

# SPORTS ZONE

## INCLUSIVE SPORTS

### Multi-Sports 10-16 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.

### INCLUSIVE YOUTH CLUB 10-25 yrs

NEW

#### Thursdays

6pm-8pm  
Wanstead Youth Centre, Elmcroft  
Avenue, Wanstead E11 2DB  
Entry £1  
calluma@essexboysandgirlsclubs.org  
01245 264783

### 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 & Wild Side 11 yrs+

#### Tuesdays & Thursdays

4.30pm-5.30pm  
Ilford Sports Club, 3 Cricklefield Pl,  
Ilford IG1 1FY  
£3.50  
Enquiries info@weingers.com  
www.ilfordsportsclub.co.uk

### YOUTH FITNESS 11-16 yrs

#### Mondays & Thursdays

4.30pm-5.30pm South Woodford Gym

#### Tuesdays & Thursdays

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

12noon-1pm South Woodford Gym  
1pm-2pm Wanstead 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

### Junior Squash Coaching

#### Tuesdays

5.30pm-6.30pm £5 11-16 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

### Badminton

#### Tuesdays

11 week course  
5.30pm-6.30pm  
£38.17 members  
£49.83 non-members

#### Saturdays

12 week course  
2pm-3.30pm & 3.30pm-5pm  
£64.80 members/£84 non-members  
Wanstead Leisure Centre  
020 8989 1172

#### Sundays

10am-12noon  
Junior Badminton Courses  
£5.20 per lesson  
Loxford Leisure Centre 020 8478 5634



### Trampolining 5-15 yrs

#### Tuesdays

5.30pm-6.30pm & 6.30pm-7.30pm

#### Saturdays

10am-11am & 11am-12noon  
12 week course £64.80 members/  
£84 non-members  
Wanstead Leisure Centre

### Junior Boxercise 11-16 yrs

#### Wednesdays

4pm-5pm £2.50  
Wanstead Leisure Centre  
Enquiries  
active.redbridge@visionrcl.org.uk

### Chance to Shine Street Cricket 8-18 yrs (Girls only)

#### Wednesdays

5.30pm-6.30pm  
Sessions for girls to come and try out  
cricket at Wanstead Leisure Centre.  
Open to girls of any ability, these  
sessions use a fast, fun form of the  
game called Tapeball Cricket.  
Run by a ECB level 2 coach.

For more information contact  
Saba Nasim 07738 090948 or email  
sabanasim@hotmail.com

### BMX 5 yrs+

#### Wednesdays

(Starting 18 April)  
5pm-6pm  
Redbridge Cycling Centre  
020 8500 9359  
£5 which include all equipment and  
coaching  
djey@vision-rcl.org.uk

## Met-Track Multi Sport & Fitness Training

10-17 yrs

### Wednesdays

4.30pm-6pm, FREE

Jack Carter Centre, Frenford Youth Club, The Drive, Ilford IG1 3PS

Whether it's to get fit or take athletics more seriously Met-Track sessions caters for all, with

International Athletes as coaches and competitions throughout the year.

For more information visit

[www.met-track.com](http://www.met-track.com)

## Basketball Club

12-15 yrs

### Thursdays

5pm-6.30pm

All levels welcome for basic skills and learning the game.

The Jack Carter Centre

Frenford Club, The Drive, Ilford

£5 (£3 Discount Card holder)

020 8518 0992

## MOSSFORD TABLE TENNIS CLUB

8-16 yrs

### Thursdays

5pm-7pm £4

Redbridge Sports & Leisure Centre

(Studio 3), Barkingside

### Saturdays

9am-12noon £5

The Palmer Catholic Academy,

Seven Kings

Enquiries [J.Huett@btinternet.com](mailto:J.Huett@btinternet.com)

## Kickz Indoor Multisport

10-18 yrs

### Thursdays

5.30pm-7pm, FREE

Loxford Leisure Centre,

Loxford Lane, Ilford IG1 2UT

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

[leytonorienttrust.org.uk](http://leytonorienttrust.org.uk)



## Football & Multi Sports

13-19 yrs

### Tuesdays & Thursdays

7pm-9pm

Hainault Youth Centre,

116 Huntsman Road, Hainault

Free to members

(membership £4 per month)

020 8500 8071 (call to check

availability)

Session content will vary due to

weather, facilities available and what

sports the young people want to play.

Accredited courses also available.

## Paddlesports

### Thursdays

8pm-9.30pm

£5.50 adult/£3.50 child

Discount for families

Loxford Leisure Centre

020 8478 5364

## Kickz Outside Football

10-18 yrs

### Fridays

6pm-8pm, FREE

Loxford Leisure Centre,

Loxford Lane, Ilford IG1 2UT

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

[leytonorienttrust.org.uk](http://leytonorienttrust.org.uk)

## Frenford Dance

11 yrs+

### Fridays

6pm-7.30pm

Street and Freestyle Dancing

open to any level

The Jack Carter Centre

Frenford Club, The Drive, Ilford

£4

020 8518 0992

## Learn to Swim 3 yrs+

### London Borough of Redbridge Swimming Club

LBRSCL 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



## Expressive BeatZ Street Dance Classes

**Saturdays** (term time only)

10am-11am 5-7 yrs

11am-12noon 8-11 yrs

Wanstead Youth Centre, Elmcroft

Avenue, Wanstead E11 2DB

Fun, friendly and energetic street dance classes for kids. Incorporating exercise by learning new cool moves to funky beatz!

£6 per session

Enquiries 07960 900047

Email [expressive.beatz@gmail.com](mailto:expressive.beatz@gmail.com)

## COMING SOON

### Junior Box Fitness

Loxford Youth Centre

To register interest email

[active.redbridge@visionrcl.org.uk](mailto:active.redbridge@visionrcl.org.uk)