

SPORTING STARTS

Redbridge Cycling Centre



HOLIDAY COURSES - Easter & May Half Term

Developing cycling skills during the school holidays

All courses are 3 hours long and run from 10am-1pm. Please book in advance on the above number, payment by debit or credit card. A parental consent form is also required prior to the session. All sessions cost £10 per child, bikes are available to hire for an extra £5.

7 & 11 April & 28 May 5-10 yrs

Novice Go-ride Skills

Fun skills in our coaching area concentrating on basic cycling techniques (must be able to ride without stabilisers).

16 April & 30 May 5-10 yrs

Novice Go-ride Skills Follow Up

Basic skills development on the circuit for riders who have completed the Novice Go-ride skills course.

8 April & 29 May 8-14 yrs

Introduction to Road Racing

Suitable for riders who are competent cyclists and would like to try road racing bikes and techniques. Minimum height 138cm

10 April 8-14 yrs

Road Racing Follow Up

Suitable for riders who have completed the introduction to road bikes course or novice road racers, who wish to learn new road racing skills and techniques.

9 April & 27 May 8-14 yrs

Introduction to Mountain Biking

Suitable for riders who have limited off road cycling experience.

11 April 8-14 yrs

Mountain Biking Follow Up

Suitable for riders who have completed the introduction to mountain biking course or cyclists wishing to learn more advanced mountain bike skills and techniques.

Every Tuesday & Sunday 1½-5yrs Strider Bike Sessions

If your child can walk then they can ride! Strider bikes are balance bikes designed for children to gain confidence before progressing to a bike with pedals without having to use stabilisers. The sessions last 45 minutes and are indoors but if weather permits will be outside. Spaces are limited. If you are interested in a weekend session please call the above number to register your interest.

Tuesday & Sunday 10.45am-11.30am

£4 per child, includes a Strider bike, helmet, tuition and a hot beverage for the parent/guardian.



For more cycling sessions see page 29 in the adult section.

Redbridge Cycling Centre, Forest Road, Hainault, Essex, IG6 3HP
www.redbridgecyclingcentre.co.uk

Girls Gym & Fitness 8-15 yrs



As well as pads & gloves work, these classes involve performing exercise such as star jumps, knee raises, squats, skipping, running, cycling, and stomach crunches - a complete overall body workout! Classes are fully supervised by qualified instructors.

Improves strength, stamina, flexibility and also teaches a form of self-defence, which helps to improve confidence.

Monday-Friday, 4pm-4.45pm Saturday, 11.15am-12noon

Enrgise Health Club for women, 5 Brooks Parade, Green Lane, Goodmayes, IG3 9RT

[f enrgisehealthclubforwomen](https://www.facebook.com/enrgisehealthclubforwomen)

Cricket for girls 8-15 yrs

Fridays

Streetchance sessions for girls to come and try out at cricket at Woodbridge High School, IG8 7DQ 5.30pm-7pm

Open to girls of any ability, these sessions use a fast, fun form of the game called Tapeball Cricket. The scheme is run by Streetchance, who provide free inner city Cricket across other major cities in the UK. For more information contact Hannah Newman email hannah.newman@live.com or call 07943 875425.

Mini Tennis 4-8 yrs

Mini-tennis after school session

Mondays, Wednesdays & Thursdays 4pm-5pm or 5.15pm-6.15pm

Tuesdays 5pm-6pm
Woodford Wells Lawn Tennis Club

First session Free, £6 per session after that

Places are limited, so book in advance by calling Natasha on 07904 022966 or email tashaxargent@hotmail.com

Saturdays 9.30am-10.30am
£5 per session, pay as you go.



Easter Multisports 5-15 yrs

7-11 & 14-17 April

Children can take part in a range of sports including, football, basketball, rounders, kwik cricket, netball, plus other activities and games.

	Member	Non-Member
Multisport Daily 9.30am-3.30pm	£17.70	£18.90
Multisport Weekly 9.30am-3.30pm (7-11 April)	£79.65	£85.00
Multisport Weekly 9.30am-3.30pm (14-17 April)	£61.95	£66.15
Early Sessions 8.30am-9.30am	£2.50	£4.90
Late Sessions 3.30pm-5pm	£2.50	£4.90

Wanstead Leisure Centre,
Redbridge Lane West, Wanstead E11 2JZ
Call to book in advance 020 8989 1172

Wanstead
Leisure Centre



FREE

Learn to swim 3yrs+

London Borough of Redbridge Swimming Club

LBRS run swimming 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 4.30pm-5.30pm, Fridays 4pm-6pm,
Sundays 1.30pm-3.30pm

£60 for a 12 week course

Due to teaching commitments all enquiries should be via email to head.coach@lbrsc.org
www.lbrsc.org



Chigwell Lawn Tennis Club 4-16 yrs

Weekly Tennis Programme

Wednesdays, Thursdays,
Fridays 4pm-6.30pm
Saturdays and Sundays 9am-1pm
£5 per session

Easter Tennis Camps

Monday 7 April-Thursdays 17 April
10am-1pm
£12 per session
or £50 for 5 sessions in a week

Chigwell Lawn Tennis Club

Grange Crescent,
Chigwell IG7 5JD
(Location just behind
Grange Hill Station)
For more information call
Head Coach James 07800 876681.