

School's Out Get Active



Contents

- School's Out Get Active Sport & Physical Activity opportunities

Week 1 – 27 to 31 July 2020

Week 2 – 3 to 7 August 2020

Week 3 – 10 to 14 August 2020

Week 4 – 17 to 21 August 2020

Week 5 – 24 to 28 August 2020

- Booking links and further information
- Libraries, craft and other cultural activities
- Ongoing online session from Healthy Lifestyle Team and Play and Communication's Team

Including sport & physical activities, Healthy Eating, Stop Smoking, Play and Communication and Young at Heart

- Street Tag
- Future Youth Zone
- Everyone Active and other Sports Providers

School's Out Get Active

With the continuation of the COVID-19 pandemic, parents' summer plans —have been thrown for a loop. Traditional camps may not be an option this year. So, what is everyone going to do with their kids this whole summer?

Our virtual summer camps offer parents a chance to have someone else take over childcare duties for a minute, opening up an opportunity to get work done, do chores, or, heck, even take a shower.

Virtual Camps are all about connectedness. Virtual Summer activities will bring your child together with fellow campers for whichever activity they choose for the week. Whether the group is baking together or getting fit together, the program is interactive so your child will have a new group of friends to see, chat and learn with at each activity. They will build friendships while they learn new skills.

The Healthy Lifestyles Team has a vast array of sports and physical activity programmes running during the five weeks which are free for children and young people who live or go to school in Barking and Dagenham.

There are also some activities that libraries, children's centres, youth centres and leisure centres are hosting during the holidays. Details of these programmes can be found below. Some may have a small cost to attend which is indicated in the information below.

Finally, there is some information on some sports, physical activity and health sessions that run all year for children and young people linked into programmes run by the Healthy Lifestyle Team and their partners.

Healthy Lifestyles Team - Sport and Physical Activities

FREE VIRTUAL CAMPS AND VIDEOS

We have a number of providers offering different online activities over the five weeks. The following describes the different activities on offer with the dates from each provider.

The timetable after this provides the joining links for each activity- PLEASE NOTE: Some links and booking information for activities will be uploaded shortly.

<u>Provider</u>	<u>Activity</u>	<u>Description</u>	<u>Dates</u>
Be Fit Today Track Academy	Athletics sessions	Befit Today Athletics sessions will allow participants to learn basic athletics skills and techniques of running, jumping and throwing through various games with competitive and interactive challenges.	Mondays - 27 July, 3, 10, 17 and 24 August Tuesdays - 28 July, 4, 11, 18 and 25 August Wednesdays - 29 July, 5, 12, 19 and 26 August All sessions are 10am to 12pm For ages 5 to 17 years
Carter Productions	Street Dance Videos	Carter productions are providing online Dance tutorials for participants to follow and learn. Each video will include choreography, Motivational talks from professionals' in the industry as well as a playlist of inspiring dance videos and music.	Videos will be released on Monday 27 July Monday 3 August Friday 14 August Suitable for ages 8 to 17 years
Dagenham Police & Community Boxing Club	Boxing	Daggers boxing sessions include: Skipping, Shadow boxing & Footwork drills Basic Strength & Conditioning exercises – including stomach toning and Boxing related Games. INFORMATION REQUIRED using Eventbrite link (Available shortly) for you to receive a free skipping rope needed to take part in the session – limited numbers available – first	Thursdays 13 and 20 August Fridays 14 and 21 August 10am to 11.30am for 5 to 9 year olds 11.30am to 1pm for 10 to 14 year olds Suggested times for each age group above

		come first serve although anyone can join the sessions	
Ekota Cricket Academy	Cricket	Fun cricket classes delivered by Ekota academy club to improve cricket fitness, batting, bowling, fielding, and agility	<p>Mondays 10 & 24 August</p> <p>Tuesdays 28 July, 4, & 18 August</p> <p>Thursdays 30 July, 6, 13, 20 & 27 August</p> <p>All sessions run from 6.30pm to 7pm</p> <p>All sessions are suitable for 5 to 17 year olds</p>
Finesse Sports	Football	These ball mastery classes take place virtually and keep you 'in touch' and football fit. All you need is a ball and 2 to 5 cones (or items that you can use as cones)	<p>Tuesdays 28 July</p> <p>Sessions 1.30pm to 2.30pm</p> <p>Fridays 31 July</p> <p>Sessions 10am to 11am</p> <p>Fridays 7, 14, 21 & 28 August</p> <p>Sessions 11am to 12noon</p> <p>Tuesdays 4, 11, 18 & 25 August</p> <p>Sessions 2pm to 3pm</p> <p>All sessions are suitable for 5 to 17 year olds</p>
Finesse Sorts	Dance and Exercise camp	<p>10 sessions of different Exercise 2 Music activities</p> <p>Circuits – Demonstrations of different exercises such as hopscotch, leapfrog, shuttle runs and jumping jacks</p> <p>Zumba – Child friendly routines based on original Zumba choreography by breaking down the steps, add games & activities</p> <p>Steps – mixture of upbeat, rhythmic stepping, with squat. lunge burpees and push-ups.</p> <p>Soca - energetic dance workout, combining dancing, music, and movement. The class will incorporate elements of soca, samba, salsa, and mambo</p>	<p>Circuits – Monday 10 August 10am to 10.30am</p> <p>Zumba – Monday 10 August, Wednesday 12 August 1pm to 2pm and Friday 14 August 10am to 10.30am</p> <p>Core Strength – Tuesday 11 August 10am to 10.30am</p> <p>Soca – Tuesday 11 August 1pm to 1.30pm</p> <p>Boxercise – Wednesday 12 August 1pm to 1.30pm</p> <p>Latin & Salsa – Thursday 13 August 10am to 10.30am</p> <p>Yoga – Thursday 13 August 1pm to 1.30pm</p> <p>End of Dance Camp Party – Friday 14 August 1pm to 1.30pm</p>

		<p>Boxercise – combination of boxing training concepts (without getting hit!) and exercise in a fun and energetic way</p> <p>Latin & Salsa – explore Latin music and basic choreography salsa movements</p> <p>End of Camp Party - join us for a high energy dance party with a mixture of your favourite tunes and dance styles. A chance to showcase all your new moves learnt over the past week</p>	All sessions are suitable for 5 to 17 year olds
First Kicks	Family Fitness	Fun family fitness sessions run by first kicks consist of a variety of, cardio, resistance, strengthening and conditioning workouts to up-tempo music – catering to all levels of fitness.	<p>Mondays - 27 July, 3, 10, 17 and 24 August</p> <p>Wednesdays - 29 July, 5, 12, 19 and 26 August</p> <p>Fridays – 31 July, 6, 14, 21 and 28 August</p> <p>All Ages Welcome</p>
Kinder Kitchen	Cooking Videos	Receive a Kinder kitchen 'Meal kit' With ingredients, a recipe card and other educational material for children to read and complete at home. A video cooking tutorial will be able to be viewed to help make the recipe at home. (Only 30 Meal kits available. BOOKING REQUIRED VIA EVENTBRITE)	<p>Deliveries of Meal Kits will take place on a Wednesday.</p> <p>Recipe and demonstration videos will be released weekly on a Thursday.</p> <p>Please Note: Only 1 meal kit booking allowed per family.</p>
Premier Sport	Gymnastics	Premier sport will teach children a variety of stretches and moves, initially warming up with the sitting pikes, straddles, and frogs' legs etc. They will then progress to handstands, cartwheels, and forward rolling.	<p>Monday 27 July / Tuesday 4 August / Wednesday 12 August / Thursday 20 August / Friday 28 August</p> <p>All sessions suitable for 5 to 14 year olds</p> <p>All sessions run 1.30pm to 2pm</p>
Premier Sport	Dance	Premier sport will provide an action-packed class covering a variety of different dance styles	<p>Tuesday 28 July / Wednesday 5 August / Thursday 13 August / Friday 21 August / Monday 24 August</p> <p>All sessions suitable for 5 to 14 year olds</p>

