



# Us Girls Newham

*Female only sport and activity*

in partnership with





## Us Girls Newham

activeNewham is proud to be delivering this exciting programme of female only sport and physical activity.

The sessions are part of the national ground breaking Us Girls initiative led by the sports charity StreetGames, with support from the National Lottery and Sport England. The programme is part of the Active Women campaign to tackle the gender gap in sport.

By working in partnership with local groups in Newham we can help to support and sustain activity within a local setting. This integrated approach is what makes Us Girls Newham so accessible to local women and also provides community activities to bring residents closer together.

This is a great opportunity for women of all ages to improve their fitness and make new friends with a female instructor in a safe, fun environment!





## Activities Around Newham

### AthleFIT

AthleFIT is the brand new fitness programme from England Athletics which combines athletics with a fun and exciting programme of getting and keeping fit. Fitness sessions are based upon athletics - running, jumping and throwing events applied with the traditional circuit training approach. Suitable for mums and young adults looking to get back into fitness. Aimed at all levels.

When: Wednesdays 5.30-6.30pm

Age: 14+

Cost: £1

Venue: Flanders Community Centre, 116 Napier Road, East Ham, E6 2SG

When: Tuesdays 6.00-7.00pm

Age: 14+

Cost: £1

Venue: Forest Gate Community School, Forest Lane, Forest Gate, E7 9BB

Contact: Nicole Napier – 07741 292902  
nicole.napier@activenewham.org.uk

### Female Boxercise Classes

When: Thursdays and Saturdays

Time: Thursdays 7.30-8.30pm and Saturdays 12.30-1.30pm

Cost: £5

Venue: West Ham Amateur Boxing Club, 2 London Road, E13 0DN

Contact: Lianne Jameson – 07801 541 244



### Female Only Cardio Session

Cardio sport is an excellent way to get into a more active lifestyle, meet new people and improve your skills. Sessions will include tennis, skipping and hula-hooping.

When: Tuesdays 5.00-6.00pm

Age: 14+

Cost: £1

Venue: St Marks Community Centre, 218 Tollgate Road, Beckton, E6 5YA

Contact: Nicole Napier – 07741 292902  
nicole.napier@activenewham.org.uk

### Female Only Pilates

Pilates strengthens the core, tones the body and relaxes the mind.

Why not come and clear your mind and become more body aware and focused.

When: Thursdays 6.30-8.00pm

Age: 14+

Cost: £1

Venue: Froud Centre, 1 Toronto Avenue, Manor Park, E12 5JF

Contact: Nicole Napier – 07741 292902  
nicole.napier@activenewham.org.uk

### Female Only Cricket Sessions

Try your hand at informal, FUN cricket sessions with female lead coaches and activities to suit all abilities.

When: Wednesdays

Age: 14+

Cost: FREE

Venue: Newham College, East Ham Campus, High Street, South London, E6 6ER

Contact: Catherine Dalton 07881752677  
catherinecdalton@msn.com





### Female Only Zumba

Pretty much the most awesome workout ever. Dance to great music with great people and burn a ton of calories without even realising.

When: Thursdays 6.30-8.00pm

Age: 14+

Cost: £1

Venue: The Well Community Centre, 49 Vicarage Lane, East Ham, London, E6 6OQ

Contact: Nicole Napier – 07741 292902  
nicole.napier@activenewham.org.uk

### Fun Female Fitness

A multi-discipline fitness session for females focusing on improving health, fitness and body shape.

When: Wednesdays 5.00-6.00pm

Cost: £1

Age: 14+

Venue: Newham College, Stratford Campus, Welfare Road, London, E15 4HT

Contact: sports@newham.ac.uk / 020 8257 4255 / 07944 833192

### Get Back Into Netball

For those who may not have played for a while and looking to get back into netball. Sessions for all ages and abilities - just turn up and play! OPA Netball Club is a fun, friendly and social club with a passion for netball. The teams are of varying standards and play local league matches at the weekend.

When: Tuesdays - Juniors 6.00-7.30pm and Seniors 7.30-9.00pm

Cost: £2 per session

Venue: Lister Secondary School, St Mary's Road, Plaistow, E13 9AE

Contact: Colette Corbin, Club Secretary - 07930 857651  
opa\_netball\_club@hotmail.com

### Girls' Basketball (Youngblood's Basketball Club)

Come along and learn or improve your basketball skills with one of Newham's best basketball clubs.

