



The Epping Forest Inclusion Project

Activity Timetable

The Epping Forest Inclusion aims to provide children and young people with SEND with a variety of sports and leisure activities. All the sessions we run are open to any child or young person with SEND Ages 3-25 years.

Tuesday 4pm-5pm/5pm-6pm/6pm-7pm Trampoline- Coached trampolining sessions where participants will work towards the Winstrada Grades (Please note they are 3 separate sessions- you can only book on one of them and must stay on that for the whole term)

Debden Park High School, Willingale Road, IG10 2BQ £4 per session PAY TERMLY

Wednesday 5pm-6pm Soccerability

Fun football based session full of games and skills.

Waltham Abbey Sports Centre, Broomstick Hall Lane, EN9 1FL £2 per session

Wednesday 5pm-6pm Trampoline

Coached trampolining sessions where participants will work towards the Winstrada Grades

Ongar Leisure Centre, The Gables, CM5 0GA £4 per session PAY TERMLY

****NEW SESSION*** Thursday 6pm-7pm*

Multi Sports- Something different on offer every week. come and try a variety of sports from basketball, tennis and many more!

Debden Park High School, Willingale Road, IG10 2BQ £3 per session

Friday 4pm-4.45pm Horse Riding (High Beech Riding School), *please note payment for the term must be received in advance £15 per session PAY TERMLY*

Friday 5pm-5.30pm Beginners Horse Riding (High Beech Riding School)

please note payment for the term must be received in advance. £12 per session PAY TERMLY

Saturday 12pm-12.30pm-Horse Riding (High Beech Riding School)

please note payment for the term must be received in advance. £12 per session PAY TERMLY

Saturday 4.30pm-5.30pm Swimming (Waltham Abbey Swimming Pool) £2.70 (one parent/carer foc)

Parent & Child swimming session.

A fun and relaxed session suitable for all abilities. A parent must be in the pool.

For more information please contact Olivia Worsfold on 01992 564 220 or email

oworsfold@eppingforestdc.gov.uk