

ADULTS ACTIVITIES

RCLC offers adults the chance to develop their current sporting abilities. If you want to get back into sport in a fun environment come and give some of these a try!!

MARTIAL ARTS

Tae Kwon Do

Sessions run every Tuesday and Thursday evenings from 7.30pm to 8.30pm. Contact Alison Edwards for more information on 07720 711 807 or visit www.tagb.biz

East London JKA Karate Club

Sessions held Wednesday 7-8pm. Contact Carlos on 02085997014/07906020950. Check out their website www.eastlondonjka.org or email for more info. info@eastlondonjka.org/secretary@eastlondonjka.org.

S.E.E.M.A.F Self Defence

For Men, Women and young adults over the age of 15. Practice self defence against weapons and attackers and Kyushu Jujitsu involving pressure points. Sessions are held on Thursdays from 7-8pm in the Dance Studio. Visit their website www.seemaf.co.uk or call 07973273142 for more information.

JLD Mixed Martial Arts

Come along every Wednesday and practice JiuJitsu, Judo and submission grappling, 7-8pm is for 4 years old to adult, and 8-9pm open mat. Body MOT and nutritional advice also available. Contact Daniel on 07957407544/01708756406 for more information.

Black Dragon Judo Club

Sessions held every Friday in the Sports Hall from 7pm-9pm. Under 11 years 7pm-8pm and 11 years and over 8pm-9pm. For more information please contact Joe Norman on 01708551100/07946066160.

Chadwell Heath School of Karate

Sessions run on a Wednesday night from 6pm-7pm. All adults are welcome to come along and be instructed by 2 international Black belts, James and Robert Steadman. Contact James on 07737855849 or visit www.furiousfighter.com for more information.

JUI-JUTSU

Sessions are held every Wednesday 8pm-10pm for anyone aged over 14. Sessions are £6.FIRST LESSON FREE!. Contact Keith on 07095685640/02085148344.

Essex Fighting Arts

Sessions are held every Tuesday 7pm – 8pm & Thursdays 8pm – 9pm. Sessions cost £6 and for more information please contact Dean on 07715572686.

**Find us on
online or
through
social media**



@RCLeisureCentre

Robert Clack Leisure Centre

www.lbbd.gov.uk/rclc

HOCKEY

Robert Clack Leisure Centre is home of **Romford Hockey Club**. It consists of 4 men's teams 2 ladies teams mixed and indoor teams and many youth/junior teams. Always looking for new players for regular training, fitness and matches. For more information please email Romford Hockey at hockey@romfordhockey.org or visit www.romfordhockey.org.

DANCE

Dance More

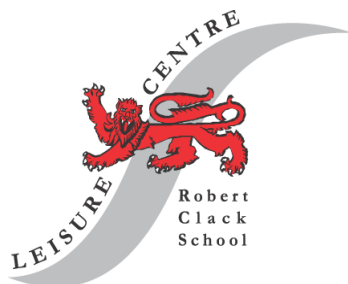
A well established dance workshop who hold various classes here at Robert Clack on Wednesday, and Friday evenings. They specialise in Ballroom and Latin, Salsa, Street Dance and hold Candlelight Dances one Saturday night every month. Sessions are £6 per hour and £8 per hour and a half, for more information contact Chris Jaques on 07761209463.

ZUMBA

Zumba Fitness

Party yourself into shape whilst learning to dance with some real Latin style and flare. You could be burning up to 1,000 calories per session whilst you are shown easy to follow routines. Sessions are available for all ability levels and Beginners are always welcome. It will cost £5 per session but block bookings will receive a discounted rate. Sessions are on Tuesdays from 8.00pm – 9.00pm. For more information please contact Toma on 07540435848.

Robert Clack School
Leisure Centre
Gosfield Road
Dagenham
Essex
RM8 1DN



Telephone: 020 8724 1100
Fax: 020 8724 1101
e-mail: lcenre@robert-clack.bardaglea.org.uk

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