			All sessions run 1.30pm to 2pm
Premier Sport	Football	Football sessions run by Premier sports coaches and will focus on developing the basic essentials for any young football star.	<p>Wednesday 29 July / Thursday 6 August / Friday 14 August / Monday 17 August / Tuesday 25 August</p> <p>All sessions suitable for 5 to 14 year olds</p> <p>All sessions run 1.30pm to 2pm</p>
Premier Sport	Basketball	Premier sports will deliver Fun basketball games and drills to develop fundamentals skills like dribbling, ball handling and hand eye coordination.	<p>Thursday 30 July / Friday 7 August / Monday 10 August / Tuesday 18 August / Wednesday 26 August</p> <p>All sessions suitable for 5 to 14 year olds</p> <p>All sessions run 1.30pm to 2pm</p>
Premier Sport	Multi Skills	A fun packed session run by premier sport of activities, games, and skills to develop, movement, coordination, reaction, speed and agility.	<p>Friday 31 July / Monday 3 August / Tuesday 11 August / Wednesday 19 August / Thursday 27 August</p> <p>All sessions suitable for 5 to 14 year olds</p> <p>All sessions run 1.30pm to 2pm</p>
Pullums Dance Academy	Ballet	This class sets the foundations of Ballet technique. Class work includes the use of Adage (Sustained Ballet Positions), Pirouettes (Turns), and Allegro (Jumping / Leaps).	<p>Thursdays 30 July</p> <p>Wednesdays 5, 19 & 26 August</p> <p>Friday 14 August</p> <p>All sessions run from 2pm to 3pm</p> <p>All sessions are suitable for 5 to 17 year olds</p>
Pullums Dance Academy	Westend Workshop	Westend instructors will showcase choreography from the musicals 'West Side Story' and 'The Phantom of the Opera'	<p>Wednesdays 29 July</p> <p>Friday 7 & 28 August,</p> <p>Thursday 6 August</p> <p>Tuesdays 11, 18, 20 August</p> <p>Monday 24 August</p> <p>All sessions run from 2pm to 3pm</p>

			All sessions are suitable for 5 to 17 year olds
Pullums Dance Academy	Street Dance	Pullum's Street Dance session will teach the foundations, techniques, and style of Street Dance Locking / Popping, Breaking and Krump.	<p>Fridays 31 July, 21 August</p> <p>Thursdays 6 & 27 August</p> <p>Wednesday 12 August</p> <p>Monday 17 August</p> <p>Tuesday 25 August</p> <p>All sessions run from 2pm to 3pm</p> <p>All sessions are suitable for 5 to 17 year olds</p>
Right Development Foundation	<p>Dance Videos</p> <p>Boxing Videos</p> <p>Football Videos</p> <p>Basketball Videos</p> <p>Athletics Videos</p>	<p>Right Development Foundation are producing different videos to work through the basics each of the activities</p> <p>Dance - coach will take you through a range of choreography from different dance styles from street dance to contemporary.</p> <p>Boxing - drills, games, and activities that kids can try to develop their boxing skills and fitness</p> <p>Football - Learn fun, fundamental football skills and movement</p> <p>Basketball - Including dribbling, shooting, offence and defence drills and games to play at home.</p> <p>Athletics - improve and develop children's athletics skills in running, jumping, and throwing.</p>	<p>Dates of video launch</p> <p>Dance - Monday 27 and Friday 31 July</p> <p>Boxing – Monday 3 and Friday 7 August</p> <p>Football – Monday 10 and Friday 14 August</p> <p>Basketball – Monday 17 and Friday 21 August</p> <p>Athletics – Monday 24 and Friday 28 August</p>
Simona Mauriello Irish Dance Academy	Irish Dance	Learn the basics of Irish dance with an International champion. Great for fitness, musicality, and coordination.	<p>Tuesday 28 July / Thursday 30 July / Monday 3 August / Friday 7 August / Thursday 13 August / Tuesday 18 August / Friday 21 August / Tuesday 25 August / Thursday 27 August</p>

			<p>All sessions run 10am to 10.45pm</p> <p>All sessions suitable for 5 to 17 year olds</p>
Ultimate Vision	Active Stories	Children will copy the coach's movements relating to the actions within the story being told like trees, clouds, water. Movements of character (creeping, crawling, hiding). These will be linked together to create an end performance.	<p>Tuesdays - 28 July, 4, 11, 18 and 25 August</p> <p>For 5 to 9 year olds</p>
Ultimate Vision	Football Skills (Using Feet)	Dribbling, Wall Passing, Control & Footwork Improve balance, co-ordination, speed & agility by completing Fun challenges with Ultimate vision.	<p>Mondays - 27 July, 3, 10, 17 and 24 August</p> <p>For 5 to 9 year olds – 9am to 10am</p> <p>For 10 to 14 year olds – 10.30am to 11.30am</p>
Ultimate Vision	Football Skills (Using Feet)	Dribbling, Throwing, Catching, Rolling & Volleying. Improve balance, co-ordination, speed & agility by completing Fun challenges with Ultimate vision	<p>Wednesdays - 29 July, 5, 12, 19 and 26 August</p> <p>For 5 to 9 year olds – 9am to 10am</p> <p>For 10 to 14 year olds – 10.30am to 11.30am</p>

Week 1 – 27 July to 2 August 2020

Monday 27 July

Activity	Time	How to Join
Football	9am to 10am	
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Athletics	10am to 12 noon	
Football	10.30am to 11.30am	
Street Dance	11am launch	
Gymnastics	1.30pm to 2pm	
Dance	Video	https://www.lbbd.gov.uk/newme-healthy-lifestyle

Tuesday 28 July

Activity	Time	How to Join
Athletics	10am to 12 noon	
Irish Dance	10am to 10.45am	
Active stories	10.30am to 11.30am	
Football	1.30pm to 2.30pm	
Dance	1.30pm to 2pm	
Cricket	6.30pm to 7pm	https://zoom.us/j/8059232897?pwd=b3Fja3RoTXoxcy80MGhnUzcxc2FFUT09 OR ID 805 923 2897 password ekota

