

Venues

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

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

Woodford County High School - High Rd, Woodford Green, IG8 9LA

Canon Palmer Catholic School - Aldborough Road South, Ilford, IG3 8EU

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

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

Wanstead Leisure Centre - Redbridge Lane West, Wanstead, E11 2JZ

Wanstead Youth Centre - Elmcroft Avenue, Wanstead, E11 2DB

Platinum Lounge - 463 Aldborough Road South, Ilford, IG3 8JW

Redbridge Judo Club - Mitcham Road, Ilford, IG3 8QW

Redbridge Sports & Leisure - Forest Road, Ilford, IG6 3HD

Young People's initiatives

- Active Families - get cooking
- MEND
- Holiday Coaching Courses
- Active Camps

Adult initiatives

- Healthy Lifestyles Programme
- 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**



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

active 4 life



active young people

Healthy Lifestyles Programme





Young Peoples Healthy Lifestyles Programme

Day	Session	Age	Time	Venue	Cost (£)	Contact Number
Monday	Netball	8 to 11	4.30pm to 5.30pm	Redbridge Sports & Leisure	£3	020 8498 1010
	Netball	11+	5.30pm to 6.30pm	Redbridge Sports & Leisure	£3	020 8498 1010
	Indoor Athletics	8 to 11	6pm to 7pm	Seven Kings High School	£1.50	020 8708 0952
	Boys & Girls Volleyball	13 to 18	5:30pm to 6:30pm	Caterham High School	£1.50	020 8708 0952
	Street Dance	12 to 18	7pm to 8pm	Seven Kings High School	£1.50	020 8708 0952
Tuesday	Active Sports Club For young people with disabilities	8 to 11 12 to 15	4pm to 5pm 5pm to 6pm	Wanstead Youth Centre	£20 for 11 weeks	020 8708 0950
	Cheerleading	12 to 16	5pm to 6.30pm	Caterham High School	£1.50	020 8708 0952
	Table Tennis	10 to 18	5pm to 7pm	Platinum Lounge	£2.50	020 8550 0904 (evening)
	Kids Kickboxing	8+	5.15pm to 6pm	Redbridge Sports & Leisure	£3	020 8498 1010
Wednesday	Golf Class	8 to 11	4pm to 5pm	Fairlop Golf Course	£18 for 6 weeks	020 8500 9911
	Golf Class	12 to 16	5pm to 6pm	Fairlop Golf Course	£18 for 6 weeks	020 8500 9911
	Handball	8 to 16	5.30pm to 6.30pm	Caterham High School	£1.50	020 8708 0952
	Trampolining (East End Eagles)	6 to 18	6pm to 7.30 pm	Woodford County High School	£32 for 4 Sessions	020 8523 7470
Thursday	After School Cycling	11 to 19	4.15pm to 5.45pm	Redbridge Cycling Centre	£2	07725 510139
	Badminton (Beginners)	8+	6.30pm to 7.30pm	Woodford County High School	£3.50	07951 438 166
	Badminton (Intermediate/Advanced)	8+	7.30pm to 9.30pm	Woodford County High School	£3.50	07951 438 166
Friday	Judo Club	5 to 18	6.45pm to 8pm	Redbridge Judo Club	£5	07976 771 373
Saturday	Table Tennis	10 to 18	9am to 12noon	Canon Palmer Catholic School	£4	020 8550 0904 (evening)
	Trampolining (East End Eagles)	6 to 18	2pm to 4pm	Woodford County High School	£39 for 4 Sessions	020 8523 7470