

BADMINTON / BASKETBALL / BOXING / DANCE / RUNNING / VOLLEYBALL



# **BADMINTON** WITH BLACK ARROWS





# **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





**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+

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# 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

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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)**

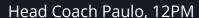
Head Coach Paulo/Coach Steven, 7PM

#### ADULT (18 yrs+)

Head Coach Paulo/Coach Steven, 7PM

#### **FRIDAYS**

#### FREE ZOOM BOXING





#### 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**





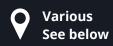
ClubLink APP. to avoid disappointment



Via Instagram @selbyabc1 (for first-timers)

First come first serve.

# DANCE WITH WEMOVE DANCE





# 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!

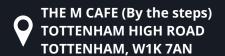
Monday 16th August, 12PM - 4PM

**Ages**: 12+

Living Under One Sun Down Lane Park

Book at: info@wemovedance.com OR 07493612589

FREE!





# **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\_ **FREE** 

**BOOKING INFO** 





(O) Via Instagram @mafiamoves\_





# 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.