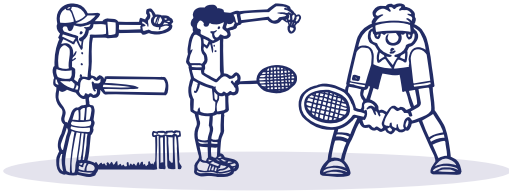




Every Family Active



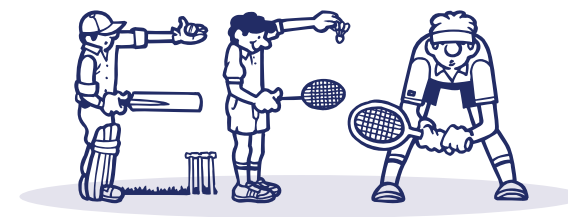
EVERY FAMILY ACTIVE

Community Sport in Newham

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Every Family Active



EVERY FAMILY ACTIVE Community Sport in Newham

Every Family Active is an exciting new community sports programme that activeNewham is delivering in partnership with Newham Sixth Form College, Newham College of Further Education and West Ham United Community Sports Trust. This provides a new range of sports across Newham for young people aged 14-25, as well as families.

Every Family Active is aimed at young people aged 14+ and their families to encourage and support them to participate in sport and to make physical activity part of their everyday lives.

The coaches who run the activities are fully qualified and skilled at making sport as rewarding as possible and are committed to supporting young people to make the best of themselves. The coaches are local and know the communities they work in.

The range of activities on offer means that whatever your interest, you will find something to take part in and keep coming back for more!



FUN FEMALE FITNESS

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

Age: 14+
Day: Wednesday
Time: 5.00pm - 6.00pm
Cost: £1

Venue: Newham College, Stratford Campus, Welfare Road, London E15 4HT
Contact: sports@newham.ac.uk / 020 8257 4255 / 07944 833192

TABLE TENNIS

A coached table tennis session open to people of all abilities with competitive opportunities for those that want it.

Age: 14+
Day: Thursday
Time: 4.30pm - 6.00pm
Cost: £1

Venue: Newham College, East Ham Campus, London E6 6ER
Contact: sports@newham.ac.uk / 020 8257 4255 / 07944 833192



MULTI-SPORT ACTIVITIES AND COMPETITIONS

Fun multi-sports sessions. A fun way to take part in coaching sessions and competitions, as well as learn new skills and develop an understanding of different activities such as football, athletics & fitness.

Age: 14-25 years
Day: Fridays
Time: 4.00pm - 5.30pm
Cost: £1 per session

Venue: Little Ilford Youth Zone, 1a Rectory Road, Manor Park E12 6JB
Contact: Abul Hussain - 07741 293514 / abul.hussain@activeNewham.org.uk



MULTI-SPORT ACTIVITIES AND COMPETITIONS

Fun multi-sports sessions. A fun way to take part in coaching sessions and competitions, as well as learn new skills and develop an understanding of different activities such as fitness, tennis & badminton.

Age: 14-25 years
Day: Thursdays
Time: 4.00pm - 5.30pm
Cost: £1

Venue: Forest Gate Youth Zone, 1 Woodford Road, Forest Gate E7 0HD
Contact: Abul Hussain - 07741 293514 / abul.hussain@activeNewham.org.uk

MULTI-SPORT ACTIVITIES AND COMPETITIONS

Fun multi-sports sessions. A fun way to take part in coaching sessions and competitions, as well as learn new skills and develop an understanding of different activities such as fitness, athletics, badminton & tennis.

Age: 14-25 years
Day: Wednesdays
Time: 4.00pm - 5.30pm
Cost: £1

Venue: Shipman Youth Zone, Prince Regent Lane, Plaistow E16 3JH
Contact: Abul Hussain - 07741 293514 / abul.hussain@activeNewham.org.uk

MULTI-SPORTS

Take part in a range of different sports with our trained coaches on hand to help you. Activities include fitness training, athletics and tennis.

Age: 14-25 years
Day: Tuesdays
Time: 4.00pm - 5.30pm
Cost: £1

Venue: Stratford Park, West Ham Lane, Stratford E15
Contact: Paul Farthing - 07741 293513 / paul.farthing@activeNewham.org.uk

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.

Age: 14+
Day: Thursday
Time: 6.30pm - 8.00pm
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

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.

Age: 14+
Day: Thursday
Time: 6.30pm - 8.00pm
Cost: £1

Venue: Froud Centre, 1 Toronto Avenue, Manor Park E12 5JF
Contact: Nicole Napier - 07741 292902 / nicole.napier@activeNewham.org.uk



FEMALE ONLY 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. Suitable for mums and young adults looking to get back into fitness. Aimed at all levels! Come and make new friends!

Age: 14+
Day: Tuesday
Time: 6.00pm - 7.00pm
Cost: £1

Venue: Forest Gate Community School, Forest Lane, Forest gate E7 9BB
Contact: Nicole Napier – 07741 292902 / nicole.napier@activeNewham.org.uk

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.

Age: 14+
Day: Tuesday
Time: 5.00pm - 6.00pm
Cost: £1

Venue: St Marks Community Centre, 218 Tollgate Road, Beckton, E6 5YA
Contact: Nicole Napier - 07741 292902 / nicole.napier@activeNewham.org.uk

FAMILY FIT CLUB

Open outdoor group sessions at our newly developed 3G pitch at Beckton. Sessions will be led by an instructor who will circulate session themes weekly between circuits, box-fit, pilates and many more engaging activities.

Age: 14+
Day: Thursday
Time: 5.15pm - 6.30pm
Cost: £1

Venue: West Ham United Community Sports Trust Training Facility, Beckton, E6 5NX

FAMILY FIT CLUB

Mixed gym-based circuit session based at the Stadium's Tony Carr Gym.

Age: 14+
Day: Friday
Time: 5.15pm - 6.30pm
Cost: £1

Venue: Stadium Gym, West Ham Utd FC, Boleyn Ground, Green Street, E13 9AZ

Watch this space for activities at NewVIC during the summer, including Get Back into Netball, Father & Son Cricket Nets, Women's Fit For Fun, and Saturday morning family sports!

LEISURE CENTRES

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

Our leisure centres offer you a wide range of opportunities to get fit and stay in shape. Run by a team of professional staff, our facilities and programmes are designed to help you reach your goals.

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*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.