Wednesday 29 July

Activity	Time	How to Join
Football	9am to 10am	
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Athletics	10am to 12 noon	
Football	10.30am to 11.30am	
Football	1.30pm to 2pm	
Westend workshop	2pm to 3pm	

Thursday 30 July

Activity	Time	How to Join
Cooking	Video and Meal Kits	Booking opens via Eventbrite 20 July
Irish Dance	10am to 10.45am	
Basketball	1.30pm to 2pm	
Ballet	2pm to 3pm	
Cricket	6.30pm to 7pm	https://zoom.us/j/8059232897?pwd=b3Fja3RoTXoxcy80MGhnUzcxc2FFUT09 OR ID 805 923 2897 password ekota

Friday 31 July

Activity	Time	How to join
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Football	10am to 11am	
Dance	Video	https://www.lbbd.gov.uk/newme-healthy-lifestyle
Multi Skills	1.30pm to 2pm	
Street Dance	2pm to 3pm	

Week 2 - 3 to 9 August 2020

Monday 3 August

Activity	Time	How to join
Boxing	Video	https://www.lbbd.gov.uk/newme-healthy-lifestyle
Football	9am to 10am	
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Athletics	10am to 12noon	
Irish Dance	10am to 10.45am	
Football	10.30am to 11.30am	
Street Dance	Video	
Multi Skills	1.30pm to 2pm	

Tuesday 4 August

Activity	Time	How to join
Athletics	10am to 12noon	
Active Stories	10.30am to 11.30am	
Gymnastics	1.30pm to 2pm	
Football	2pm to 3pm	
Cricket	6.30pm to 7pm	https://zoom.us/j/8059232897?pwd=b3Fja3RoTXoxcy80MGhnUzcxc2FFUT09 OR ID 805 923 2897 password ekota

Wednesday 5 August

Activity	Time	Link
Football	9am to 10am	
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Athletics	10am to 12noon	
Football	10.30am to 11.30am	
Dance	1.30pm to 2pm	
Ballet	2pm to 3pm	

Thursday 6 August

Activity	Time	How to join
Cooking	Video & Meal Kit	Booking opens via Eventbrite 27 July
Football	1.30pm to 2pm	
Street Dance	2pm to 3pm	
Cricket	6.30pm to 7pm	https://zoom.us/j/8059232897?pwd=b3Fja3RoTXoxcy80MGhnUzcxc2FFUT09 OR ID 805 923 2897 password ekota

Friday 7 August

Activity	Time	How to join
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Irish Dance	10am to 10.45am	
Football	11am to 12noon	
Basketball	1.30pm to 2pm	
Westend workshop	2pm to 3pm	
Boxing	Video	https://www.lbbd.gov.uk/newme-healthy-lifestyle

Week 3 - 10 to 16 August 2020

Monday 10 August

Activity	Time	How to join
Football	9am to 10am	
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Athletics	10am to 12noon	
Fitness Circuit	10am to 10.30am	
Football	10.30am to 11.30am	
Zumba	1pm to 1.30pm	
Basketball	1.30pm to 2pm	
Cricket	6.30pm to 7pm	https://zoom.us/j/8059232897?pwd=b3Fja3RoTXoxcy80MGhnUzcxc2FFUT09 OR ID 805 923 2897 password ekota
Football Video	Video	https://www.lbbd.gov.uk/newme-healthy-lifestyle

Tuesday 11 August

Activity	Time	How to join
Core strength	10am to 10.30am	
Athletics	10am to 12noon	
Active Stories	10.30am to 11.30am	
Soca class	1pm to 1.30pm	
Multi Skills	1.30pm to 2pm	

Football	2pm to 3pm	
Westend workshop	2pm to 3pm	

Wednesday 12 August

Activity	Time	How to join
Football	9am to 10am	
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Athletics	10am to 12noon	
Zumba	10am to 10.30am	
Football	10.30am to 11.30am	
Boxercise	1pm to 1.30pm	
Gymnastics	1.30pm to 2pm	
Street Dance	2pm to 3pm	

Thursday 13 August

Activity	Time	How to join
Irish Dance	10am to 10.45am	
Salsa	10am to 10.30am	
Boxing	10am to 11.30am	
Boxing	11.30am to 1pm	
Yoga class	1pm to 1.30pm	
Dance	1.30pm to 2pm	
Cricket	6.30pm to 7pm	https://zoom.us/j/8059232897?pwd=b3Fja3RoTXoxcy80MGhnUzcxc2FFUT09 OR ID 805 923 2897 password ekota
Cooking	Video and Meal Kits	Booking opens via Eventbrite 3 August

Friday 14 August

Activity	Time	How to join
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Boxing	10am to 11.30am	
Boxing	11.30am to 1pm	
Zumba	10am to 10.30am	
Football	11am to 12noon	
Street Dance	Video 11am launch	
Dance Camp Party	1pm to 1.30pm	
Football	1.30pm to 2pm	
Ballet	2pm to 3pm	
Football Video	Video	https://www.lbbd.gov.uk/newme-healthy-lifestyle

Week 4 - 17 to 21 August 2020

Monday 17 August

Activity	Time	How to join
Football	12noon to 2pm	
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Athletics	10am to 12noon	
Football	10.30am to 11.30am	
Football	1.30pm to 2pm	
Street Dance	2pm to 3pm	
Basketball Video	Video	https://www.lbbd.gov.uk/newme-healthy-lifestyle

Tuesday 18 August

Activity	Time	How to join
Irish Dance	10am to 10.45am	
Athletics	10am to 12noon	
Active Stories	10.30am to 11.30am	
Basketball	1.30pm to 2pm	
Westend workshop	2pm to 3pm	
Football	2pm to 3pm	
Cricket	6.30pm to 7pm	https://zoom.us/j/8059232897?pwd=b3Fja3RoTXoxcy80MGhnUzcxc2FFUT09 OR ID 805 923 2897 password ekota

Wednesday 19 August

Activity	Time	How to join
Football	9am to 10am	
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Athletics	10am to 12noon	
Football	10.30am to 11.30am	
Multi Skills	1.30pm to 2pm	
Ballet	2pm to 3pm	

Thursday 20 August

Activity	Time	How to join
Boxing	10am to 11.30am	
Boxing	11.30am to 1pm	
Gymnastics	1.30pm to 2pm	
Westend workshop	2pm to 3pm	

Cricket	6.30pm to 7pm	https://zoom.us/j/8059232897?pwd=b3Fja3RoTXoxcy80MGhnUzcxc2FFUT09 OR ID 805 923 2897 password ekota
Cooking	Video and Meal Kits	Booking opens via Eventbrite 10 August

Friday 21 August

Activity	Time	How to join
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Irish Dance	10am to 10.45am	
Boxing	10am to 11.30am	
Boxing	11.30am to 1pm	
Football	11am to 12noon	
Dance	1.30pm to 2pm	
Street Dance	2pm to 3pm	
Basketball Video	Video	https://www.lbbd.gov.uk/newme-healthy-lifestyle

