



## Sports School Timetable

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

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

| Day       | Time          | Activity  | Cost               |
|-----------|---------------|---|--------------------|
| Monday    | 4pm—5pm       | <b>Football</b><br>Ages 5—8 years                                   | £25.50 for 6 weeks |
|           | 5pm—6pm       | <b>Football</b><br>Ages 9—12 years                                  | £25.50 for 6 weeks |
|           | 5pm—6pm       | <b>Cheerleading</b><br>Ages 5—15 years                              | £12 for 6 weeks    |
| Tuesday   | 10am—11am     | <b>Learn Play Grow (Fundamentals Programme)</b><br>Ages 2 - 5 years | £4 per session     |
|           | 4pm—5pm       | <b>Basketball</b><br>Ages 5 - 14 years                              | £25.50 for 6 weeks |
|           | 4.30pm—5.30pm | <b>Basic Athletics</b><br>Ages 5 - 15 years                         | £12 for 6 weeks    |
| Wednesday | 4pm—5pm       | <b>Badminton</b><br>Ages 8—15 years                                 | £25.50 for 6 weeks |
|           | 5.30pm—6.30pm | <b>Trampolining</b><br>Ages 5 - 15 years                            | £36 for 6 weeks    |
| Thursday  | 4.30pm—5.30pm | <b>Multi-Sports</b><br>Ages 5 - 15 years                            | £12 for 6 weeks    |
| Saturday  | 1pm—2pm       | <b>SSE Wildcats Football (GIRLS ONLY)</b><br>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.