About the Centre

Cocks Moors Woods Leisure Centre strive to offer a wide range of activities for people of all ages and abilities. Therefore values and supports all the clubs based here.

Our aim is

To be the most active and successful Constituency in Birmingham, providing quality sport & leisure services at affordable prices.

Birmingham City Council
Selly Oak

be active in Selly Oak Constituency

October 2012

Cocks Moors Woods
Leisure Centre & Golf Course

Sport

Clubs

Cocks Moors Woods Leisure Centre
and Golf Course
Alcester Road South, Birmingham, B14 6ER
Tel: 0121 464 1996 Fax: 0121 464 0562
www.cmwlc.co.uk

Cocks Moors Woods
Leisure Centre & Golf Course

What do I wear?

All customers must wear loose sports clothing and foot coverings if needed.

There is a NO jewellery policy and loose hair must be tied back.

Behaviour Management

. Everyone is expected to behave in a respectable, positive and acceptable manner towards each other and staff.
. Good relationships with our employee's and other people will be encouraged.
. You are encouraged to respect others.
. Value and treat the equipment and premises with respect.
. If behaviour has to be addressed and is found to be unacceptable, exclusion from the programme may be enforced.

ABSOLUTELY NO FOOD OR HOT DRINKS ALLOWED IN THE SPORTS HALL

Aikido

Contact: Mark Pickering
Telephone: 0121 459 8830
Mobile 07754 48 08 05
Website: www.cocksmoorsaikido.co.uk
Email: mpickering8@googlemail.com
Meet: Wednesdays:
6,15 – 7.15pm General Aikido/Juniors
7.30 – 9.30pm – Adults beginners
Thursdays
6.15 – 7.15pm General Aikido/Juniors
7.30 – 9.30pm General Aikido/Adults
Aikido is a Japanese form of self defence (ideal for women and children and self defence) and therefore differs from other forms of martial arts. Anyone over the age of 6 years is welcome, especially beginners.

Badminton

Contact: Ray Kellard
Telephone: 01527 459631
Email: raykellard@hotmail.co.uk
Meet: Wednesdays:
7.30pm – 9.45pm Club Night
and
Contact: Chris Eddins
Tel: 0121 685 2163 or 078131842542
The club will consider adults with a good standard of play.

Fencing

Contact: Richard Burn
Telephone: 07967 267663
Email: Richard.burn@blueyonder.co.uk
Meet: Fridays:
6.45 – 8.45PM
Junior Beginner Fencing course for people ages 8 – 19 years old, for full details please contact above

Volleyball

Contact: Robert Bunting
Telephone: 07790 536036
Email: Robert.Bunting@gmail.com
Meet: Thursdays:
8.00pm – 10pm
All players over 16 welcome, both experienced and beginners. Coaching is available, both on a one to one basis and one to more formal basis. There is a mixture of both playing for fun and more structured games. The club has close ties with a local league team.

Karate

Contact: Ronnie Christopher
Telephone: 07956 863050
Email: Ronnie@karate-training.co.uk
Meet: Sundays
1.15 – 2.15pm
Tuesdays:
6.15 – 7.15pm

Karate is a Japanese form of Martial Arts & 'Shotokan' is the style of karate taught. Anyone over the age of 6 years and any standard is welcome.

Kung Fu

Contact: Alan Neeld
Telephone: 0121 477 9483
Website: www.lauger-kungfu-co.uk or www.kungfu-lauger.co.uk
Email: alan-neeld@kungfu-lauger.co.uk
Meet: Mondays:
5.00 – 9.00pm
Kung Fu is a Chinese form of Martial Arts and 'Lau Gar' is the style of Kung Fu taught. Anyone over the age of 6 years is welcome.