



FOUNDATION

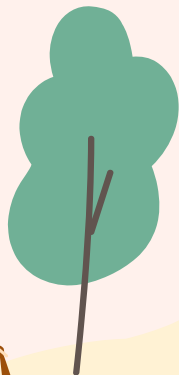
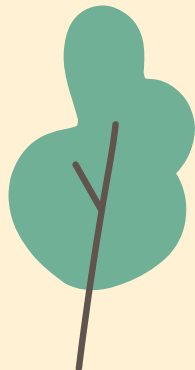


TOWER HAMLETS

SUMMER OF ACTIVITIES AND PLAY 2021

Get active with:

- Adventure sport
- Girls multi sports camp
- Try Athletics
- Fit and Fed football camp



Try Athletics

26 – 30 July 2021, Monday-Thursday 9.30am-2.30pm, Friday 9.30am-3pm

Mile End Park Leisure Centre and Stadium, 190 Burdett Road E3 4HL

Tower Hamlets Council in partnership with Victoria Park Harriers and Tower Hamlets Athletics Club are inviting applicants to their free summer holiday camp.

Learn all the athletic disciplines in a fun environment: sprints, endurance running, throws and jumps. With exciting competitions on the last day. For ages 8-16 years

To register, contact Shenneth.brereton@towerhamlets.gov.uk

Priority given to young people in receipt of free school meals

Adventure Sports Days

2-26 August 2021, 10am-3pm, Mondays to Thursdays

Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT

Take part in adventurous activities including canoeing, kayaking, rock climbing and mountain biking. For 8-19 year olds.

Lunch provided. Priority given to young people in receipt of free school meals.

Contact Urban.adventurebase@towerhamlets.gov.uk, 07508 641 110,

or www.towerhamlets.gov.uk/sports to register.

Fit and Fed Football Summer Holiday Camp

9–19 August 2021, 10am-3.30pm. Mondays to Thursdays.

Mile End Park Leisure Centre and Stadium, 190 Burdett Road E3 4HL

Tower Hamlets Council in partnership with West Ham United Foundation are inviting applications to their free Summer holiday camp.

Enjoy drills, skills and thrills with professional fun based coaching and games. Also learn about nutrition, leadership skills and more.

Book Early to avoid disappointment. For ages 5-13 years.

Priority will be given to children eligible/in receipt of free school meals.

To register, email sports@towerhamlets.gov.uk or Derek.Bennett@towerhamlets.gov.uk

Summer Girls Multi Sports Camp

16-20 August 2021, 10am-3pm

Central Foundation School Year 7 Exclusive (16, 17, 20 August)

Haileybury Youth Centre, Ben Jonson Road, Stepney E1 3FQ (17-20 August)

FREE Holiday Sports Camp. Have fun, build confidence, make friends and learn or improve your skills in multi sports activities including basketball, badminton, boxercise, judo, netball, volleyball delivered by fully qualified female staff. For ages 11 plus.

Limited spaces. Book early to avoid disappointment.

Lunch provided. Priority given to young people in receipt of free school meals.

Contact pauline.stewart@towerhamlets.gov.uk to register