Week 5 - 24 to 28 August 2020

Monday 24 August

Activity	Time	How to join
Football	9am to 10am	
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Athletics	10am to 12noon	
Football	10.30am to 11.30am	
Dance	1.30pm to 2pm	
Westend workshop	2pm to 3pm	
Cricket	6.30pm to 7pm	https://zoom.us/j/8059232897?pwd=b3Fja3RoTXoxcy80MGhnUzcxc2FFUT09 OR ID 805 923 2897 password ekota
Athletics Video	Video	https://www.lbbd.gov.uk/newme-healthy-lifestyle

Tuesday 25 August

Activity	Time	How to join
Irish Dance	10am to 10.45am	
Athletics	10am to 12noon	
Active Stories	10.30am to 11.30am	
Football	1.30pm to 2pm	
Street Dance	2pm to 3pm	
Football	2pm to 3pm	

Wednesday 26 August

Activity	Time	How to join
Football	9am to 10am	
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Athletics	10am to 12noon	
Football	10.30am to 11.30am	
Basketball	1.30pm to 2pm	
Ballet	2pm to 3pm	

Thursday 27 August

Activity	Time	How to join
Irish Dance	10am to 10.45am	
Multi Skills	1.30pm to 2pm	
Street Dance	2pm to 3pm	
Cricket	6.30pm to 7pm	https://zoom.us/j/8059232897?pwd=b3Fja3RoTXoxcy80MGhnUzcxc2FFUT09 OR ID 805 923 2897 password ekota
Cooking	Video and Meal Kits	Booking opens via Eventbrite 17 August

Friday 28 August

Activity	Time	Link
Family Fitness	9.30am to 10am	Instagram @firstkickssports
Football	11am to 12noon	
Gymnastics	1.30pm to 2pm	
Westend workshop	2pm to 3pm	
Athletics Video	Video	https://www.lbbd.gov.uk/newme-healthy-lifestyle

Booking information

Please note – You will need to download the relevant platform to access the different online sessions that are available during this summer. This could be one of the following, Zoom, Microsoft Teams, Instagram or Facebook. **Instructions to do this are outlined below:**

Two courses require you to book as resources need to be delivered prior to the course. These bookings are taken **through Eventbrite** and the link is next to the relevant courses

Terms and conditions

There are usually a number of terms and conditions associated with School's Out Get Active activities however as the sessions are being run online we cannot be as strict as to who access the sessions. Please be aware:

- Any person will be able to access the sessions through the links provided
- Please ensure you / your child is fit and well physically able to take part in physical activity sessions – please check with your GP if you are not sure
- The Healthy Lifestyles Team and the providers leading the sessions cannot be held responsible for any injuries or accidents that may happen when participants are taking part in these sessions.
- This timetable was correct at the time of publication. Sessions may be cancelled at short notice due to the weather or illness or other reason – we will keep this communicated through the website

www.lbbd.gov.uk/newme-healthy-lifestyle

For any other queries please contact the Healthy Lifestyles Team at healthy.lifestyles@lbbd.gov.uk

How to set up and register for Zoom

Register for the service from your laptop mobile phone.

1. Go to Zoom's [signup page](#). You might first be asked to enter your date of birth. That's because if you are younger than 16, you aren't eligible to make a Zoom account unless it's for school.
2. You'll next be presented with a few options for creating an account. At the top, you can enter your email in the box labeled "Your work email address." If you do this, move on to step two. Even though Zoom asks for a work email, a personal email should work fine.
3. You can also create an account by clicking the "Sign in with Google" or "Sign in with Facebook" buttons, after which you just download the Zoom desktop app and move on to step seven.
4. If you entered an email, Zoom will send an activation email to that address. Click the "Activate Account" button in the email or copy and paste the activation URL into your browser to activate your account.
5. On the page that opens up in your web browser, you'll next be asked if you're signing up on behalf of a school, click the "No" button and then click "Continue."
6. On the next page, fill in your first and last name and a password.
7. Next, you'll be given a link to your personal meeting URL and will have the option to click an orange "Start Meeting Now" button to start a test meeting. If you copy that URL into your browser or click that orange button, you should be prompted to download the Zoom desktop app. Follow the prompts to install the app.
8. After you've installed the Zoom app, you'll see buttons to "Join a Meeting" or "Sign In." To start your test meeting, click "Sign In."

9. On the next screen, enter the email and password you just used to sign up for Zoom in your browser. If you registered using the “Sign in with Google” or “Sign in with Facebook” buttons, click those buttons here and follow the prompts.
10. Once you’re logged in, make sure you’re on the “Home” tab, and then click the orange “New Meeting” button in the Zoom app. Your meeting will start

Register for the service from your mobile phone.

1. Download the iOS or Android app. When you open the app for the first time, you’ll be presented with the options to join a meeting, sign up for Zoom, or sign in to a Zoom account. Tap “Sign Up.”
2. You’ll next be asked to confirm your age.
3. Once you’ve done that, on the next screen, you’ll be asked to enter your email address, and your first and last name. Once you do, “Sign Up” and you’ll then be sent an activation email.
4. Tap the “Activate Account” button in the email you receive or copy and paste the activation URL into your mobile browser.
5. From there, you’ll be asked to complete the same steps outlined above to make an account, just from your mobile browser.
6. Once you get to the screen that has your personal Zoom meeting URL and orange “Start Meeting Now” button, tap either and you’ll be taken directly to a waiting room for your test meeting in the Zoom app.
7. To open the meeting, tap the “Sign In” button at the bottom of the screen. On the next screen, enter your login information and tap the “Sign In” button.
8. Your test meeting will open up in the app.

How to join a Zoom Session:

Note: The host will have to start the meeting first so you can join or the host enables 'join before host'.

From the **Zoom app**:

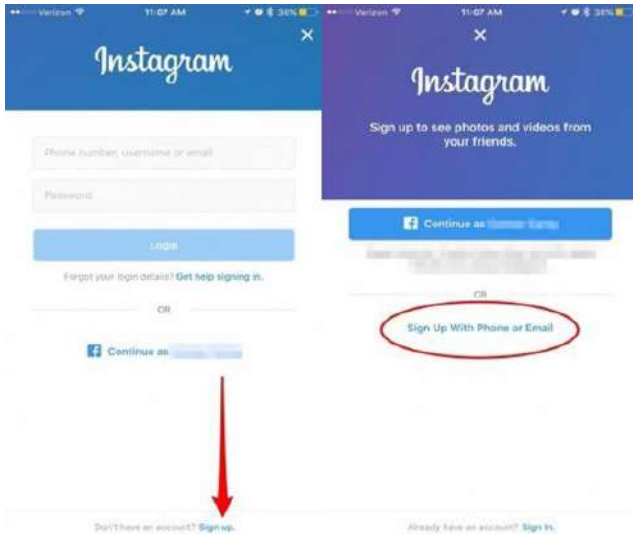
1. Open the **Zoom** app on your desktop, Start button, Zoom folder, start Zoom
2. **Click** on Sign in
3. On right side menu **Select** "Sign In with SSO"
4. **Enter** your **USQ username and password if prompted**
5. Click on **Join**
6. Enter the **Meeting ID** (this is displayed in the email invitation)
7. You can then choose whether to come into the meeting with your audio or video enabled or disabled


Email link:

1. You will receive an **email invitation** from the meeting host
2. Click on the **link** in the email (join via PC, Mac, iOS or Android)
3. You will be taken to the meeting

How to set up / access Instagram

To create an Instagram account from the app:




1. Download the Instagram app from the App Store (iPhone) or Google Play Store (Android).
2. Once the app is installed, tap  to open it.
3. Tap **Sign Up With Email or Phone Number** (Android) or **Create New Account** (iPhone), then enter your email address or phone number (which will require a confirmation code) and tap **Next**. You can also tap **Log in with Facebook** to sign up with your Facebook account.
4. If you register with your email or phone number, create a username and password, fill out your profile info and then tap **Next**. If you register with Facebook, you'll be prompted to log into your Facebook account if you're currently logged out.


