

ACTIVE FAIRLOP

Breeze Beginner Bike Rides for women only

For dates and times please visit website

Meet at Fairlop Outdoor Activity Centre
by the boulder park. Book via

www.letsride.co.uk/rides go to search box

'Find a ride' and type Fairlop Waters / then sort
by 'Closest to location'. No need to bring your
own bike, you can hire ours!

Easter holiday bike hire

Tuesday 3-Friday 13 April

(Mon-Fri, 10am-4pm)

Email fairlopactivator@vision-rcl.org.uk
or call 020 8500 9911

Social Climbing Wall

Our Social Climbing Club is for those that want
to gain confidence climbing whilst being social.

1hr sessions for 6 weeks

Contact 020 8500 9911 for price and dates

Cycling Cycle Lessons FREE for Redbridge residents!

Cycle Confident offer free cycling sessions for Redbridge residents.

Please book in advance via

www.cycleconfident.com/sponsors/london-borough-of-redbridge

BIKE HIRE Cycle Hire Re-Launch Day

Experience Fairlop Waters
by bike this spring!

Monday 2 April 10am-4pm

Women's learn to Golf

Please contact
Jimmy Burns
jimmyburns8@gmail.com



KEEP ACTIVE OUTDOORS

Your first class on the Active Fairlop* programme is FREE!

Weekly Fitness Classes

	Session type	Time	Meeting Point	Cost	Contact
Mondays	Outdoor Fitness (HIITS)* <small>(optional indoor venue) Adult (14+yrs+)</small>	7pm-8pm	Fairlop Rowing Club Boat House	£4	Darren 07932 636114 activeparks@visionrcl.org.uk
Tuesdays	Buggy Fitness*	10.30am- 11.30am	Fairlop Waters Club House <small>Indoor venue available in bad weather</small>	£3	020 8500 9911 fairlopactivator@vision-rcl.org.uk
	Yoga*	7.30pm- 8.30pm	Lakeside suite	£5	020 8500 9911 fairlopactivator@vision-rcl.org.uk
Wednesdays	Paddleboarding <small>(starting 4 April)</small>	6.30pm-8pm	Fairlop Outdoor Activity Centre	£5 or 10 sessions for £40	rebecca.neal@visionrcl.org.uk
Thursdays	Kayaking at Loxford Pool	8pm-9.30pm	Loxford Leisure Centre	Adult £5.50 Child £3.50	info@fairloppaddlesports.co.uk
Saturdays	Fairlop Paddlesports Club	10am-1pm	Email for details	Adult £5 Child £3	info@fairloppaddlesports.co.uk

All sessions are subject to change, please check the website www.redbridge.gov.uk/parks or call for further details.

Father's Day

Treat your dad on Sunday 17 June
to High Ropes, Golf and Cycle Hire.
Free refreshments after activities.
10am-1pm (1 hr sessions)
Pre-booking required, call 020 8500 9911 or
email fairlopactivator@vision-rcl.org.uk

Open Days

Fairlop Open Day
Saturday 28 April, 1pm-5pm

Come along and try new
activities for free.

Disability Open Day
Wednesday 16 May, 11am-2pm

Free taster sessions include
orienteeing, golf and more.

Contact 020 8500 9911 for more information.

Fairlop Waters Country Park, Forest Road, Barkingside IG6 3HN

