



Sports School Timetable

See below timetable for all junior activities and GetActive! Sessions at Becontree Heath.

Make your children happier and healthier by joining one of our sports course today!

Day	Time	Activity	Cost
Monday	5pm—6pm	Cheerleading Ages 8 - 15 years	£12 for 6 weeks
Tuesday	11am—12pm	Learn Play Grow (Fundamentals Programme) Ages 2 - 5 years	£4 per session
	4pm—5pm	Basketball Ages 5 - 11 years	£25.50 for 6 weeks
	4.15pm—5.15pm	Basic Athletics Ages 5 - 15 years	£12 for 6 weeks
	5pm—6pm	Basketball Ages 12 - 15 years	£25.50 for 6 weeks
Wednesday	4pm—5pm	Badminton Ages 8 - 15 years	£25.50 per session
	5.30pm—6.30pm	Trampolining Ages 5 - 15 years	£36 for 6 weeks
Thursday	4.30pm—5.30pm	Multi-Sports Ages 5 - 15 years	£12 for 6 weeks
Friday	5pm—6pm	Martial Arts Ages 5 - 12 years	£12 for 6 weeks
Saturday	1pm—2pm	SSE Wildcats Football (GIRLS ONLY) Ages 5 - 11 years	£2.50 per session

All sports run in 6 week blocks during term time and can be joined at any time. Please contact reception or call the centre on 03330050491 for more information and to book your child's space.