



New Taster Sessions

A varied programme of activities for girls and women to learn skills, increase self-confidence and enhance physical and mental wellbeing in a safe environment.

Saturday 5 February

Activity	Time	Tutor/Coach
Haringey Basketball for All	1pm – 2pm	Hesketh
Bush Craft	1pm – 3pm	Linda
Hula Hoops	2pm – 3pm	Sara
M.A.D.E Money, Attitude, Dreams, Entrepreneurship	3pm – 4pm	Breadline London
Dance	4pm – 5pm	Dimension

Mondays January to February

Activity	Time	Tutor/Coach
Girls Football	5pm – 7:30	London Elite
Yoga	5pm – 6pm	Shantha
Self Defence	6pm – 7pm	Theresa
Chair Yoga and Relaxation	7pm – 7:30	Sekhem Arts
Dance	7:30 – 8:30	Dimension

Women's History Month Event Saturday 12 March International Women Day 12 to 6pm

Dance
Hula Hoops
Basketball
Yoga
Therapies
Talks
Book Making
And More

Broadwater Farm Community Centre
1 Adams Road N17 6HE1 Adams Road N17 6HE

For more details of all other activities or to get involved email:

lsacgroup2021@gmail.com / get.active@haringey.gov.uk

Or Lily M: 07971 113 463

