



THE SELBY TRUST
Many Cultures, One Community



SELBY ACTIVE

AUGUST 2021

BADMINTON / BASKETBALL / BOXING / DANCE / RUNNING / VOLLEYBALL



#SELBYACTIVE

BADMINTON WITH BLACK ARROWS



SELBY SPORTS HALL
SELBY CENTRE, SELBY ROAD
TOTTENHAM, N17 8JL



Junior Badminton Coaching Sundays 1pm - 3 pm 8-17yrs £3 a session

- ✓ Come and play against other Juniors
- ✓ Come and get fit
- ✓ Make new friends
- ✓ Participate in Middlesex Tournaments
- ✓ Take part in structured coaching sessions
- ✓ For Juniors 8-17 year olds
- ✓ Opportunity for Juniors to play for the Haringey Youth Games Team

BOOKING INFO

No booking required. Any questions, contact
Henry:

 07932 037173

 henry@blackarrowsbc.com

BASKETBALL

WITH BIGTIME BASKETBALL



SELBY SPORTS HALL
SELBY CENTRE, SELBY ROAD
TOTTENHAM, N17 8JL



BIG TIME BASKETBALL SKILLS & DRILLS

FRIDAYS

4pm to 9pm

Competition & prizes to be won /
Sessions open to both female and
male.

All you need is your game, and if
you have your ball... Some
refreshments and lots of water!

Under 18s
4PM to 6PM

18yrs +,
6PM to 8PM

2 Hours per session
£3 for under 18s
£5 for 18yrs+

BIG TIME BASKETBALL SKILLS & DRILLS

SUNDAYS

4pm to 9pm

Competition & prizes to be won /
Sessions open to both female and
male.

All you need is your game, and if
you have your ball... Some
refreshments and lots of water!

Under 18s
4PM to 6PM

18yrs +,
6PM to 8PM

2 Hours per session
£3 for under 18s
£5 for 18yrs+

BOOKING INFO

You must book your session text or email.
Contact:



Master Head Coach Hesketh Benoit
hesketh.hba@gmail.com



Senior Coach Jonathan Gyimah
07905 250042

BOXING WITH SELBY ABC



SELBY BOXING CLUB
SELBY CENTRE, SELBY ROAD
TOTTENHAM, N17 8JL



MONDAYS

FREE ZOOM BOXING

Head Coach Paulo, 12PM



WOMEN ONLY BOOT CAMP

Bradley, 6PM

ADULT (18 yrs+)

Head Coach Paulo/Coach Steven, 7PM

TUESDAYS

MORNING BOXING

Head Coach Paulo, 7AM

MORNING BOXING

Head Coach Paulo, 8.30AM

FREE AFTER SCHOOL BOXING (12-25 yrs)

Coach Neves, 4PM

KIDS BOXING (5-12 yrs)

Coach Steven, 5PM

JUNIOR BOXING (13-17 yrs)

Head Coach Paulo/Coach Steven, 7PM

ADULT (18 yrs+)

Head Coach Paulo/Coach Steven, 7PM

WEDNESDAYS

FREE ZOOM BOXING

Head Coach Paulo, 12PM



FREE GIRLS BOXING (11 yrs+)

Coach Lucy/Coach Flo, 5PM

WOMEN ONLY BOOT CAMP

Bradley, 6PM

ADULT (18 yrs+)

Head Coach Paulo, 7PM

THURSDAYS

FREE BOXING (15 yrs+)

Coach Neves/Head Coach Paulo, 4PM

KIDS BOXING (5-12 yrs)

Coach Steven, 5PM

JUNIOR BOXING (13-17 yrs)

Head Coach Paulo/Coach Steven, 7PM

ADULT (18 yrs+)

Head Coach Paulo/Coach Steven, 7PM

FRIDAYS

FREE ZOOM BOXING

Head Coach Paulo, 12PM



ADULT (18 yrs+)

Head Coach Paulo/Coach Steven, 7PM

SATURDAYS

FREE ZOOM BOXING & HIIT

Coach Lucy, 9AM



MY TRAINING PLAN HARINGEY STRENGTH CAMP (10-21 yrs)

Bradley, 10AM

SUNDAYS

Papa's Drills Fitness Class*

Papa / £10 per class

*Call to book 07794 079363, 10AM

BOOKING INFO



ClubLink APP. to avoid disappointment



Via Instagram @selbyabc1 (for first-timers)

First come first serve.

DANCE WITH WEMOVE DANCE

📍 Various
See below



Afro, Street and Latin Dance at Living Under One Sun:

Wednesdays and Thursdays 11AM - 12:30PM (ages 8 - 12)

Wednesdays, Thursdays and Fridays 1:30PM - 3PM (ages 12+)

Book at: <https://livingunderonesun.coordinate.cloud/list>

FREE!

Inclusive dance at Bruce Grove Youth Space:

Tuesdays 3PM - 5PM

Ages: 10 - 19

Book at: <https://brucegroveyouthcentre.coordinate.cloud/event/105703>

FREE!

Active Change Haringey summer sharing event: dance, sports, art, competitions, prizes and food!

Monday 16th August, 12PM - 4PM

Ages: 12+

Living Under One Sun Down Lane Park

Book at: info@wemovedance.com OR 07493612589

FREE!

**RUNNING
WITH MAFIA MOVES**



THE M CAFE (By the steps)
TOTTENHAM HIGH ROAD
TOTTENHAM, W1K 7AN



**WEEKLY RUN
SATURDAYS**

**Meet by the steps at The M Cafe,
Tottenham High Road,**

Meet 9.30AM

Run starts 9.45AM

11+

**Under 11s must be accompanied by adult
and contact us in advance via our
Instagram or website:**

Website: www.mafiamoves.co.uk

Instagram: [@mafiamoves_](https://www.instagram.com/mafiamoves_)

FREE

BOOKING INFO 

 **Via Instagram [@mafiamoves_](https://www.instagram.com/mafiamoves_)**

**VOLLEYBALL
WITH VOLLEYFIRST**



SELBY SPORTS HALL
SELBY CENTRE, SELBY ROAD
TOTTENHAM, N17 8JL



WEEKLY VOLLEYBALL SESSIONS SUNDAYS

9.30AM - 12.30PM

Year 9s to Year 13s

£3 per session

BOOKING INFO



Email Gary
gary@volleyfirst.com

You will then receive an invitation to attend.