

# July 25th - Aug 12th

**Indoor Sports Centre**

Newham Leisure Centre, 281 Prince Regent

email: [getactive@newham.gov.uk](mailto:getactive@newham.gov.uk)

or visit: [www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson)

**Free**

# Summer Sports

120 spaces available each day for 8 - 16 year olds over the 15 day programme. Everyone welcome. Just turn up and play



# Week 1

Monday 25<sup>th</sup> – Friday 29<sup>th</sup> July 2011

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10:30 – 11:20	Basketball Fencing Karate Football	Cheer Dance Mats Fencing Football	Athletics Fencing Judo Football	Athletics Fencing Basketball Football	Dance Mats Fencing Karate Football	10:30 – 11:20			
11:25 – 12:15	Basketball Fencing Karate Football	Cheer Dance Mats Fencing Football	Basketball Fencing Judo Football	Athletics Fencing Basketball Football	Dance Mats Fencing Karate Football	11:25 – 12:15			
<b>LUNCH</b>									
12:40 – 13:30	Basketball Fencing Karate Football	Cheer Dance Mats Fencing Football	Basketball Fencing Judo Football	Athletics Fencing Basketball Football	Dance Mats Fencing Karate Football	12:40 – 13:30			
13:35 – 14:25	Basketball Fencing Karate Football	Cheer Dance Mats Fencing Football	Basketball Fencing Judo Football	Athletics Fencing Basketball Football	Dance Mats Fencing Karate Football	13:35 – 14:25			

**Newham Multi-Sports Club Hub and Cumberland  
School Specialist Sports College**

Age group: 8-16 years Venue: Indoor Sports Centre

# Week 2

Age group: 8-16 years Venue: Indoor Sports Centre

Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

Monday 1<sup>st</sup> – 5<sup>th</sup> August 2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 – 11:20		Dance Mats Basketball Hockey Football	Dance Mats Basketball Hockey Football	Basketball Hockey Judo Football	Athletics Hockey Basketball Football	Dance Mats Hockey Karate Football
11:25 – 12:15		Dance Mats Basketball Hockey Football	Dance Mats Basketball Hockey Football	Basketball Hockey Judo Football	Basketball Athletics Hockey Football	Dance Mats Hockey Karate Football
<b>LUNCH</b>						
12:40 – 13:30		Dance Mats Basketball Hockey Football	Dance Mats Basketball Hockey Football	Basketball Hockey Judo Football	Basketball Athletics Hockey Football	Dance Mats Hockey Karate Football
13:35 – 14:25		Dance Mats Basketball Hockey Football	Dance Mats Basketball Hockey Football	Basketball Hockey Judo Football	Basketball Athletics Hockey Football	Dance Mats Hockey Karate Football
		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>

# Week 3

Monday 8<sup>th</sup> – 12 August 2011

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10:30 – 11:20	Dance Mats Basketball Boxing Football	Dance Mats Cheer Boxing Football	Basketball Boxing Judo Football	Dance Mats Basketball Boxing Football	Dance Mats Cheer Boxing Football	Basketball Boxing Judo Football	Dance Mats Basketball Boxing Football	Dance Mats Basketball Boxing Football	Dance Mats Basketball Boxing Football	Dance Mats Boxing Karate Football	10:30 – 11:20
11:25 – 12:15	Dance Mats Basketball Boxing Football	Dance Mats Cheer Boxing Football	Basketball Boxing Judo Football	Dance Mats Basketball Boxing Football	Dance Mats Cheer Boxing Football	Basketball Boxing Judo Football	Dance Mats Basketball Boxing Football	Dance Mats Basketball Boxing Football	Dance Mats Basketball Boxing Football	Dance Mats Boxing Karate Football	11:25 – 12:15
<b>LUNCH</b>											
12:40 – 13:30	Dance Mats Basketball Boxing Football	Dance Mats Cheer Boxing Football	Basketball Boxing Karate Football	Dance Mats Basketball Boxing Football	Dance Mats Cheer Boxing Football	Basketball Boxing Karate Football	Dance Mats Basketball Boxing Football	Dance Mats Basketball Boxing Football	Dance Mats Basketball Boxing Football	Dance Mats Boxing Karate Football	12:40 – 13:30
13:35 – 14:25	Dance Mats Basketball Boxing Football	Dance Mats Cheer Boxing Football	Basketball Boxing Judo Football	Dance Mats Basketball Boxing Football	Dance Mats Cheer Boxing Football	Basketball Boxing Judo Football	Dance Mats Basketball Boxing Football	Dance Mats Basketball Boxing Football	Dance Mats Basketball Boxing Football	Dance Mats Boxing Karate Football	13:35 – 14:25
		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	

Please do not bring mobile phones or any other valuables with you as they may not be secure. We accept no responsibility for loss, damage or theft of any such items.