



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 session, full of games, challenges and skills. Suitable for all levels.

Waltham Abbey Sports Centre, Broomstick Hall Lane, EN9 1FL £2 per session no need to book

Wednesday 4pm-5pm and 5pm-6pm Trampoline

Coached trampolining sessions where participants will work towards the Winstrada Grades. Please note these are two separate sessions.

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

NEW SESSION Thursday 6pm-7pm

Boxing- A non-contact boxing session perfect for the complete beginner. The session will work on the agility, footwork and types of basic punches that all boxers need, with a variety of non contact drills, pads and bag work.

Debden Park High School, Willingale Road, IG10 2BQ £3 per session no need to book.

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 4.45pm-5.15pm 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.

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

oworsfold@eppingforestdc.gov.uk
