



BE WELL

HEALTH | WELLNESS | PLAY

Family fun starts here!

SEND
activities
available

Active, fun and unforgettable experiences for children of all ages. Join us this summer across our six centres for swimming, sports, play and more.

From toddlers to teens, we have something for everyone. Book today and make the most of your summer!

Activities from **£4.99**



TOWER HAMLETS

Welcome to your Be Well Summer

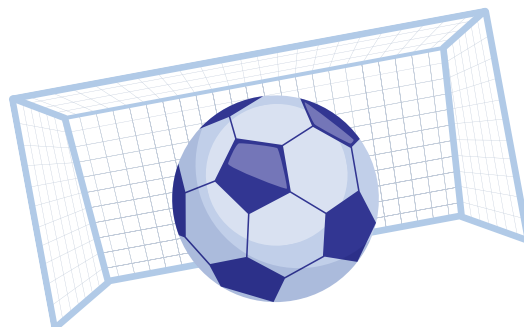
Keep your children active, happy and entertained during the school holiday with our exciting programme of activities across Tower Hamlets.

From splashes in the pool, to high energy sports camps, our sessions are designed to build confidence, develop skills and create memorable experiences.

Our summer holiday activities include:

- **Swimming and water-based sessions**
- **Soft play and early years activities**
- **Multi sports and football camps**
- **Specialist courses including badminton and cricket**
- **Inclusive SEND friendly sessions**

Spaces are limited. Please book in advance.
Centres are listed in alphabetical order.



John Orwell Sports Centre

Outdoor & Indoor activities

Multi Sports Camp (Ages 8+)

A high energy camp offering a variety of sports and activities.

Monday to Wednesday

9.30am – 12.30pm

(session 1)

2pm – 5pm (session 2)

PRICE per session: £15



Mile End Park Leisure Centre and Stadium

Astro Pitch

Football Day Camp

(Monday – Friday)

2 – 5 years: 10am – 11am

6 – 8 years: 11am to 12pm

9 – 12 years: 12pm – 1pm

Hone those football skills with dedicated football coaching.

PRICE per session: £4.99

Multi Sports Day Camp

Monday to Thursday

5 – 8 years: 9am – 10am

9 – 15 years: 10am to 11am

Fridays

5 – 8 years: 10am – 11am

9 – 15 years: 8am – 10am

Try new sports with our outdoor multi sports day camp.

PRICE per session: £4.99

Small pool and soft play

Parent and child pool time with soft play (under 2s)

Monday, Wednesday and

Friday: 9.30am – 12pm

Sundays: 12.30pm – 3pm

PRICE per session: £4.99

SEND sensory play sessions

Under 8s: Tuesdays 10.30am – 11.30am

Saturdays 2pm – 3pm

Over 8s: Thursdays 10.30am – 11.30am

Inclusive sessions designed to support children in a calm welcoming environment.

PRICE per session: £4.99



Poplar Baths Leisure Centre

Sports Hall and Teaching Pool

Bouncy Castle & Tumble and Wet play sessions

Wednesday

9:45am - 11:30am (2-5 years)

11:00am - 12:45pm (6-8 years)

12:15pm - 2:00pm (2-5 years)

Thursday

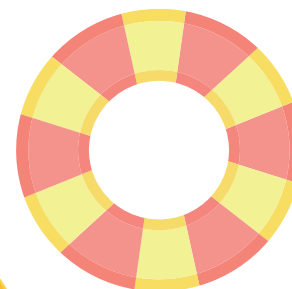
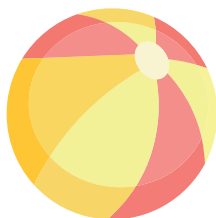
9:45am - 11:30am (2-5 years)

11:00am - 12:45pm (6-8 years)

12:15pm - 2:00pm (2-5 years)

A fun mix of physical activity
to build confidence plus
coordination and water play.

PRICE per session: £10.50



Tiller Leisure Centre

Main pool and soft play

Parent and child pool time with soft play (Under 2s)

Tuesdays, Wednesdays and

Fridays 10am - 12pm

PRICE per session: £10.50

Pool inflatable sessions

Wednesdays 2-3pm

Sundays 1-2pm

Family friendly sessions
packed with fun and play

Please note, children must
be able to swim and will
have to do a short swim test
before starting the session.

PRICE per session: £10.50



Whitechapel Sports Centre

Sports hall and outdoor pitch

Badminton Course (3 week programme)

Monday, Wednesday and
Friday 10am – 12pm

PRICE per course: £45

Course 1: 22 July - 7 August
Course 2: 9 August - 28
August

Football course (3 week programme)

Tuesday and Thursday 10am
– 1pm

PRICE per course: £35

Course 1: 23 July - 7 August
Course 2: 9 August - 28
August



Cricket club (3 week programme)

Tuesday and Thursday 10am
– 12pm

Structured sessions focused
on skill development and
teamwork.

PRICE per course: £35

Course 1: 23 July - 7 August
Course 2: 9 August - 28
August

York Hall Leisure Centre

Teaching pool

Parent and child pool time (under 2s)

Monday: 10.30am – 11.30am
Tuesday: 1.30pm – 2.30pm
Wednesday: 10.30am –
11.30am
Thursday: 1.30pm – 2.30pm
Friday: 10.30am – 11.30am

A calm, supportive space
to help little ones build
confidence in the water.

PRICE per session: £4.99



Find us

- 1 Whitechapel Sports Centre**
55 Durward Street
Whitechapel London E1 5BA
- 2 Mile End Park Leisure Centre and Stadium**
190 Burdett Road London E3 4HL
- 3 John Orwell Sports Centre**
Tench Street London E1W 2QD
- 4 York Hall Leisure Centre**
5 Old Ford Rd London E2 9PJ
- 5 Tiller Leisure Centre**
Tiller Road Docklands
London E14 8PX
- 6 Poplar Baths Leisure Centre**
170 East India Dock Road
London E14 0ED



Book your place today!

Give your child a summer to remember with Be Well

- **Activities across six local centres**
- **Sessions for all ages**
- **Friendly, qualified staff**

Book online via the **Be Well website or app**, or speak to staff at your **local Be Well centre**.

Play together.
Move together.
Be Well this summer.



BE WELL

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be-well.org.uk

  @BeWell_TH

 @BeWellTowerHamlets



TOWER HAMLETS