

# sports zone

## Inclusive Multi-Sports 8-14 yrs

**Mondays** 4.30pm-6pm

The Jack Carter Centre,  
The Drive, Ilford  
£2, £1.50 leisure pass holder  
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, develop new skills. Bring your brother, sister or a friend or make new friends.

## Badminton

**Mondays**

6pm-7pm 8-12 yrs  
7pm-8pm 13-16 yrs

The Jack Carter Centre, The Drive, Ilford  
£1 members, £2.50 non-members  
020 8518 0992  
Learn the art of badminton in this fun coaching session.

## Fitness Workout 14-21 yrs

**Mondays** For ladies only, 6pm-7pm

The Jack Carter Centre, The Drive, Ilford  
£2.50, 020 8518 0992  
Great environment to keep-fit and socialise with others.  
Enquiries 020 8500 8071

## Junior Squash Coaching

**Tuesdays** 5.30pm 11-16 yrs

**Fridays** 4.30pm 6-11 yrs

Redbridge Sports & Leisure Centre,  
Barkingside, £5  
Enquiries to Dave Lazarus  
07956 340 351 or email  
david\_lazarus@hotmail.co.uk

## Football & Multi Sports

13-19 yrs

**Thursdays** 6pm-8pm,

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.

## Junior Badminton 8-16 yrs

**Saturdays** 2pm-3.30pm

& 3.30pm-5pm  
Wanstead Leisure Centre, Redbridge  
Lane West, Wanstead E11 2JZ  
Call 020 8989 1172 to book in advance

Are your children looking to get into a new sport or hobby? A fully experienced Badminton England registered Coach will be offering help, training or just an opportunity to have fun! Aiming to introduce children into keeping fit for the future.

## Wheelchair Basketball 10 yrs+

**Sundays** 12noon-1pm

The Jack Carter Centre,  
The Drive, Ilford, £3.50  
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.



## Table Tennis

For girls in year 11 and under. \*

**Mondays** 5pm-7pm

Redbridge Sports & Leisure Centre  
(Studio 3), Barkingside  
£3, first session free  
**Saturdays** 9am-12noon  
The Palmer Catholic Academy,  
Seven Kings  
£4, first session free

\*please note that these are not girls only sessions but we need more girls in this sport and we are looking for girls to compete in the London Youth Games!

## Junior Squash 8-15 yrs

**Sundays** 1pm-2.30pm

Wanstead Leisure Centre,  
Redbridge Lane West, Wanstead, E11 2JZ  
£5, first session free  
(courses run in 6 week blocks)  
Enquiries 020 8989 1172 or  
email [dvickers@vision-rcl.org.uk](mailto:dvickers@vision-rcl.org.uk)

## Junior Gym 11-16 yrs

**Sundays**

4pm-5pm  
Private Studio,  
Fullwell Cross Leisure  
Centre, Barkingside

**NEW!**