



**Places
Leisure**

Part of Places for People

Because Community Matters



Junior activities at Waltham Abbey Leisure Centre

We offer a wide range of activities to keep your juniors active during term time and the school holidays, as well as fun and active ways to spend some quality family time together - there's something for everyone...



Swimming

Make a splash in our Family Fun swim sessions or build water confidence in our swimming lessons.

[Click here to find out more](#)



We Move classes

As part of our Big Sister project we provide the We Move classes for girls aged 11-15 years. Classes contain dance, aerobics, boxing, toning, holistic activities & more!

[Click here to find out more](#)



Table Tennis

We offer table tennis as an additional sporting activity. Table Tennis is a fun, entertaining and easy sport to play whilst being a great way to keep fit!

[Click here to find out more](#)



Junior gym

We believe a physically active child is much more likely to become a physically active adult. We run supervised sessions for children aged 11-15 years to attend throughout the week

[Click here to find out more](#)

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[Waltham Abbey Leisure Centre](#)



www.eppingforestdc.gov.uk

Managed by Places for People Leisure Ltd
on behalf of Epping Forest District Council