



**Bonny Downs**  
community association

# SPORTS

**ENCOURAGING ACTIVITY, CONNECTION AND HEALTH**



Are you looking for affordable, enjoyable and local sports activities? BDCA have got it covered! We've made it easier for you to get fit, have fun and meet new friends through our range of free or low cost sports activities detailed on the back of this leaflet.

BDCA also hire out our high quality grass pitches, all-weather MUGA, cricket nets and indoor club room at competitive rates. So if you want to organise a kick about with your mates or even start a regular league team then check out our website to see hire prices or make an instant online booking: [www.bonnydowns.org/sports](http://www.bonnydowns.org/sports).



More info online: [www.bonnydowns.org/sports](http://www.bonnydowns.org/sports) Email us: [sports@bonnydowns.org](mailto:sports@bonnydowns.org)

# 0208 586 7070

*BDCA is a registered charity number 1071625*

*Please note that the following details were correct at time of print (February 2020) but are subject to change. Please check our website for updated information.*

	Activity	Location	Time	Age	Cost
Mon	Tai Chi	The Well	12:15 – 13:15	50+	£2
	Circuit Training	The Well	13:30 - 14:30	50+	£2
	Women Only Fitness	The Well	18:00 – 19:00	14+	Free
Tue	Walking Football	Flanders Field	10:00 – 11:00	16+	Free
	Football For All*	Flanders Field	18:00 - 19:00	16+	Free
Wed	Chair-based Exercise	The Well	10:00 – 11:00	50+	£2
	Music & Movement	The Well	11:00 – 12:00	50+	£2
	Line Dancing	The Well	12:15 – 13:15	50+	£2
	<b>NEW!!</b> Pilates	The Well	14:00 - 15:00	16+	Free
	<b>NEW!!</b> Swim & Gym	East Ham Leisure Centre	14:00 - 15:00	50+	Free
	<b>NEW!!</b> A4L Yoga	The Well	17:30 - 18:30	14+	Free
Thu	Family-friendly Yoga (Under 5s welcome)	The Well	09:30 - 10:30	16+	Free
	<b>NEW!!</b> A4L Football	East Ham Leisure Centre	12:00 - 13:30	16+	Free
Fri	<b>NEW!!</b> Gym & Swim	East Ham Leisure Centre	14:00 - 15:00	16+	Free
Sat	Soccer School*	Flanders Field	10.30 – 12.30	4-14	£3
	Walking Football	Flanders Field	10:00 – 11:00	40+	Free
Sun	Table Tennis	Bobby Moore Pavilion	11:00 - 12:00	All	Free

*\* These activities are open in school term time only*

**The Well Community Centre:** 49 Vicarage Lane, East Ham E6 6DQ

**Flanders Playing Field & Bobby Moore Pavilion:** 118 Napier Road East Ham E6 2SG

**East Ham Leisure Centre:** 324 Barking Road, East Ham E6 2RT



BDCA is a company limited by guarantee number 3625785 and registered charity number 1071625.  
Our registered address is The Well Community Centre, 49 Vicarage Lane, East Ham, London E6 6DQ.