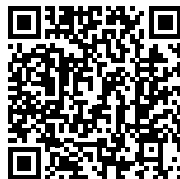


TEEN ACTIVITY PROGRAMME



Scan for
details:



As part of the **Safer Streets for Halstead project**, we are pleased to offer a programme of **free activities for 11-16 year olds**.

From yoga & mindfulness to self-defence and dance there is something for everyone! ✨

**BOOKABLE VIA THE
FUSION APP OR AT
RECEPTION** ✨

Activities are funded by the Safer Streets for Halstead project



FREE
for
11-16
year olds



Halstead Leisure Centre
Colne Road, Halstead, Essex, CO9 2HR
0345 260 1535

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TEEN YOGA

WEDNESDAYS 4pm – 5pm

BOOTCAMP

THURSDAYS 5pm – 6pm

CLUB DANCE

TUESDAYS 4.30pm – 5.30pm

CREATIVE MINDFULNESS

MONDAYS 4pm – 5.30pm

WEDNESDAYS 5pm – 6.30pm

MUAY TAI

TUESDAYS 5pm – 6pm

STUNT WORKSHOP

SATURDAYS 10am – 11am

BOXING WEDNESDAYS

4pm – 6pm at Halstead Boxing Club

Coming in the spring:

SELF-DEFENCE

SWIMMING CRASH COURSE & WATER SAFETY

FUTURE ACTIVITIES TO BE ANNOUNCED
IN THE COMING WEEKS.



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