

The Heathway Centre

Half Term Programme

17th February - 22nd February 2020



All sessions will be held at **The Heathway Centre 512a Heathway, Dagenham RM10 7SJ**

You must book on to all Heathway centre activities. Bookings will only be taken from:
2pm on Wednesday 12th February 2020. You can call on **0208 227 5500** or drop into the centre

Siblings are welcome to all our activities

Martial Arts Fitness

Monday 17th Feb 2020
2pm – 3pm

Interested in martial arts? Want to try out something physical? This session will go through some basic principles of Kung Fu, teach you about patience, coordination, discipline and having fun whilst trying it out! This is a physical activity, so wearing loose sports clothing is recommended.

Delivered by a professional accredited instructor
Ages 5 and over £1 per child, 50p sibling

Play and Learn

Tuesday 18th February 2020
2pm – 4pm

A group that encourages children with their siblings, mum, dads and carers to develop socialisation skills through structured and creative play. Activities include snack and circle time, encouraging children to try healthy fruits. This group can support learning and help parents, carers and children to make new friends.

FREE Ages 3- 17 £1 per child, 50p sibling

Family Zumba

Wednesday 19th Feb 2020
3pm -4pm

Zumba is an exercise fitness programme inspired by the Latin beats of salsa, flamenco and merengue. It combines Latin and international dance moves alternating fast and slow rhythms. Experience our fun family taster sessions which will feel more like a dance party than a workout.

Delivered by a professional accredited instructor
Ages 3 and over £1 Per Adult, 50p per child

Family Cooking Club

Thursday 20th February 2020
2pm – 4pm

Cooking offers many sensory experiences from the touch and feel of ingredients to the smell and taste of the finished dish. Cooking can also support maths and science skills and help develop communication skills in a fun environment. We will be making and decorating **Cupcakes**.

Ages 3 and over £1 per child, 50p sibling

Martial Arts Fitness

Friday 21st Feb 2020
1.30 – 2.30pm

Interested in martial arts? Want to try out something physical? This session will go through some basic principles of Kung Fu, teach you about patience, coordination, discipline and having fun whilst trying it out! This is a physical activity, so wearing loose sports clothing is recommended.

Delivered by a professional accredited instructor
Ages 5 and over £1 per child, 50p sibling

Family Fun

Saturday 22nd February 2020
10am – 12pm

A group that encourages children with their siblings, mum, dads and carers to develop socialisation skills through structured and creative play. Activities include snack and circle time, encouraging children to try healthy fruits. This group can support learning and help parents, carers and children to make new friends.

FREE Ages 3- 17

****You can opt to pay using your SB4ME grant. Please inform at time of booking****