Age: Under 14 - 4.30-6.00pm Mondays and Wednesdays. Cost: £1

Under 16 - 6.00-8.00pm Wednesdays and Fridays. Cost: £1

Under 18 - 6.00-8.00pm Wednesdays and Fridays. Cost: £1

Women - 8.00-10.00pm Tuesdays. Cost: £3

Venue: St Angela's School, St Georges Road, Forest Gate, E7

Contact: Caroline Charles - 07958 307657

### Girls Boxing Sessions

Day: Saturdays 11.00am-12.00pm

Age: 7-16 years

Cost: £2

Venue: West Ham Amateur Boxing Club, 2 London Road, E13 0DN

Contact: Lianne Jameson - 07801 541 244

### Girls Football

Free girls only sessions – fun games, structured coaching and opportunity to play against other football teams.

When: Fridays 4.00-5.30pm (8-16yrs), 5.30-7.00pm (16yrs+)

Age: 8 -16 years

Cost: Free

Venue: West Ham United Community Sports Trust, Beckton 3G, 60a  
Albatross Close, Beckton, E6 5NX

Contact: Shamajul Motin - 0207 473 7720  
SMotin@westhamunited.co.uk

### Girls Football

Free girls only sessions – fun games, structured coaching and opportunity to play against other football teams.

When: Wednesdays 4.00-5.30pm

Age: 11-16 years

Cost: Free

Venue: Chobham Academy, 40 Cheering Lane, E20 1BD

Contact: Shamajul Motin - 0207 473 7720  
SMotin@westhamunited.co.uk

### Netball

For those who may not have played for a while and looking to get back into netball. Sessions for all ages and abilities - just turn up and play!

When: Mondays 5.00-6.00pm

Age: 14-25 years

Cost: Free to Newham College students.  
£1 per session for all others.

Venue: Copper Box, Olympic Park, E20 3HB

Contact: Danielle Giles - 0208 257 4046 / 07930289492  
danielle.giles@newham.ac.uk



### Sheila's Yummy Mummy Buggy Fit

Buggy fitness is all about exercising outside using your baby's buggy. This is the latest fitness craze hitting America and is a great way to meet other mums and make new friends.

When: Mondays 10.00-11.30am

Age: 16+

Cost: £5 per session

Venue: Central Park, East Ham, E6 (meet outside the café in the park)

Contact: Sheila Poleon - 07908 614958  
spoleon@aol.com

### Women's Basketball (Youngblood's Basketball Club)

When: Thursdays 8.00-10.00pm

Age: 16+

Cost: £1

Venue: St Angela's School, St George's Road, Forest Gate, E7

Contact: Caroline Charles - 07958 307657

## Activities at Balaam Leisure Centre

Balaam St, Newham, E13 8AQ

For more information call 0844 414 2728†

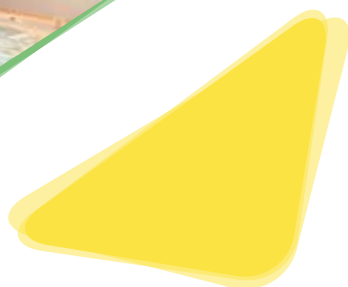
### Aquafit

Exercise to music in the water.

When: Tuesdays 7.15-8.15pm

Age: Adults

Cost: From £4.65 (member price)



### Box-Fit Classes

This is a great way to improve your fitness and make new friends in a safe, fun environment with a female instructor.

When: Mondays 4.30-5.30pm  
Age: 14+  
Cost: £2.35

### Gym Session

Female only gym sessions with an instructor.

When: Tuesdays 5.00-7.00pm  
Age: Adults  
Cost: Member £6.95, Concession £4.95

### Gym Session

Female only gym sessions with an instructor.

When: Thursdays 1.30-3.00pm  
Age: Adults  
Cost: Member £5.75, Concession £2.25

### Kick Aerobics

When: Tuesdays 6.30-7.30pm  
Age: Adults  
Cost: Member £5.75, Concession £2.35, Non Member £7.30

### Women Only Swimming Sessions

General swim session for women only.

When: Tuesdays 8.00-10.00pm  
Age: Adults  
Cost: £3.70

## Activities at East Ham Leisure Centre

324 Barking Road, London, E6 2RT

For more information call 0844 414 2728†

### Aquafit

Exercise to music in the water.

When: Wednesdays 9.00-10.00pm  
Age: Adults  
Cost: From £4.65 (member price)

### Badminton Academy

Female only coaching sessions.