To create an Instagram account from a computer:

1. Go to [instagram.com](https://www.instagram.com).
2. Click **Sign up**, enter your email address, create a username and password or click **Log in with Facebook** to sign up with your Facebook account.
3. If you register with an email, click **Sign up**. If you register with Facebook, you'll be prompted to log into your Facebook account if you're currently logged out.

If you sign up with email, make sure you enter your email address correctly and choose an email address that only you can access. If you log out and forget your password, you'll need to be able to access your email to get back into your Instagram account.

You can search for people and hashtags using the search bar at the top of **Search & Explore**. To search Instagram, tap  > **Search** then choose whether you're looking for **Users** or **Hashtags**.

You can search people by their name or username. The search results you see are based on a variety of factors, including the people you follow, who you're connected to and what photos and videos you like on Instagram.

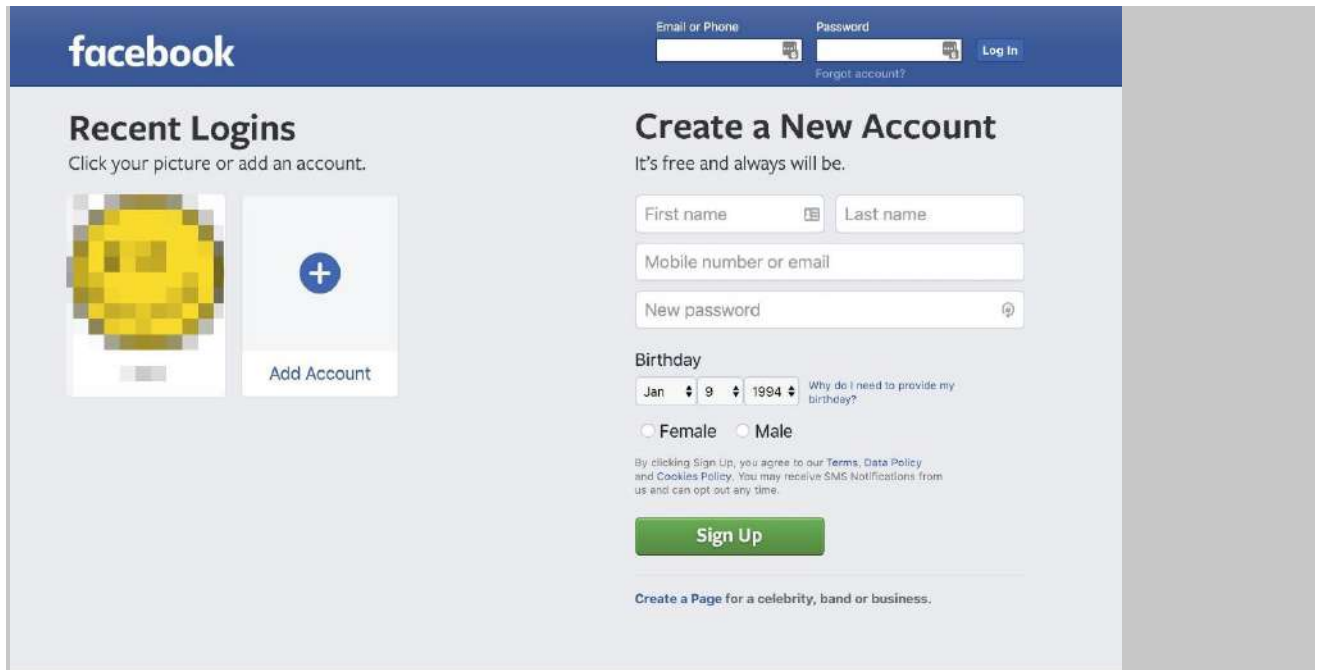
You can find people you might like to follow in Search. Tap  at the bottom of the screen to go to Search.

- Scroll down to explore posts and videos you might like from accounts you're not already following.
- Tap the search bar at the top to search for people, hashtags, places and events that interest you.

To create a Facebook account:

Note: you must be at least 13 years old to create a Facebook account.

1. Go to www.facebook.com/
2. Enter your name, email or mobile phone number, password, date of birth and gender.
3. Click **Sign Up**.
4. To finish creating your account, you need to confirm your email or mobile phone number.

The image shows the Facebook 'Create a New Account' page. At the top, there's a blue header with the Facebook logo on the left and login fields (Email or Phone, Password) and a 'Log In' button on the right. Below the header, the page is split into two main sections. The left section is titled 'Recent Logins' and shows a placeholder for a profile picture and a button to 'Add Account'. The right section is titled 'Create a New Account' and includes the text 'It's free and always will be.' Below this, there are input fields for 'First name', 'Last name', 'Mobile number or email', and 'New password'. There's also a 'Birthday' section with dropdown menus for month, day, and year, and radio buttons for 'Female' and 'Male'. At the bottom of the form is a green 'Sign Up' button. Below the button, there's a link to 'Create a Page for a celebrity, band or business.' and a small disclaimer about terms and privacy policy.

How do you search live videos on Facebook?

1. Tap on the More tab (three horizontal lines) in the upper-right hand corner of the app.
2. Scroll down the page and select See More.
3. Tap on Live Videos.
4. Choose the video you want to watch.

To join a live video:

1. Tap at the bottom of the live video.
2. Tap Send Request.
3. Once your request is accepted, you'll receive a notification that you're about to join the live video.
4. You can also join a live video you've been invited to by going to your notifications and tapping Join.

HOW TO SET UP MICROSOFT TEAMS

Step 1:

Download the app from App Store for IOS devices these include iPhone / iPad / Macs.

For Android devices its Google store.

Look for these icons on your mobile phone or tablet.

