

FUN FITNESS FRIENDS

Get together with the Girls!

BLOCK 3:
SEPT – DEC 2012

Ealing 'Us Girls' Project

FEMALE ONLY
16-25 year olds



SOUTHALL Sessions

'Us Girls' is a ground-breaking initiative to get young women from disadvantaged areas more active, by providing them with fitness and sport opportunities within their local communities



Multi-Sports : Wednesdays 10-11am & 4-5pm @ Southall Sports Centre, UB1 1DP

Activities vary & will include: Badminton, Netball, Basketball, Volleyball, & Football

FREE of charge

Exercise Class: Wednesdays 12:45-1:45pm @ Havelock Community Centre, UB2 4XW.

Session = FREE of charge. Childcare available @ £2 per session, to book call 020 8843 0548

Street Dance: Mondays 7:30-8:30pm @ Havelock Community Centre, UB2 4XW

£2 per session

(Please note that none of the above sessions will run between 29th Oct - 2nd Nov 2012)

Swimming Lessons @ Dormers Wells Leisure Centre, UB1 3HX

30 minute beginner lessons – female only environment

£42 per 12 week block of lessons: to book contact 020 8571 7207

For further information, please contact : **Christie Moloney @ Active Ealing**

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www.usgirls.org.uk