When: Fridays 1.00-3.00pm  
Age: Adults  
Cost: £3.60

### Bums Tums & Thighs

When: Tuesdays 9.30-10.30am  
Age: Adults  
Cost: Member £5.75, Concession £2.35, Non Member £7.30

### Gym Session

Female only gym sessions with an instructor.

Women only gym sessions available at various days and times.

Please refer to the website for more details: [www.activenewham.org.uk](http://www.activenewham.org.uk)





### Women's Fitness & Self Defence Classes

These classes are based on a combination of the art of Kung Fu, aerobics and yoga. The sessions provide a holistic workout focused on balancing the mind, body and spirit. This is a very effective way of improving your health and fitness, achieving better balance and flexibility and building your self-confidence. We also look at how diet and nutrition affects your physical and psychological fitness.

When: Mondays 9.00-10.00pm

Cost: £8 per class or £25 per month

Contact: Patrick Wasawo - 07984 122 547 (Health and nutrition consultant and Kung Fu black belt instructor)

### Women Only Swimming Sessions

General swim session for women only.

When: Wednesdays 7.00-9.00pm

Age: Adults

Cost: From £4.20 (member price)

## Activities at Newham Leisure Centre

281 Prince Regent Lane, Plaistow, E13 8SD

For more information call 0844 414 2728†

### Abs Blast

This class focuses on developing your core strength and improving your posture.

When: Thursdays 5.30-6.00pm

Age: 11-15

Cost: £3.10

### Aerobics

Female only sessions.

When: Wednesdays 10.00-11.00am

Age: Adults

Cost: Member £5.75, Concession £2.35, Non Member £7.30

### Aerobic Exercise Rebounding on a Mini Trampoline

When: Mondays 4.00-4.30pm

Age: 11-15

Cost: £3.10

### Aquafit

Exercise to music in the water.

When: Mondays 8.15-9.00pm

Age: Adults

Cost: Member £5.75, Concession £2.35, Non Member £7.30

### Bums, Tums & Thighs

When: Mondays 7.00-8.00pm and Wednesdays 11.00-12.00pm

Age: Adults

Cost: Member £5.75, Concession £2.35, Non Member £7.30

### Gym

A supervised gym session. Inductions must be completed first.

When: Tuesdays and Thursdays 3.30-5.00pm

Age: 11-15

Cost: £1.50

\*These sessions are now subject to membership. Please contact the call centre for more information.



### Gym

Female only gym sessions with an instructor.

When: Mondays and Wednesdays 7.30-10.30pm  
Sundays 3.00-5.30pm

Age: Adults

Cost: Member £6.95, Concession £4.95

### Gym

Female only gym sessions with an instructor.

When: Tuesdays and Thursdays 12.00-1.30pm

Age: Adults

Cost: Member £5.75, Concession £2.25

### Group Cycle

Indoor cycling at its best! Work at your own pace in this entertaining class.

When: Tuesdays and Thursdays 5.00-5.30pm

Age: 11-15

Cost: £1.50

\*These sessions are now subject to membership. Please contact the call centre for more information.

### Fitness Balls

This class is excellent for improving core strength. It will help you to improve your posture, strength and balance. The main focus areas are the tummy and back but also gives an all body work out.

When: Tuesdays 5.30-6.00pm

Age: 11-15

Cost: £3.10

### Women's and Girls Football

This session will deliver football coaching and competition to enhance your football skills, as well as developing tactical awareness of the game.

When: Wednesdays 4.15-5.30pm

Cost: £1

Venue: Multi Sports Hub, Newham Leisure Centre, 281 Prince Regent Lane, Plaistow, E13 8SD

Contact: Abul Hussain – 07741 293514 /  
abul.hussain@activenewham.org.uk

### Women Only Family Swimming Sessions

General swim session for females of all ages and boys under 8 years old.

When: Sundays 3.00-4.00pm

Age: All ages

Cost: £3.70 adults (for members) juniors under 16 free if residents of Newham





For more information on Us Girls Newham programme call **0300 124 0123<sup>†</sup>** or visit **[www.activeNewham.org.uk](http://www.activeNewham.org.uk)** or contact the sports clubs directly.

More sessions are regularly added to our programme, so please check our website for more information.

### **Balaam Leisure Centre**

14 Balaam Street,  
Plaistow, E13 8AQ

### **East Ham Leisure Centre**

324 Barking Road,  
East Ham, E6 2RT

### **Newham Leisure Centre**

281 Prince Regent Lane,  
Plaistow, E13 8SD

<sup>†</sup>This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or 'free' minutes in the same way as regular landline numbers.

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