



FREE

Tower Hamlets Sports Development, in partnership with the Urban Adventure Base and Access Sports, will be running a programme of **FREE Taster Sessions** for ages 5+ during the Autumn Half Term.

Sessions will run from **The Urban Adventure Base, 150 Burdett Road, Mile End Park E3 4JT** and need to be pre-booked. See overleaf for full details.

For more information contact **Pauline Stewart, Sports Development Officer** on **020 7364 2433** or email: **Pauline.Stewart@towerhamlets.gov.uk**

DATES:

Monday 23 October to Friday 27 October

ACTIVITIES:

Monday 23 October – Friday 27 October
BMX Track Sessions

Tuesday 24 October
Mountain Bike Taster Sessions

Wednesday 25 October and Thursday 26 October
Archery

Friday 27 October
Women & Girls Cycling

FREE TASTER SESSIONS

A HALF TERM PROGRAMME FOR AGES 5+

 facebook.com/lbthsport

 [@LBTHSportsTeam](https://twitter.com/LBTHSportsTeam)

 [towerhamletsnow](https://instagram.com/towerhamletsnow)



Half Term Programme Monday 23 – Friday 27 October

Monday 23 October – Friday 27 October | Ages 5 – 19

BMX Track Sessions

One hour sessions at Mile End BMX Track. All sessions are for confident cyclists only. Bikes and safety equipment provided.

Session 1	Ages 5 – 7	11am – 12noon
Session 2	Ages 8 – 10	12.45pm – 1.45pm
Session 3	Ages 11+	2.15pm – 3.15pm

Tuesday 24 October | 1pm – 3pm | Ages 10 – 19

Mountain Bike Taster Sessions

Mountain biking in Mile End Park and Victoria Park. Confident cyclists only – minimum height requirement 1.37m or 4' 6". Bikes and safety equipment provided.

Wednesday 25 October and Thursday 26 October

10am – 12noon | Ages 8 – 19

Archery Taster Sessions

Archery taster sessions. Practice your skills and aim for the target. All equipment provided.

Session 1	Ages 8 – 12	Wednesday 25 October
Session 2	Ages 13 – 19	Thursday 26 October

Friday 27 October | 2.30pm – 4.30pm | Ages 12+

Women & Girls Cycling

Female only bike rides, all abilities welcome. Minimum height requirement 1.37m or 4' 6". Bikes and safety equipment provided.

Location: Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT

To book a place online visit <https://goo.gl/forms/8DVcnRnPLO2Fe3Gg2> or www.towerhamlets.gov.uk/sports

Book early to avoid disappointment as spaces are limited. Priority will be given to Tower Hamlets residents on a first come, first served basis.