

# TEEN ACTIVITY PROGRAMME



As part of the Safer Streets for Halstead project, we are pleased to offer a programme of free activities for 11-16 year olds.

From yoga & mindfulness to self-defence and dance there is something for everyone!

BOOKABLE VIA THE FUSION APP OR AT RECEPTION

## TEEN YOGA

WEDNESDAYS 4pm - 5pm

## BOOTCAMP

THURSDAYS 5pm - 6pm

## CLUB DANCE

TUESDAYS 4.30pm - 5.30pm

## CREATIVE MINDFULNESS

MONDAYS 4pm - 5.30pm

WEDNESDAYS 5pm - 6.30pm

## MUAY TAI

TUESDAYS 5pm - 6pm

## STUNT WORKSHOP

SATURDAYS 10am - 11am

## BOXING WEDNESDAYS

4pm - 6pm at Halstead Boxing Club

## Coming in the spring:

SELF-DEFENCE  
SWIMMING CRASH COURSE  
& WATER SAFETY

FUTURE ACTIVITIES TO  
BE ANNOUNCED IN  
THE COMING WEEKS.

FREE  
for  
11-16  
year olds



Halstead Leisure Centre  
Colne Road, Halstead, Essex, CO9 2HR  
0345 260 1535

PFCC  
POLICE, FIRE AND CRIME  
COMMISSIONER FOR ESSEX

Braintree  
District Council

fusion