

CONNECT. GROW. THRIVE.

# TERM-TIME SESSIONS APR-JUL 2025

FREE activities for the community (unless stated)



## MONDAYS

### Active Start for Little Stars

9:30am - 11am | Ages Under 5's

Address: Curzon Crescent FWC

### Womens Fitness Session with creche

11:30am - 12:30pm | Adult Session

Address: Granville FWC

### Junior Youth Club

3:30pm - 5:30pm | Ages 8 - 12

Address: RCC

### Teen Space Youth Club

4:30pm - 6pm | Ages 11 - 18

Address: Fryent Primary School,

### Teen Space Youth Club With Social Football

5:30pm - 7pm | Ages 11+

Address: Three Trees FWC

### Women & Girls Fitness Class

5:30pm - 6:30pm | Ages 14+

Address: RCC



## TUESDAYS

### Street Dance Beginner

4:30 - 5:30pm | Ages 5 - 11

Address: RCC

### Street Dance (Advanced)

5:30pm - 6:30pm | Ages 8+

Address: RCC

### Lego Club

5pm - 6pm | Ages 7+

Address: RCC

### Teen Space Youth Club

5:30pm - 7pm | Age 11+

Address: St Raph's Voice

### Nethall

7:30pm - 8:30pm | Ages 14+

Free for students & concessions

£5 per session drop-in

Address: RCC



## WEDNESDAYS

### Multi Sports & Mindful Movements

4pm - 5:30pm | Ages 5 - 11

Address: RCC

### Roundwood Youth Club

6pm - 8pm | Ages 11 - 18

Address: RCC

### Speak Up Drama Club

Starting April 2025

(11 weeks) £20

5:15 - 6:15 pm | Ages 8 - 14

Address: RCC

**Book!**



## THURSDAYS

### Girls Link Up Youth Club

5:30pm - 7pm | Ages 8 - 11

Drop-in: 5:30 - 8pm | Ages 12 - 25

Address: RCC

**Addresses:**  
(please click for google maps)

### Roundwood Community Centre (RCC)

49 Longstone Avenue, NW10 3UN

### Curzon Crescent Family Wellbeing Centre

NW10 9SD

### Granville Family Wellbeing Centre

142 Carlton Vale, London NW6 5HQ

### Three Trees Family Wellbeing Centre

Tiverton Road, London NW10 3HL

### QPCS Sports facilities

Aylestone Avenue, London NW6 7BQ

### Fryent Primary School

Church Lane, Kingsbury NW9 8JD

### St Raphs Voice Centre

St Raphael's Estate NW10 OTS



## FRIDAYS

### Junior Youth Club

3:30pm - 5:30pm | Ages 8 - 12

Address: RCC

### Roundwood Youth Club

6pm - 8pm | Ages 11 - 18

Address: RCC



## SATURDAYS

### Girls Football

11am - 12pm | Ages 9-14

Address: RCC

### Active Start for Little Stars

10am - 11am

£3 Per Session | Under 5's

Address: RCC

### SEN Multi-Sports & Arts Club

in partnership with

**Let's Unite for Autism & Unique Community**

12pm - 2pm | Ages 8+

Children with SEND & families

Address: RCC



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## Volunteering Opportunities

Are you a young person aged 14+ who wants to gain work experience and leadership qualifications?

We have lots of ways to get involved including a Youth Board

Get in touch to find out more.

**W** [www.sportattheheart.org](http://www.sportattheheart.org)

**T** 07506 866527 / 07908 851789

**E** [hello@sportattheheart.org](mailto:hello@sportattheheart.org)

**SaTH is a grassroots community organistaion using sports, physical activity, creative arts, play and wellbeing initiatives to improve the lives of people in our community.**