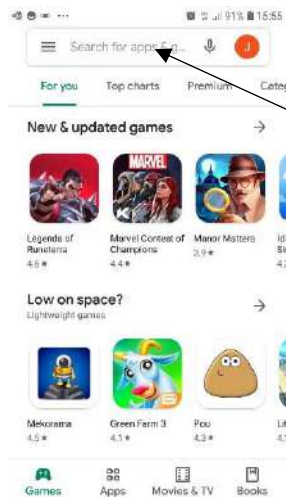


iPhone



Android

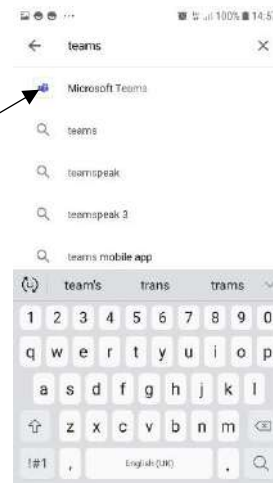
Step 2:



When you open the app store you will see a search bar at the top.

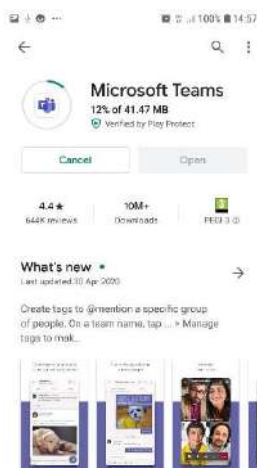
Type in Teams and click Microsoft Teams when it comes up in the list

This is the look for.



Teams logo to

Step 3:



Once you have clicked on the Teams app it will say install, click this and the app will download. Once it has installed press open, this will take you to the app on your phone or tablet.

You do not need to do anything further now

When you receive an email with some joining instructions to a meeting

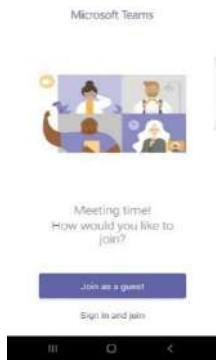
Step 4

You will be sent an email with a link that looks like this:

[Join Microsoft Teams Meeting](#)

Click on the link, this will direct you to the Teams app that you have just downloaded.

Step 5



Once you are on the Teams app you will see the option to join as a guest. Click this

Step 6



When you have joined as a guest enter your name and click. This will join you to The Get Together!!

There will be a short period of time to wait whilst one of the organisers clicks to let you in to the get together – don't worry we can see you are waiting

So we can see and hear you click on the video camera and microphone icons when you enter the meeting – if they have a line through them it means they are off so click them again.

Libraries, craft and other cultural activities

Summer Reading Challenge 2020 - Let's get silly!

For the Summer Reading Challenge 2020, the theme is "Silly Squad" - a celebration of funny books, happiness and laughter, featuring bespoke artwork from award-winning children's author and illustrator Laura Ellen Anderson.

The Silly Squad Book Collection comprises a selection of must-have reads for children aged 4 to 11, providing a wealth of inspiration for young readers choosing books for this summer's Challenge and beyond.

Children can set their reading goal, find book recommendations and access tons of fun resources. There will also be information on how to find your local library service and access e-lending. Children are encouraged to read any books of their choice during the summer holidays (we recommend at least six) with collectable incentives and rewards, plus a certificate for every child who completes the challenge.

<https://summerreadingchallenge.org.uk/>

The website is free to access and a place for children to rate and review their books and work towards their reading goal. It will also feature video content, games, quizzes and digital and downloadable activities to encourage children and their families to take part in the challenge at home.

Collections in the Kids Reading Room

Summer Reading Challenge 2020 - Silly

Squad**<https://lclc.overdrive.com/library/youth/collection/1087177>**

Funny books inspired by the Summer Reading Challenge 2020 Silly Squad book collection.

Let's Get Silly!

<https://lclc.overdrive.com/library/youth/collection/1084301>

Books that make you LOL

<https://lclc.overdrive.com/library/youth/collection/185049>

The Summer Reading Challenge - presented by The Reading Agency, is delivered in partnership with public libraries and funded by Arts Council England. Don't forget to follow us on Facebook, Twitter and Instagram.



Online Healthy Lifestyles Programme

The following activities take place every week – click [Join Here](#) by each session to join in

Ongoing Sessions

Day	Activity	Start Time	Link to Join
Monday	Lean Living	10am	Join Here
	Stop Smoking Peer Support	2pm	Join Here
Tuesday	Lean Living	10am	Join Here
	Little Rhyme Makers	10.30am	Join Here
	YAH Coffee Morning	10.30am	Join Here
	Supple Strength	11.30am	Join Here
	Kickboxing	12.45pm	Join Here
Wednesday	LEAN Living	2pm	Join Here
Thursday	LEAN Beans	10am	Join Here
	Little Rhyme Makers	10.30am	Join Here
	LEAN Living	1pm	Join Here
	Young at Heart Quiz	1pm	Join Here
	Stop Smoking Peer Support	4pm	Join Here
Friday	Hiit Class	9.30am	Join Here
	Getting Started / Intro to MS Teams	10am	Join Here
	Total Body Workout	11.30am	Join Here
	Chair Exercise	12.45pm	Join Here
	Little Rhyme Makers	1pm	Join Here



Online Videos from Healthy Lifestyles Team -
[JOIN HERE](#)

For more ideas for Physical Activity sessions
 please [CLICK HERE](#)



Programme Descriptions

PHYSICAL ACTIVITY				
Supple Strength	Help increase flexibility and strengthen muscles using your own body weight and moves from the holistic worlds of Yoga & Pilates.			
Kick Boxing	Using drills and techniques straight out of the world of the martial arts learn to punch, kick and strike your way to fitness.			
Hiit Sessions	Using body weight exercises that work a lot of the muscles at once, this class will help you burn more calories in less of the time.			
Total Body Workout	This fun and dynamic class will keep your whole body fit and strong.			
Chair Exercise	Join in with basic exercises, using a chair, to keep you fit and active.			
HEALTHY EATING				
LEAN Living	Learning, Exercise and Nutrition! Adult weight management 12 week programme Timetable for Topics below (links to the specific day in main timetable)			
	Topic	Date 1	Date 2	Date 3
	Key to Healthy Eating	Mon 13/7	Thurs 13/8	Wed 2/9
	Get your HR up	Tues 30/6	Mon 20/7	Thurs 20/8
	Food is fuel	Tues 7/7	Mon 27/7	Thurs 27/8
	What are your external triggers?	Wed 1/7	Tues 14/7	Mon 3/8
	Build your strength	Wed 8/7	Tues 21/7	Mon 10/8
	Breakfast Benefits	Wed 15/7	Tues 28/7	Mon 17/8
	Fats under the spotlight	Thurs 2/7	Wed 22/7	Tues 4/8
	Understand your internal triggers	Thurs 9/7	Wed 29/7	Tues 11/8
	Make every day active	Thurs 16/7	Wed 5/8	Tues 18/8
	Make meals matter	Thurs 23/7	Wed 12/8	Tues 25/8
	Sugars under the spotlight	Thurs 30/7	Wed 19/8	Tues 1/9
	Eat out and party	Mon 6/7	Thurs 6/8	Wed 26/8
LEAN Beans	Learning, Exercise and Nutrition! Aimed at families with children aged 5 to 12 years. 6 week family healthy lifestyles programme, with the following topics:			
	Topic	Date		
	What it means to be healthy	Thurs 18/6		
	Portion Sizes and Wholegrains	Thurs 25/6		
	Sugars	Thurs 2/7		
	Fats and Snacks	Thurs 9/7		
	Physical Activity	Thurs 16/7		
	Quiz	Thurs 23/7		
Fact sheets and worksheets will be available for each session which will support your families learning.				
Getting Started	Introduction session to the LEAN Living programme with an overview of the topics. The session will also cover general advice and guidance on how to use Microsoft TEAMS.			
STOP SMOKING				
Peer Support	If you would like the chance to have a chat or just listen to other people who are trying to become healthier and change their smoking habits, we will talk about things that have worked for other people, and discuss ideas how to over-come, challenges and triggers.			
PLAY AND COMMUNICATION				
Little Rhyme Makers	0-5 years - Music and movement group for children and their mums, dads and carers to sing, share music, make friends and learn language together.			
YAH SESSIONS				
Coffee Morning	Join our coffee morning, have a catch up with a cuppa, chat to old friends and make new ones.			

