 9-16 years | BLGC Infinity, 18 Spa Road, BL1 4AG |
| Tues | 6-7pm | Martial Arts Skills | 12-16 years | Be The Change, Deane Church Lane, BL3 4EW |
| Wed | 4-5pm | Multi-Sports | 9-16 years | Horwich Leisure Centre, Victoria Road, BL6 5PY |
| Thurs | 4:30-5:30 pm | Multi-Sports | 9-16 years | Believe Achieve CIC, 145-147 Market Street, Farnworth, BL4 8HF |

Sessions run weekly excluding school holidays

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Working in partnership with

