

MOVE MORE ACTIVITIES FOR YOUNG PEOPLE

VIRTUAL

- OurParks **Wake & Shake Online Class** 12yrs+, Mondays and Thursdays 11am
- Disability Sports Coach **#DSC@Home Programme** - ongoing
- Disability Sports Coach **Summer Festival** – takes place end of August
- Streetgames **2.6 Challenge**
- Autism Hounslow **Shintaido** Japanese Martial Arts Tuesday and Thursdays AM
- Skipz Productions **Dance Drama Singing**, 6-18yrs
- Brentford Community Sports Trust **Online Fitness Session**, 8-19yrs 020 8326 7030
- Brentford Community Sports Trust **Young Leaders** Online Sports Leadership, Boxing and Basketball Activator 5-6pm
- Positive Movement Project **Online Fitness**, Mondays, Tuesday, Thursday 7.25pm
- Zoo Nation **Dance workshops** 07825 077 473
- NHS **Couch to 5K** all ages
- Harlequins Foundation **Online Fitness** Wednesdays and Fridays on Instagram @harlequinsfoundation all ages

HANWORTH

- Hanworth Park **1:1 Adult Cycle Training**, 16yrs+
- Brentford FC Community Sports Trust **Hanworth Youth Centre sessions** Sports, 8-18yrs 0738 517 131
- British Orienteering **Xplorer course** all ages and families
- Tale Be Told **Family Outdoor Wellbeing and Arts Trails** – starts August
- Hounslow Parks **Outdoor Gym** Hanworth Park, 14yrs+
- OurParks **Bootcamp session** Hanworth Park, Sundays 10am, all ages

FELTHAM

- Lets go outside and Learn **Family sessions – History trail and Go Find it activities**, 5 August – 23 September
- Project Turnover **Summer Activities**, Staines Rugby Club
- Tale Be Told **Family Outdoor Wellbeing and Arts Trails** – starts August
- Reach Academy **Dance Sessions with Alliance Dance** 14yrs+ 07825 077473 Tuesdays in August
- Brentford Community Sports Trust **Outdoor Sports Sessions** Highfields Estate 0738 4517 131
- Met Police **Boxing sessions**, 13-17yrs 07825 077 473
- Hounslow Parks **Outdoor Gym** Feltham Park, 14yrs+
- Green Gym **Pevensey Road**

BEDFONT

- British Orienteering **Xplorer course** – all ages and families
- Brentford Community Sports Trust **Outdoor Sports Sessions** Bedfont Estate 07384 517 131
- Hounslow Parks **Outdoor Gym** Bedfont Lane Open Space, 14yrs+

ISLEWORTH

- Feltham Police and Community **Boxing sessions Redlees Park**, 13-17yrs, Wednesdays (times vary)
- Brentford Community Sports Trust - **Basketball at IvyBridge**, Summerwood Road TW7 7QY, 8-19yrs – Thursdays 1-3pm, Fridays 4-6pm 020 8326 7030
- Brentford Community Sports Trust **Outdoor Sports Sessions** Ivybridge Estate 07384 517 131
- OurParks **Bootcamp session** Redlees Park, Saturday 10am, all ages
- Hounslow Parks **Outdoor Gym** Redlees Park, 14yrs+

BRENTFORD AND CHISWICK

- Riana Development **Youth sessions** 020 8742 8906
- Brentford Community Sports Trust **Football Sessions**, Gunnersbury Park W5 4NH – Monday to Friday 12.30-3.30, 020 8326 7030
- Brentford Community Sports Trust **Outdoor Sports Sessions** Brentford Towers Estate, 07384 517 131
- Brentford Community Sports Trust **Outdoor Sports Sessions** Gunnersbury Park, 07384 517 131
- Hounslow Parks **Outdoor Gym** Carville Hall North, 14yrs+
- Goodgym **Community Missions**

CRANFORD AND HESTON

- Hounslow Parks **Outdoor Gym** Avenue Park, 14yrs+
- Hounslow Parks **Outdoor Gym** Heston Park, 14yrs+
- Big Local **Youth Activities**
- Hounslow Parks **Parkour Park** Avenue Park, 14yrs+

HOUNSLOW AND OSTERLEY

- Osterley National Trust **Cycle Hire** and **Kayak Hire** at Osterley Park and House
- Inwood Park, **All Ability Bikes**



Please contact the providers listed for more information and to take part. For more local activities and events visit [What's on in Hounslow](#) or download Hounslow's [Get Active Map!](#)