

Learning Disability FREE Regular Weekly Activities



Date	Activity / event	Where	Time	Other information
Tuesday's	Inclusive Multi-Sport	Newham Leisure Centre, Prince Regents Lane, E13 8SD	10:30 am - 12:30 pm	Free No need to book
	All Ability Cycling Club	Olympic Park, E20	10:30am - 1:30pm	Free No need to book
Wednesday's	Learning Disabilities Dance	Atherton Leisure Centre, Romford Road, E15 4JF	12 - 1 pm	Free No need to book
	Learning Disability Tennis	Newham Leisure Centre, Prince Regents Lane, E13 8SD	12:30 - 1:30 pm	Free No need to book
Thursday's	Wellbeing Walks	Plashet Park, E6 1DQ	9:45 - 10:45 am	Free No need to book
	Inclusive Multi-Sport	East Ham Leisure Centre, Barking Road, E6 2RT	10:30 am - 12:30 pm	Free No need to book
	Inclusive Swimming	Atherton Leisure Centre, Romford Road, E15 4JF	12 - 1pm	Under 16's Free No need to book
	All Ability Cycling Club	Olympic Park, E20	10:30am - 1:30pm	Free No need to book

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Friday's	Learning Disabilities Pilates	Atherton Leisure Centre, Romford Road, E15 4JF	11am - 12pm	Free No need to book
	Bikeworks Drop in all-ability Cycling	Central Park (across the path from the Central Park Cafe, E6 3AJ)	11 am - 1 pm	Free No need to book https://www.bikeworks.org.uk/ or email all.ability@bikeworks.org.uk
Saturday's	Pan-Disability Football	Newham Leisure Centre, Prince Regents Lane, E13 8SD	10am-11am	Free No need to book This happens Fortnightly
	Learning Disability and Autism Friendship Club	Beckton Globe Library 1 Kingsford Way	2 - 4 pm	This happens the 2nd Saturday each month. Call 020 3373 0853
	Inclusive Swimming	Newham Leisure Centre, Prince Regents Lane, E13 8SD	5 - 6 pm	Cost £1.35 No need to book
Sunday's	Wave @	Little Ilford Baptist Church, Sheringham Avenue, Manor Park, London, E12 5PA	4 - 6 pm	Inclusive Baptist Service, other faiths are welcome. This happens once / month.