



SPRING 2017 JUNIOR TIMETABLE

Young Hackney Sports Unit

for 6 – 19 year olds



	Time	Activity	Location	Details
MONDAY	3:00pm – 6:00pm	Move it Monday	Pearson St. Adventure Playground	Open to Juniors and Seniors. Tennis, Wheelchair Basketball, and adventure play.
	4:30pm – 5:30pm	Badminton	The Edge Youth Hub	A Junior Badminton club open to players of all abilities.
	4:00pm – 6:00pm	No Limits Multi-sports Club	Clissold Leisure Centre	A Sports Club for young people with SEND
TUESDAY	3:00pm – 6:00pm	Track and Table	Pearson St. Adventure Playground	Open to Juniors and Seniors. Cycling, table tennis, and adventure play
	4:00pm – 5:00pm	Junior Table Tennis	Forest Road Youth Hub	A Junior Table Tennis club open to players of all abilities.
	4:30pm – 5:30pm	Healthy Living Workshop	The Edge Youth Hub	Open to Juniors. A physical activity club with a focus on health and wellbeing.
	4:00pm – 5:45pm	No Limits Archery	Kings Hall Leisure Centre	An Archery Club for young people with SEND
WEDNESDAY	4:30pm-5:30pm	Yoga	The Edge Youth Hub	Open to Juniors.
	5:00pm -6:00pm	Junior Boys' & Girls' Football	Mabley Green	Open to Girls' and Boys' up to the age of 12 years old
THURSDAY	3:00pm – 6:00pm	Try it Thursday	Pearson St. Adventure Playground	Open to Juniors and Seniors. Basketball, gymnastics, and adventure play.
	4:30pm – 5:30pm	Junior Table Tennis	The Edge Youth Hub	A fun table tennis club open to young people
	4:00 – 5:30	Athletics	Concorde Youth Hub	Fun Athletics session with Hackney Hurricanes
FRIDAY	3:00pm – 6:00pm	Fit Friday	Pearson St. Adventure Playground	Open to Juniors and Seniors. Indoor Hockey, Team games and Dance.
	4:00pm – 5:00pm	Junior Badminton	Forest Road Youth Hub	A Junior Badminton club open to players of all abilities.
	4:00pm – 5:00pm	Gymnastics/Trampolining	Concorde Youth Hub	A fun gymnastic session open to boys' and girls' of all abilities

All of our sessions are free to take part in, all you need to be is a Young Hackney member.
To join Young Hackney, request a membership form from a Young Hackney Centre, member of staff or email: YHsportsunit@hackney.gov.uk



For more information call the Young Hackney Sports Unit
020 8356 7404 or email YHsportsunit@Hackney.gov.uk
Visit www.younghackney.org

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