



Active Young People

Healthy Lifestyles Programme



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for further information visit Redbridge i
www.redbridge.gov.uk

All classes
start on 20
April unless
otherwise
stated.

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Day	Session	Age	Time	Venue	Cost (£)	Contact Number
Monday	Hula Hooping starts 27 April	12-16	6pm – 7pm (term time only)	Seven Kings High School	£3.00	020 8708 0952
	Street Dance	12-18	7pm – 8pm (term time only)	Seven Kings High School	£3.00	020 8708 0952
	Boys & Girls Volleyball	13-18	5:30pm – 6:30pm	Caterham High School	£3.00	020 8708 0952
Wednesday	Handball	8-11	5.30pm – 6.30pm	Caterham High School	£3.00	020 8708 0952
	Cheerleading starts 29 April	12-16	6.30pm – 8pm	Caterham High School	£3.00	020 8708 0952
	Golf Class starts 13 May	8-11	4pm – 5pm	Fairlop Golf Course	£18 for 6 weeks pre-book only	020 8500 9911
	Golf Class starts 13 May	12-16	5pm – 6pm	Fairlop Golf Course	£18 for 6 weeks pre-book only	020 8500 9911
Thursday	Mountain Bike Session	12-16	4pm – 5pm	Redbridge Cycling Centre	£24 for 6 weeks	020 8500 9359
	Indoor Athletics	8-11	4.30pm – 5.30pm	Wanstead Leisure Centre	£3.00	020 8708 0952



Venues

Seven Kings High School - Ley Street, Ilford, IG2 7BT

Caterham High School - Caterham Avenue, Clayhall, IG5 0QW

Fairlop Complex and Golf Club - Forest Road, Barkingside, IG6 3HN

Redbridge Cycling Centre - Forest Road, Hainault, IG6 3HP

Wanstead Leisure Centre - Redbridge Lane West, E11 2JZ

Children Initiatives

Fit and Fun Camp

MEND

Holiday Coaching Courses

Active Camps

Other Adult Initiatives

Healthy Lifestyles

Walk to Health

Community Fit Club

Sport in Parks Project



Call us

Physical Activity Hotline
020 8708 0955

Sport & Physical Activity Team
020 8708 0952

Culture, Sport and Community Learning, Wanstead Leisure Centre, Redbridge Lane West, Wanstead, London E11 2JZ

Visit the Council website
www.redbridge.gov.uk