

Children's Activities

Martial Arts

Tae Kwon Do run sessions run every Tuesday and Thursday evenings from 7.30pm to 8.30pm. Available to children aged 4 and above. 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.



JLD Mixed Martial Arts come along every Wednesday and practice Jiu Jitsu, Judo and submission grappling, 7-8pm is for 4 years old to adult, so you can come along and train together with your child! Contact Daniel on 07957407544/01708756406 for more information.

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 Blackbelts, James and Robert Steadman. Contact James on 07737855849 or visit www.furiousfighter.com 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.

Football

Technical Soccer Coaching is held on our Astroturf on Mondays from 6pm-7:30pm. It is taken by Premiership Academy coaches. Interested? Contact Jey Siva on 07746929383 or visit their website www.concept4football.com.

Peter Hucker Soccer Schools is held on Saturday mornings between 9am – 11am. Cost is £4/£5 per session. For more information call 02085364141 or visit www.peterhucker-soccer.com.

Little Kickers is held on Sundays from 9am-12pm. Approved football training for kids from 18 months to 7th birthday. For more information you can email scomak@littlekickers.co.uk, call 02082525962 or visit www.littlekickers.co.uk.

GYMNASTICS

Our resident gymnastics club train at our facility every Monday 5pm – 7.15pm, Tuesday 5pm – 7.15pm, Wednesday 5pm – 7pm, Thursday 5pm – 7.15pm and Sunday 1.15pm – 5.15pm & Pre School 12.15pm – 1pm. See www.catleaps.co.uk for more details.

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

Sue Garner School of Dance hold sessions here every Friday evening from 5pm-9pm. Includes Ballet, Tap, Modern, Jazz, Acrobatics, Drama and Singing. For girls and boys aged from 2 and a half. Call Sue on 07979907982 for more information.

Junior Gym

If your aged between 12 and 15 years old and are interested in joining a gym come and book an induction and get use of our gym every Friday, and all day Saturday and Sunday for only £2.80 per session. If you bring an adult gym user over 21 you can use our gym any day of the week! For more information contact Reception.

Robert Clack School
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