



FOUNDATION

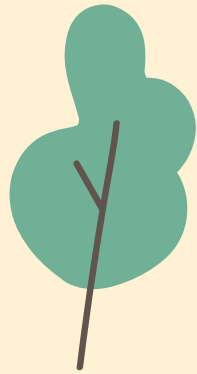
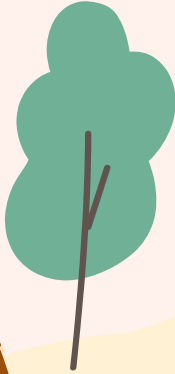


TOWER HAMLETS

# 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](mailto: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](mailto:Urban.adventurebase@towerhamlets.gov.uk), 07508 641 110,**

**or [www.towerhamlets.gov.uk/sports](http://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](mailto:sports@towerhamlets.gov.uk) or [Derek.Bennett@towerhamlets.gov.uk](mailto: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](mailto:pauline.stewart@towerhamlets.gov.uk) to register**