

KIDS SPORTS ACTIVITIES



MONDAYS

Time	Class	Age	Venue	Price	Contact
4.30pm-5.30pm	Youth Fitness	11-16 yrs	South Woodford Library & Gym	£2.80 (induction £11.40)	020 8708 9067 www.visionrcl.org.uk
5pm-7pm	Indoor Rowing	11-16 yrs	Fairlop Rowing Club, Fairlop Waters	£4	07932 636114
6pm-7pm	Learn to Swim	3 yrs+	Fullwell Cross Leisure Centre	£72 for 12 weeks	07941 674568 lbrsc.swimminglessons@gmail.com
6pm-7pm	Boxing (non-contact)	Under 11s	Loxford Youth Centre	£2.50	020 8708 0950 active.redbridge@visionrcl.org.uk
7pm-8pm	Boxing (non-contact)	11 yrs+	Loxford Youth Centre	£2.50	020 8708 0950 active.redbridge@visionrcl.org.uk
7pm-9.30pm	Disability Youth Club session	13-25 yrs	Hainault Youth Centre	£4 per month	020 8500 8071

MONDAYS - FRIDAYS DAILY

3.30pm-4.30pm & 4.30pm-5.30pm	Junior Gym	11-16 yrs	Mayfield Leisure Centre	£2.80 (induction £12)	020 3887 0982
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TUESDAYS

3.15pm-5.45pm	Youth Club session	11-19 yrs	Hainault Youth Centre	£4 per month	020 8500 8071
4pm-5pm	Youth Fitness	11-16 yrs	Wanstead Leisure Centre	£2.80 (induction £12)	020 8989 1172 www.visionrcl.org.uk
4.30pm-5.30pm	Gladiator Fitness/ Athletics & Indoor Rowing	11 yrs+	Ilford Sports Club	£3.50 1st session free	info@weiningers.com
4pm-6pm	Youth Fitness	11-16 yrs	Fullwell Cross Leisure Centre	£2.50 (induction £11.40)	020 8550 2366 www.visionrcl.org.uk
5pm-6pm	Youth Fitness	11-16 yrs	Wanstead Leisure Centre	£2.80 (induction £12)	020 8989 1172 www.visionrcl.org.uk
5pm-7pm	Table Tennis - Intermediates	8-16 yrs	Redbridge Sports & Leisure Centre	£6 or £10 per week (2 sessions)	j.huett@btinternet.com
5.30pm-6.30pm	Junior Squash Coaching	11-16 yrs	Redbridge Sports & Leisure Centre	£5	07956 340351 david_lazarus@hotmail.co.uk
7pm-9pm	Football & Multi-sport	13-19 yrs	Hainault Youth Centre	FREE to members (membership £4 per month)	020 8500 8071 (call for availability)
8pm-10pm	Table Tennis - Advanced	8-16 yrs	Redbridge Sports & Leisure Centre	£6 or £10 per week (2 sessions)	j.huett@btinternet.com

WEDNESDAYS

Time	Class	Age	Venue	Price	Contact
3.15pm-5.45pm	Youth Club session	11-19 yrs	Hainault Youth Centre	£4 per month	020 8500 8071
4pm-5pm	Youth Fitness	11-16 yrs	Wanstead Leisure Centre	£2.80 (induction £12)	020 8989 1172 www.visionrcl.org.uk
4.30pm-5.30pm	Junior Golf (term time only) NEW	8-15 yrs	Fairlop Waters Driving Range	£7**	Jimmy 07534 033801
4.30pm-6pm	Multi-sport & Fitness (Met-Track)	10-17 yrs	The Jack Carter Centre, Frenford Club	FREE	www.met-track.com
5pm-6pm	BMX	5 yrs+	Redbridge Cycling Centre	£5 (including equipment)	020 8500 9359 djey@vision-rcl.org.uk
5.30pm-6.30pm	Girls Cricket (Beginners)	8-18 yrs (girls only)	Wanstead Leisure Centre	FREE	07738 090948 sabanasim@hotmail.com
6.30pm-7.30pm	Learn to Swim	3 yrs+	Fullwell Cross Leisure Centre	£72 for 12 weeks	07941 674568 lbrsc.swimminglessons@gmail.com
7pm-9pm	Table Tennis - Intermediates	8-16 yrs	Redbridge Sports & Leisure Centre	£6 or £10 per week (2 sessions)	j.huett@btinternet.com
7pm-9pm	Table Tennis - Advanced	8-16 yrs	Redbridge Sports & Leisure Centre	£6 or £10 per week (2 sessions)	j.huett@btinternet.com

