



Schools out. Get active

Summer holiday

Barking and Dagenham Healthy Lifestyle Team will be providing a variety of FREE and affordable activities for children aged 5 - 17 years old who live or go to school within Barking and Dagenham, to keep them active and healthy during school holidays.

Activities include: Dodgeball, Cooking, Athletics, Street Dance, multi sports and many more.

Activities will be available from Monday 22 July until Friday 30 August 2019

REMINDER: we still have spaces available to come to your school with Active Alfie or Healthy Hana to promote to your families

Please see the attached promotional leaflet and healthy lifestyle teams sports & physical activity camp timetable below. Please share this information.

Schools Out Get Active Summer 2019 Course details

Week 1 – Monday 22 July to Friday 26 July 2019

Course	Provider	Dates	Time	Ages	Places	Booking Open
Flavours of the World	Grains of Knowledge	24-26	10am–3pm	8 – 14	20	Mon 8 July
Multi Sports	First Kicks	23-26	9am–3.30pm	5 – 7 8 – 17	16 40	Mon 8 July
Futsal Camp – one day per week – book for all sessions	Everyone Active / Dagenham & Redbridge FC	26	10am–3pm	5 – 7 8 – 14	8 20	Mon 8 July

Week 2 – Monday 29 July to 2 August

Course	Provider	Dates	Time	Ages	Places	Booking Open
Multi Sport	Becontree Primary School	29-2	10am-3pm	8 - 11	30	Mon 8 July
Multi Sport	Finesse Sports	31-2	9.30am-3.30pm			Mon 8 July
Sporting Futures / B&D Progress Project	Family Sport & Fun Day	2	11am-2pm	5-17	45	Mon 8 July
Futsal Camp – one day per week – book for all sessions	Everyone Active / Dagenham & Redbridge FC	2	10am–3pm	5 – 7 8 – 14	8 20	Mon 8 July

Week 3 - Monday 5 to Friday 9 August

Course	Provider	Dates	Time	Ages	Places	Booking Open
Cooking	Kinder Kitchen	8-9	10am-3pm	5-7	16	Mon 15 July
Athletics	Be Fit Today Track Academy	5-8	10am-3pm	5-7 8-17	16 40	Mon 15 July
Boxing	Dagenham Police and Community Boxing Club	5-6	10am-5pm	5-7 8-10	16 40	Mon 15 July
Dodgeball	Ultimate Vision	5-7	10am-2pm	5-7 8-14	16 20	Mon 15 July
Futsal Camp – one day per week – book for all sessions	Everyone Active / Dagenham & Redbridge FC	9	10am–3pm	5 – 7 8 – 14	8 20	Mon 8 July

Week 4 – Monday 12 to Friday 16 August

Course	Provider	Dates	Time	Ages	Places	Booking Open
Boxing	Dagenham Police and Community Boxing Club	12-13	10am-4pm	11-14	80	Mon 22 July
Street Dance	Barter Productions	12-14	11am-4pm	8-17	40	Mon 22 JULY
Futsal Camp – one day per week – book for all sessions	Everyone Active / Dagenham & Redbridge FC	16	10am–3pm	5 – 7 8 – 14	8 20	Mon 8 July

Week 5 – Monday 19 to Friday 23 August

Course	Provider	Dates	Time	Ages	Places	Booking Open
Cooking	Kinder Kitchen	22-23	10am-3pm	8-17	20	Mon 29 July
Football	Barking Football Club	19-22	10am-3pm	5-7 8-17	16 40	Mon 29 July
Cheerleading	Finesse Sports	19-21	1pm-4pm	8-17	40	Mon 29 July
Futsal Camp – one day per week – book for all sessions	Everyone Active / Dagenham & Redbridge FC	23	10am–3pm	5 – 7 8 – 14	8 20	Mon 8 July

Week 6 – Tuesday 27 to Friday 30 August

Course	Provider	Dates	Time	Ages	Places	Booking Open
Rugby	Dagenham Rugby Club	27-30	9.30am-3pm	5-7 8-14	16 20	Mon 5 August
Karate	Elitez Karate Club	27-29	10am-2pm	5-7 8-17	8 20	Mon 5 August
Futsal Camp – one day per week – book for all sessions	Everyone Active / Dagenham & Redbridge FC	30	10am–3pm	5 – 7 8 – 14	8 20	Mon 8 July

Parents will shortly be able to access the full programme list along with booking information at www.newme.london/schoolsout

Thanks