Street Tag

For communities, Street Tag is exceptional at bringing together families, neighbor's and communities to get out more, by turning their streets into a virtual playground, to increase residents' outdoor experience in walking, running and cycling more to earn rewards.

We make your street digitally fun, and your neighbor's fun to live with.

We do this through a smartphone app for families/residents to create a profile, there can be up to 6 players in each team.

During the Street Tag experience, participants record their distance walked, ran or cycled by scanning virtual tags with their smartphone at various locations, watching their total distance accumulate to climb up on the local leaderboard, creating competition, being physically active, connecting with green spaces, an opportunity to rediscovering their area, and earning prizes.

Don't fear the cost of being healthy.

Access a thousand active experiences of your street in your pocket, anytime.

Find out how easy it can be.

[Download on App Store](#)

[Download on Play Store](#)



Sweat For Charity – Street Tag Health Challenge

Ever wondered if there were alternatives to gym or the best fitness activity to help you get physically active? Have you wanted to maintain a healthy lifestyle but lack the motivation? If so, look no farther because the solution is at your fingertips. Introducing the Health Tag Challenge by Street Tag - a new way to sweat for cash and donate your proceeds to charities.

How does the Health Tag Challenge work?

The Health Tag Challenge starts at the beginning of every month with participants committing to achieve physical activities milestones (100,000 steps, 1000 tags and 40,000 points). To participate, you will need to commit a token (minimum £5). Participants that complete the challenge will automatically get their money back plus a share of the 'commit' of those who did not complete the challenge.

Here's the catch, if you complete the milestone, you have the option of donating your "share" to a charity of choice, and keep re-committing the same £5 as long as you keep reaching your monthly goal. On the alternative, you can donate both your "capital" and "share" to your charity of choice, and re-commit a new token (capital) for the new month.

We have successfully run a pilot phase with 5 local Charity organisations on board- the list of charities is increasing. The pilot phase was supported by our partner B&D giving, which provided match funding for donations to the charities.

Why Health Tag Challenge

More than **20 million** people in the UK are physically inactive. Inactivity runs rampant in the UK, [attributing to 1 in 6 deaths](#) and [costing the NHS billions every year](#).

We know that it is a difficult time for most charities, and as we begin to approach the post Covid-19 phase, it is expected to get worse. Charities are already reporting a projected [loss of 48%](#) to their voluntary income and some are at risk closure.

The challenge helps address the needs above.

The 11 day pilot of the Health Tag Challenge in May has already raised £64 for local charities in Barking and Dagenham! More people have joined June. With your participation and registration for July's Health Tag Challenge, we can smash the previous record of support for local charities, while you gain all the health benefits.

To Participate

1. Install the Street Tag app on [Android](#) or [IOS](#), create an account/team and select the Health Tag Challenge from the app side menu.
2. Join the challenge and tick the check box "Donate my £5 capital and share of winning to charity"
3. Read and Accept the T&C, scroll to select (Name of your Charity) as your charity of choice and contribute towards your challenge.
4. Earn points from physical activities indoor and outdoor walking, running, cycling to scan virtual tags + convert your steps into points.

Street Tag Health Tag Challenge / Street Tag Activity

[Health Challenge Join Here](#)

If you need assistance, email seun@streettag.co.uk



Future Youth Zone

During these difficult times we aren't able to open to young people. However, you can keep busy indoors with our #FutureFunAtHome games and challenges.

<https://www.futureyouthzone.org/2020/03/24/futurefunathome/>

We are keeping busy coming up with exciting and creative ways to keep you and your family busy with lots of games and challenges to do at home. Tell us how you are getting on and what you'd want to see more of either through our social media channels or email enquiries@futureyouthzone.org

Once open the Youth Zone promises to offer over 20 action-packed activities every evening, 7 days a week for all young people, regardless of ability or disability.

Everyone Active and other Sports Providers

LIVE WORKOUTS CLASSES

OPEN TO ALL LEVELS

MONDAY

07:00   Les Mills Grit Cardio
10:00  EA30 Conditioning
10:45   Yoga
14:00  EA30 Family Fitness
18:00  EA30 Core
19:00    PiYo

TUESDAY

10:00  Pilates*
14:00  Les Mills Born to Move (U6yrs)
18:00  EA30 LBT
19:00   Les Mills Body Pump
19:45   Yoga

WEDNESDAY

10:00  Les Mills Body Combat
10:45    EA30 Pilates
14:00  Les Mills Born to Move (U6yrs)
18:00   Les Mills Grit Cardio

THURSDAY

10:00  Les Mills Grit Cardio
14:00  EA30 Family Fitness
18:00  Les Mills Body Combat
19:00   Les Mills Body Balance

FRIDAY

07:00  Pilates*
10:00  Les Mills Body Pump
10:45    Insanity
18:00  EA30 Core

SATURDAY

10:00   Pilates*
10:45   High Intensity, Low Impact

SUNDAY

10:00  Les Mills Body Combat
10:45    Les Mills Body Balance
14:00  EA30 Family Pilates*
15:00   EA30 Barre*

Some classes require some additional equipment:

Core Space to lie on floor and optional hand weights / water bottles / tins for resistance.

Barre A chair to hold on to.

 Streaming on YouTube.

 Streaming on Facebook.

 Streaming on Instagram.





Our Holiday Camps provide a safe, fun and social place for your child to be throughout the summer. We've designed our Holiday Camps with safety in mind: grouped bubbles, reduced numbers & much more!

For more info, and to book, visit... [Premier-education.com/holidaycamps](https://premier-education.com/holidaycamps)

Manor Junior School – Barking

Monday 20 July - Friday 21 August 2020

8.50am to 3pm

Mon to Wed - £45 or Mon to Fri - £70

5 to 12 years

All of our activities have been adapted to social distancing guidelines.

