

active
newham

VENUE HIRE

NEWHAM LEISURE CENTRE

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Newham Leisure Centre is located on Prince Regents Lane just off the A13 and has 160 Car parking spaces
The centre also boasts convenient links to the TFL bus and DLR network

SPORTS HALL

The sports hall has 8 courts which can cater for a wide range of indoor activities and sports including, but not limited to: badminton, basketball, football, hockey, handball and indoor cricket. The facility has equipment for all the above sports, and instructors/coaches can also be hired. The venue is also great for events such as rewards ceremonies, and, although a lot less fun, as an examination venue.



MULTI-SPORTS CENTRE

This facility stands alone from the Leisure Centre building and boasts state of the art indoor sports facilities. These include 6 large courts and throwing/jumping areas that are suitable for football, basketball, badminton, indoor athletics and netball, amongst other. The centre also has cricket nets and facilities for disability sport.

SWIMMING POOLS

Newham Leisure Centre boasts both a 25m pool and a smaller teaching pool. Both pools are fully accessible for those with disabilities. The Pools are used by schools and local swimming clubs, as well as for other community events e.g. baptisms.



TERRENCE MCMILLAN ATHLETICS AND FOOTBALL STADIUM

The stadium is ideal for schools, sports groups and community clubs to use. It is perfect for sports days, sports lessons, training sessions and even wedding receptions and garden parties. It boasts a range of features including: Olympic Standard Running Track (8 Lanes), a large field in the middle that can house a full size sports pitch, and areas for shot putt, discuss, high jump and javelin.

3G 7-A-SIDE PITCHES

Newham Leisure Centre has three 3G football pitch cages, perfect for a range of sports including 5/7-a-side football, hockey, and many more. The pitches also have the option to be floodlit.



CONSULTATION ROOMS

Newham Leisure Centre has two consultation rooms on-site that can be used for a range of purposes including one to one meetings.

STUDIOS

Our two large studios are designed to offer a fantastic experience whether participating in group exercise, dance, or fitness classes. Super sound systems can be found in both studios 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

MANOR PARK FITNESS CENTRE

VENUE HIRE

Manor Park Fitness Centre is a state-of-the-art gym and fitness centre that activeNewham opened in partnership with Newham Council. This facility is of an exceptional quality and is equipped with the latest Life Fitness equipment. Manor Park Fitness Centre is easily accessible via National Rail, London Overground, Bus and Road.

SPIN STUDIO

The Spin Studio at Manor Park Fitness Centre houses a large volume of the state of the art Life Fitness spin bikes. This can be hired with an instructor, or can be hired for a virtual class. Virtual classes are a new trend in the fitness industry and are perfect for those who want to work out on-demand!



SYNRGY BLUESKY

The Synrgy Bluesky unit was the first to be activated in Europe. This superb outdoor circuit training solution offers a truly unique experience whereby members can use their own bodyweight in a variety of exercises to get active, and have fun while doing so!



CHANGING FACILITIES AVAILABLE
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EAST HAM LEISURE CENTRE

VENUE HIRE

East Ham Leisure Centre is located nearby to East Ham Library and the Town Hall, provides state-of-the-art fitness equipment, professional level swimming pools and exciting activity areas. East Ham is easily accessible by road, the underground network and bus.

SWIMMING POOL

East Ham has a large 6 lane 25m swimming pool, as well as a smaller teaching pool. East Ham also has a rock area and water slides, for those looking to inject some fun into their swimming session.



STUDIO

The Studio at East Ham is a fantastic venue for a range of activities including group exercise. The outstanding sound system enhances any studio activity, and male/female coaches can be hired to conduct group sessions within the studio.

SPIN STUDIO

The Spin Studio at East Ham Leisure Centre houses a large volume of the start of the art Life Fitness spin bikes. This can be hired with an instructor, or can be hired for a virtual class. Virtual classes are a new trend in the fitness industry and are perfect for those who want to work out on-demand.



SPORTS HALL

The East Ham Leisure Centre Sports Hall houses up to four badminton courts with multi-sports markings on the floor. This allows a range of activities to take place, from badminton to basketball. The sports hall is also a fantastic venue for small events.

KITCHEN AND SERVERY

East Ham has access to a fantastic Kitchen and Servery area that is used frequently by the Food Academy to conduct cooking classes. This would be the perfect venue to conduct cookery classes of your own!

CHANGING FACILITIES AVAILABLE

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ATHERTON LEISURE CENTRE

VENUE HIRE

Atherton Leisure Centre is located on the Romford Road and has excellent transport links by Bus, the Underground, Overground trains and the DLR. Now just fractionally over 1 year old, this state of the art centres boasts a range of facilities.

SWIMMING POOL

Atherton Leisure Centre boasts a large 8 lane 25m swimming pool. Lanes, half the pool or the full pool are available for hire subject to availability. The pool is perfect for swimming clubs and other organisations/groups.



MULTI-USE POOL

In addition to the main pool, Atherton Leisure Centre has a separate multi-use pool with an adjustable height floor, allowing the depth to be custom set up to 2m deep. The variable floor means the pool can be used for a wide range of activities, including swimming lessons.

STUDIOS

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SPIN STUDIO

The Spin Studio at Atherton Leisure Centre houses a large volume of the state of the art Life Fitness spin bikes. This can be hired with an instructor, or can be hired for a virtual class. Virtual classes are a new trend in the fitness industry and are perfect for those who want to work out on-demand!

OFFICE SPACE

Atherton Leisure Centre has office space options available, perfect for meetings and for training courses.

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BALAAM LEISURE CENTRE

VENUE HIRE

Atherton Leisure Centre is located on the Romford Road and has excellent transport links by Bus, the Underground, Overground trains and the DLR. Now just fractionally over 1 year old, this state of the art centres boasts a range of facilities.

SWIMMING POOL

Atherton Leisure Centre boasts a large 8 lane 25m swimming pool. Lanes, half the pool or the full pool are available for hire subject to availability. The pool is perfect for swimming clubs and other organisations/groups.



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.



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