THURSDAYS

4pm-5pm	Youth Fitness	11-16 yrs	Wanstead Leisure Centre	£2.80 (induction £12)	020 8989 1172 www.visionrcl.org.uk
4pm-5.30pm	Learn to Swim	3 yrs+	Caterham High School	£72 for 12 weeks	07941 674568 lbrsc.swimminglessons@gmail.com
4pm-6pm	Youth Fitness	11-16 yrs	Fullwell Cross Leisure Centre	£2.80 (induction £12)	020 8550 2366 www.visionrcl.org.uk
4.30pm-5.30pm	Youth Fitness	11-16 yrs	South Woodford Library & Gym	£2.80 (induction £12)	020 8708 9067 www.visionrcl.org.uk
5pm-6pm	Youth Fitness	11-16 yrs	Wanstead Leisure Centre	£2.80 (induction £12)	020 8989 1172 www.visionrcl.org.uk
5pm-6.30pm	Basketball	12-15 yrs	The Jack Carter Centre, Frenford Club	£5	020 8518 0992
5pm-6.30pm	Table Tennis - Beginners	8-16 yrs	Redbridge Sports & Leisure Centre	£6	j.huett@btinternet.com
5pm-6.30pm	Kickz Indoor Multi Sport	8-11 yrs	Loxford Leisure Centre	FREE	trevor.duberry@leytonorienttrust.org.uk
6pm-8pm	Kickz Football	12-19 yrs	Loxford Leisure Centre	FREE	trevor.duberry@leytonorienttrust.org.uk
7pm-9pm	Football & Multi-sport	13-19 yrs	Hainault Youth Centre	FREE to members (membership £4 per month)	020 8500 8071 (call for availability)
8pm-9.30pm	Kayak Skills	6 yrs+	Loxford Leisure Centre Pool	£4	020 8478 5364

FRIDAYS

4pm-6pm	Learn to Swim	3 yrs+	Caterham High School	£72 for 12 weeks	07941 674568 lbrsc.swimminglessons@gmail.com
5.30pm-6.30pm	Junior Squash Coaching	11-16 yrs	Redbridge Sports & Leisure Centre	£5	07956 340351 david_lazarus@hotmail.co.uk

**Golf participants required to purchase a basket of balls

KIDS SPORTS ACTIVITIES

SATURDAYS

Time	Class	Age	Venue	Price	Contact
9.30am-10.30am	Bollywood Dance	12-18 yrs	Isaac Newton Academy IG1 1FY	Prices may vary	Angelique 07708 427486
10.15am-11.15am	BMX	5 yrs+	Redbridge Cycling Centre	£5 (including equipment)	020 8500 9359 djey@vision-rcl.org.uk
10.30am-11.30am	Bollywood Dance	7-11 yrs	Isaac Newton Academy IG1 1FY	Prices may vary	Angelique 07708 427486
11am-12noon	Junior Golf NEW (advanced)	5 yrs+	Fairlop Waters Driving Range	£7** 1st session free	Jimmy 07534 033801
11.45am-12.45pm	Gladiator Fitness/ Athletics & Indoor Rowing	11 yrs+	Ilford Sports Club	£3.50	info@weiningers.com
12noon-12.45pm	Bollywood Dance	4-7 yrs	Seven Kings Methodist Church IG3 8DH	Prices may vary	Angelique 07708 427486
12noon-1pm	Junior Golf (beginners) NEW	5 yrs+	Fairlop Waters Driving Range	£7**	Jimmy 07534 033801
1pm-2pm	Youth Fitness	11-16 yrs	Wanstead Leisure Centre	£2.80 (induction £12)	020 8989 1172 www.visionrcl.org.uk
1pm-2pm	Youth Fitness	11-16 yrs	South Woodford Library & Gym	£2.50 (induction £11.40)	020 8708 9067 www.visionrcl.org.uk
2pm-3.30pm or 3.30pm-5pm	Junior Badminton	8 yrs+	Wanstead Leisure Centre	10-13 week course member £6 non-member £8	020 8989 1172 www.visionrcl.org.uk

SATURDAYS & SUNDAYS

12noon-1pm & 1pm-2pm	Junior Gym		Mayfield Leisure Centre	£2.80 (induction £12)	020 3887 0982
1pm-3pm	Youth Fitness		Fullwell Cross Leisure Centre	£2.80 (induction £12)	020 8550 2366

SUNDAYS

12noon-1pm	Youth Fitness	11-16 yrs	South Woodford Library & Gym	£2.80 (induction £11.40)	020 8708 9067 www.visionrcl.org.uk
1pm-2pm	Youth Fitness	11-16 yrs	Wanstead Leisure Centre	£2.80 (induction £12)	020 8989 1172 www.visionrcl.org.uk
1.30pm-3.30pm	Learn to Swim	3 yrs+	Caterham High School	£72 for 12 weeks	07941 674568 lbrsc.swimminglessons@gmail.com

**Golf participants required to purchase a basket of balls

MONDAY-SUNDAY

Junior Badminton

Check with Centre Redbridge Sports & Leisure Centre badminton@rslonline.co.uk

Tennis in the Parks

To find out what sessions are available and to book visit www.energytennis.co.uk

Learn 2 Row courses at Fairlop Rowing Club 11 yrs+

To find out when our next available course is contact fairloprowingclub@visionrcl.org.uk