Activities available all year - When allowed to reopen

Please contact provider for updates on reopening dates and times

Activity: Euro Dagenham Youth football training

Description football training for boys and girls 5 to 15 years old

Venue: Jim Peters Stadium, Mayesbrook Park, Dagenham RM8 2JR

Time: 10am to 12 noon Saturday's and Mondays 5.30pm onwards dependent on age

Age group: 5 to 15 years

Date: Immediate start

Cost: £7.00 per week

Booking: Walk ups accepted, for more detail contact 07825760542 or email

eurodagenhamfc@yahoo.co.uk

Activity: Junior Football coaching

Description: Football delivered by Dagenham & Redbridge FC

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 4pm to 5pm

Age group: 5 to 8 years

Date: Monday from September

Cost: on registration

Booking: 020 38896238

Activity: Junior Football coaching

Description: Football delivered by Dagenham & Redbridge FC

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 5pm to 6pm

Age group: 9 to 12 years

Date: Monday from September

Cost: on registration

Booking: 020 38896238

Activity: Becontree Gymnastics Club

Description: Gymnastics classes

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 4pm to 5pm or 5pm to 6pm

Age group: 4 years and above

Date: Tuesday from September

Cost: on registration

Booking: office.becontreegymnastics@yahoo.com

Activity: Badminton coaching

Description: Junior coaching delivered by experienced coach

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 4pm to 5pm

Age group: 8 to 15 years

Date: Wednesday from September

Cost: on registration

Booking: 020 38896238

Activity: Becontree Gymnastics Club

Description: Gymnastics classes

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 4pm to 5pm or 5pm to 6pm

Age group: 4 years and above

Date: Thursday from September

Cost: on registration

Booking: office.becontreegymnastics@yahoo.com

Activity: Racket Pack

Description: Junior Badminton England coaching programme delivered by experienced coach

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 4pm to 5pm

Age group: 5 to 11 years

Date: Friday from September

Cost: £3 per session

Booking: 020 38896238

Activity: Junior Futsal coaching

Description: Futsal coaching delivered by Dagenham & Redbridge FC

Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7FH

Time: 5pm to 6pm

Age group: 8 to 12 years

Date: Friday from September

Cost: £1 per session

Booking: 020 38896238

Activity: Social Cycling with Vandome Cycles

Description: Learn to Ride / Rider Development / Park Rides

Venue: Jim Peters Stadium, Mayesbrook Park, RM8 2JR

Time: 4.30pm to 6.30pm

Age Group: All ages

Date: Every Wednesday

Cost: FREE

Booking: Yes for learn to ride 020 8220 3075 or email info@vandomecycles.co.uk

Activity: BMX Cycling with Barking and Dagenham Cycling Club
Description: BMX Cycling – must have your own BMX bike
Venue: BMX Pump Track, Tantony Green, Marks Gate RM6 5NA
Time: 10am to 11am
Age Group: 8 to 16 years
Date: Every Saturday
Cost: FREE
Booking: No, just turn up

Activity: Athletics – Be Fit Today Athletics Academy
Description: Be Fit Today Academy (BFTTA) is an exciting revolutionary track club which focuses on unearthing unharnessed potential. Every young person has the ability inside to excel in a sport. We provide a training foundation which allows you to excel in any sport or career. There are no limits to what you can achieve. Our team is led by elite Great Britain international coaches and will not only shape sportspeople but also instil a winning mind-set for life.
Venue: Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR
Day and Times: Mondays and Tuesdays 5.30pm to 7pm
Saturdays 10.30am to 12pm
Age group: 6 to 17 years
Cost: £65 per child membership per year
Booking: admin@befittoday.co.uk or call 020 7101 5049 / 07931486098

Activity: Junior Gym Session
Description: Gym based fitness training and programme design
Venue: Becontree Health Leisure Centre, Althorne Way, Dagenham RM10 7AY
Venue: Abbey Leisure Centre, Booby Moore Way, Barking IG11 7HW
Time: 4:00 – 6:00pm (11:30am to 1pm School holidays only) Monday to Friday
2pm to 4pm Saturday and Sunday
Anytime as long as you come with an adult member
Age group: 11 to 15 years old
Date: Ongoing
Cost: £4.30 per person, per session borough residents.
Booking: Becontree health leisure centre contact 0333 050491 for booking and membership information
Abbey leisure centre contact 03330050489 for booking and membership information

Activity: Jolly Jungle
Description: The Jolly Jungle has a soft play area, a ball pit and the highest safe slide for miles around. A great place for toddlers and children up to the age of 12 to let off some steam. After the fun, sit and relax in the cafe which serves hot and cold refreshments.
Venue: Becontree Health Leisure Centre, Althorne Way, Dagenham RM10 7AY
Time: 10am to 6pm
Age group: 1 to 12 years and height restriction under 1.48cm
Date: 21 July to 30 August 2017 (Weekdays only)
Cost: £1.55 Under 1s, £5.20 ages 1 – 3 years, £6.20 Over 3s – Adult £1.90
Booking: No need to book, just turn up

Activity: The Idol – Children's soft play area

Description: Transport yourself and your children into an imaginary world where babies and toddlers can play in a snakeskin ball pit and children can climb into the giant body of *The Idol*, look through its eyes and leap from the white-knuckle drop slide. *The Idol* is the borough's newest soft play centre designed by the Turner-prize nominated artist, Marvin Gaye Chetwynd.

Venue: Abbey Leisure Centre, Bobby Moore Way, Barking IG11 7HW

Time: Monday to Friday 10am to 7pm (only 2 hours per session)

Saturday and Sunday 9am to 6.30pm

Age group: 1 to 12 years and height restriction under 1.48cm

Date: Ongoing

Cost: £1.55 Under 1s, £4.15 ages 1 – 3 years, £5.20 Over 3s, per 2 hour session.

Booking: No need to book, just turn up

Activity: Aquatics Programme

Description: Our award winning aquatics programme has something for everyone including group lessons for children aged three years and above. There is also adult and baby/toddler sessions, swimming squads for competition and fitness or fun with the Barking and Dagenham Aquatics Club

Venue: Abbey Leisure Centre, Bobby Moore Way, Barking IG11 7HW and Becontree Health Leisure Centre, Althorne Way, Dagenham RM10 7AY

Time: Various times

Age group: 0 years and above

Date: Ongoing

Cost: various costs

Booking: Becontree heath leisure centre contact 0333 050491 for booking and membership information

Abbey leisure centre contact 03330050489 for booking and membership information

Activity: Park Run

Description: Park run is a 2k run for children and young people aged between 4 and 14 held in Central Park, Dagenham every Sunday at 9am. Barking and Dagenham junior parkrun takes place every week on a Sunday at 9:00am. It is free to take part, but you should register in advance. The aim is to have fun. Please come along and join in whatever your pace!

Venue: Central Park, Dagenham, Essex, RM10 7ES.

Time: 9am

Age group: 4 to 14 years

Date: Every Sunday

Cost: Free

Booking: please register before your first visit. <https://www.parkrun.org.uk/barkinganddagenham-juniors/> Only ever register with parkrun once. Don't forget to bring a printed copy of your barcode