

# BALAAM LEISURE CENTRE

## VENUE HIRE

Balaam Leisure Centre is based on the borders of Plaistow and Canning Town. It is at the centre of the local community and is well known for its friendly atmosphere. Balaam Leisure Centre is easily accessible by Bus, Tube and Road.

### SWIMMING POOL

The Main Pool at Balaam Leisure Centre has 6 Lanes and is perfect for competitive swimming and casual swim clubs.



### TEACHING POOL

Balaam Leisure Centre also has a teaching pool available for hire which is perfect for those smaller and inexperienced members!

Fun swim options are also available with inflatable obstacle courses!

### STUDIO

Our large studio is designed to offer a fantastic experience whether participating in group exercise, dance, or fitness classes. The studio has a superb sound system that can be used to enhance your experience. Male/Female instructors can also be arranged to enhance your experience.



### CHANGING FACILITIES AVAILABLE

For information on prices and availability, please email: [Timothy.Stack@activeNewham.org.uk](mailto:Timothy.Stack@activeNewham.org.uk)