

# sports zone

## INCLUSIVE SPORTS

### Multi-Sports 8-14 yrs

#### Mondays

4.30pm-6pm  
The Jack Carter Centre,  
The Drive, Ilford  
£2 members, £3 non-members  
020 8708 0951

An afterschool club for young people with a disability and/ or special educational need and their siblings or a friend. Come and take part in many different sports such as basketball, boccia, cricket, football, new age kurling. Try out new activities and develop new skills.

### Wheelchair Basketball 10-21 yrs

#### Sundays

12noon-1pm  
The Jack Carter Centre,  
The Drive, Ilford, £5  
020 8518 0992

Wheelchair basketball welcomes people with disabilities as well as able bodied people. In these sessions you will learn chair control, shooting, passing and catching as well as playing games

### Indoor Rowing 14 yrs+

#### Mondays

7pm-8pm £4  
Fairlop Rowing Club, Fairlop Waters,  
Forest Road IG6 3HN  
07932 636114

### Indoor Rowing & WRS Resistance Sliding 11 yrs+

#### Tuesdays

5pm-6pm  
Ilford Sports Club, 3 Cricklefield Pl,  
Ilford IG1 1FY  
£2 per session or £5 per month  
Enquiries info@weingers.com  
www.ilfordsportsclub.co.uk

### Junior Squash Coaching

#### Tuesdays

5.30pm-6.30pm £5 11-16 yrs

#### Thursdays

1.30pm-2.15pm £3.50 2-5 yrs

#### Fridays

4.30pm-5.30pm £5 6-11 yrs

Redbridge Sports & Leisure Centre,  
Barkingside  
Enquiries to Dave Lazarus  
07956 340351 or email  
david\_lazarus@hotmail.co.uk

### Junior Boxercise 11-16 yrs

#### Wednesdays

4pm-5pm £2.60  
Wanstead Leisure Centre

### Basketball Club 8-14 yrs

#### Thursdays

5pm-6.30pm  
All levels welcome for basic skills and learning the game.  
The Jack Carter Centre  
Frenford Club, The Drive, Ilford  
£2 members, £3 non-members  
020 8518 0992

### Trampoline 5-15 yrs

#### Saturdays

10am-11am  
£60.80 for 8 week course  
Wanstead Leisure Centre

### Kickz Indoor Multisport

(boys & girls)

10-18 yrs

#### Thursdays

5.30pm-7pm, FREE  
Loxford Leisure Centre, Loxford Lane,  
Ilford IG1 2UT  
Enquiries trevor.duberry@  
leytonorienttrust.org.uk

### Football & Multi Sports

13-19 yrs

#### Thursdays

7pm-9pm  
Hainault Youth Centre,  
116 Huntsman Road, Hainault  
Free to members  
(membership £4 per month)  
020 8500 8071  
Session content will vary due to weather, facilities available and what sports the young people want to play. Accredited courses also available.

### Mossford Table Tennis Club 8-16 yrs

#### Thursdays

5pm-7pm £3.50  
Redbridge Sports & Leisure Centre  
(Studio 3), Barkingside  
**Saturdays**  
9am-12noon £4.50  
The Palmer Catholic Academy,  
Seven Kings  
Enquiries J.Huett@btinternet.com



## Tennis

4-16 yrs

**Mondays, Wednesdays,  
Thursdays & Fridays**

4pm-6.30pm

**Saturdays & Sundays**

9am-1pm

Chigwell Lawn Tennis Club, Grange  
Crescent, Chigwell IG7 5JD  
(just behind Grange Hill Station)

£6 per session

Enquiries to LTA Coach James

07800 876681

## Junior Gym 11-16 yrs

**Tuesdays & Thursdays**

4pm-5pm, 5pm-6pm South Woodford Gym

4pm-5pm, 5pm-6pm Wanstead Leisure Centre

4.30pm-5.30pm Fullwell Cross Leisure Centre

**Saturdays**

1pm-2pm Wanstead Leisure Centre

1pm-2pm South Woodford Gym

**Sundays**

1pm-2pm Wanstead Leisure Centre

4pm-5pm Fullwell Cross Leisure Centre

South Woodford Gym 020 8708 9067

Wanstead Leisure Centre 020 8989 1172

Fullwell Cross Leisure Centre 020 8550 2366

£2.50 per session

One off induction fee £11.40

[www.vision-rcl.org.uk](http://www.vision-rcl.org.uk)

## Boxing Satellite Clubs

**Mondays**

3.30pm-4.30pm

Isaac Newton Academy, 1 Cricklefield Pl,  
Ilford IG1 1FY

**Wednesdays**

3.45pm-4.45pm

King Solomon High School, Forest Road,  
Ilford, IG6 3HB (Sports Hall).

Both boxing sessions are term time only.



## Kickz Outside Football

10-18 yrs

(boys & girls)

**Fridays**

6pm-8pm, FREE

Loxford Leisure Centre, Loxford Lane,  
Ilford IG1 2UT

Enquiries [trevor.duberry@leytonorienttrust.org.uk](mailto:trevor.duberry@leytonorienttrust.org.uk)



## Hotstepperz Dance Class

11 yrs+

**Fridays**

6pm-8pm

Street and Freestyle Dancing  
open to any level

The Jack Carter Centre

Frenford Club, The Drive, Ilford

£2 members, £3 non-members

## Learn to Swim 3 yrs+

**London Borough of Redbridge  
Swimming Club**

LBRSC run swimming and training  
lessons for all abilities of swimmers  
ranging from Learn to Swim through to  
National level.

The club follows the National  
Teaching Plan.

**Fullwell Cross Leisure Centre,  
Barkingside**

**Mondays** 6pm-7pm

**Wednesdays** 6.30pm-7.30pm

**Caterham High School, Clayhall**

**Thursdays** 4pm-5.30pm

**Fridays** 4pm-6pm

**Sundays** 1.30pm-3.30pm

£67.20 for a 12 week course of  
30 minute lessons

If you are interested in participating in  
a swimming trial to swim in a squad or  
learn to swim, please email  
[lbrsc.swimminglessons@gmail.com](mailto:lbrsc.swimminglessons@gmail.com)  
or call Mic Hasted 07941 674568

## Chance to Shine Street Cricket

10-18 yrs (Girls only)

**Wednesdays**

5.30pm-6.30pm

Sessions for girls to come and try out  
cricket at Wanstead Leisure Centre, in the  
sports hall. Open to girls of any ability,  
these sessions use a fast, fun form of the  
game called Tapeball Cricket\*.

For more information contact  
Saba Nasim 07738 090948 or email  
[sabanasim@hotmail.com](mailto:sabanasim@hotmail.com)

\* run by a ECB level 2 coach