

ACTIVE FAIRLOP

FAIRLOP FAIR

ENTER THE SPORTS ZONE!

Saturday 1 July, 11am-6pm

Taster classes

On land: Try yoga, Nordic walking, boxing, indoor rowing machines, indoor kayak machines, cycling
On the Water: Try kayaking, canoeing and sailing

Promotions

Get discounts on our 8 for 10 session cards when you sign up on the day!

Competition

Card board Boat Race - further details on page 5

For more information on the Fairlop Fair see pages 4-5.

COMING SOON WEEKLY RUNNING SESSIONS

New to running or don't know where to start to achieve your running fitness goals? Our experienced instructors will guide you on your fitness journey.

Enquiries 020 8708 0952 or email
fairlopactivator@vision-rcl.org.uk

WATERSPORTS

6 Week Adult Learn to Canoe & Kayak

Summer:

Tuesdays 18 July to 22 August

Autumn:

Tuesdays 5 September to 10 October

6.30pm-8pm £45 for 6 weeks

Women's only FREE Kayak taster session

Monday 19 June

6.30pm-7.30pm

fairlopactivator@vision-rcl.org.uk

6 Week Junior Learn to Canoe & Kayak

11-16 yrs

Sundays 9 July to 13 August

10.30am-12.30pm £20 for 6 weeks

6 Week Junior Learn to Sail

11-16 yrs

Wednesdays 13 September to 18 October

4.30pm-6.30pm £20 for 6 weeks

Enquiries and bookings email
rebecca.neal@visionrcl.org.uk

WE NEED YOU!

We are looking to set up a parkrun event at Fairlop Waters and need volunteers! If you are interested in volunteering please contact us.

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

Led Rides around Fairlop Waters - Coming soon. Please see our website for more information (own bike not necessary)

Weekly Fitness Classes

	Session type	Time	Meeting Point	Cost	Contact
Monday	Indoor Row Fitness Adult (14 yrs+)	6pm-7pm	Fairlop Rowing Club Boat House	£4	Darren 07932 636114 activeparks@visionrcl.org.uk
Tuesday	Buggy Fitness	10.30am-11.30am	Owls Play Centre (term time only)	£3	Emily 020 8708 0952 fairlopactivator@vision-rcl.org.uk
	Yoga	7.30pm-8.30pm	Lakeside suite	£5	Emily 020 8708 0952 fairlopactivator@vision-rcl.org.uk
Wednesday	Stand Up Paddleboard (16 yrs+)	6.30pm-8pm	Fairlop Outdoor Activity Centre	£5 or 10 weeks for £40	Emily 020 8708 0952 fairlopactivator@vision-rcl.org.uk
Saturday	Fairlop Paddlesports Club	10am-1pm	email for details		info@fairloppaddlesports.co.uk

FREE sessions for women during women's sports week see page 29

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

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

