



International women and girls week

6-12 March 2023

Tower Hamlets Council with partners is proud to host a weeklong programme of community sports and physical activities sessions for females aged 11 to 50+ in celebration of International Women's Week 2023.

Activities include tournaments for football, walking netball, mini tennis, badminton, and basketball, and activities such as aerobics, body conditioning, cycling, swimming, circuits, pilates, self-defence and more.



For more information and bookings please contact the Sports and Physical Activities Team at:

www.towerhamlets.gov.uk/sports

or Pauline.Stewart@towerhamlets.gov.uk

Council - Sports and Physical Activity

PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue	Price
Mon 6	50+ Walking Netball Tournament	12-3pm	Poplar Baths	FREE
	Girls 11+ Canoeing & Cycling	4-6.30pm	Urban Adventure Base	FREE
Tues 7	Mini tennis	10am-2pm	Mile End Park Leisure Centre	FREE
	Women 18+ Climbing, Canoeing, and Caving	12.30-2.30pm	Urban Adventure Base	FREE
	Girls 11+ Climbing and Caving	4-6.30pm	Urban Adventure Base	FREE
Wed 8	Women 18+ Self Defence/Boxercise	10.30-11.30am	The Maryam Centre	FREE
	Women Badminton	1-2pm	Mile End Park Leisure Centre	FREE
	Basketball Tournament 14yrs+	5.30-9.30pm	Whitechapel Leisure Centre	£35 PER TEAM
	Women 18+ Self Defence/Boxercise	6-7pm	Bow Community Hub	FREE
Thu 9	Badminton Tournament 16yrs+	6-9pm	Poplar Baths	FREE
Fri 10	Female Swimming 16+ BETTER Booking	6.15-8.15pm	Mile End Park Leisure Centre	£3
Sat 11	Tower Hamlets Cycling Club – Family Ride (Mum & Daughter)	10am-12pm 12-2pm	Mile End Stadium	FREE
Sun 12	Limehouse Laces F.C Junior's and Veteran's Football Tournament	2-6pm	Stepney Green Astro turf	FREE

Date	Event	Time	Venue	Price
06/03/2023	Virtual Classes 16+	Numerous Times	Whitechapel Sports Centre	£3
06/03/2023	Gym 16+	All Day	Whitechapel Sports Centre	£3
06/03/2023	Legs, Bums & Tums 16+	5.45-6.45pm	Whitechapel Sports Centre	£3
07/03/2023	Pilates 16+	10.00 -11.00am	Poplar Baths Leisure Centre	£3
07/03/2023	Group Cycle 16+	6.45 -7.45pm	Poplar Baths Leisure Centre	£3
07/03/2023	Virtual Classes 16+	Numerous Times	Poplar Baths Leisure Centre	£3
07/03/2023	Swim For Women 16+	12.30 -1.15pm	Poplar Baths Leisure Centre	£3
08/03/2023	Swim For Women & Girls 16+	6.30 - 7.30pm	Poplar Baths Leisure Centre	£3
08/03/2023	Aerobics Basics 16+	10.30 - 11.30am	John Orwell Sports Centre	£3
08/03/2023	Aerobics 16+	11.55am - 12.55pm	Mile End Leisure Centre	£3
08/03/2023	Women Badminton	1-2pm	Mile End Leisure Centre	FREE
09/03/2023	Aqua Aerobics 16+	9.15-10.00am	Tiller Leisure Centre	£3
09/03/2023	Virtual Classes 16+	Various TBC	Tiller Leisure Centre	£3
09/03/2023	Body Conditioning 16+	6-7pm	Mile End Leisure Centre	£3
10/03/2023	Swim For Women 16+	6.15-8.15pm	Mile End Leisure Centre	£3

Newark Youth London will deliver a week of sports, healthy eating and cultural activities for women and girls in Tower Hamlets to celebrate International Women's Day.

We will deliver taster sessions in basketball, badminton, boxing, martial arts and football.

There will be taster activities:

- **Running Club** – A session to help local women and girls have a go - running/ jogging for the first-time led by an experienced female runner who would take you running in the park/outdoor setting.
- **Bike Day** – Teach women and girls to ride a bike for the first time. Information on biking and road safety, what to look out for buying bikes and help with repairs and punctures.
- **Day trip** to outdoor activity centre so women and girls can try out outdoor pursuits such as kayaking, high ropes, etc.

For more information and bookings please contact:
Minara Uddin - Minara.uddin@newark.org.uk or
Newark Youth London - info@newark.org.uk



Venue information

<p>Mile End Leisure Centre/ Stadium Rhodeswell Road, London, E14 7TW</p> <p>Transport: Buses: D6, 277 Station: Mile End</p>	<p>Urban Adventure Base 150 Burdett Road, London, E3 4JT</p> <p>Transport: Buses: 25, 277, D6, D7 Station: Mile End</p>	<p>John Orwell Sports Centre Tench St, St Katharine's and Wapping London, E1W 2QD</p> <p>Transport: Buses: 100 and D3 Station: Wapping, Shadwell DLR: Shadwell</p>
<p>Tiller Leisure Centre Tiller Road, Docklands, London, E14 8PX</p> <p>Transport: Buses: D3, D6 and D8 Station: Cross Harbour DLR</p>	<p>Bow Community Hub Jefferson Plaza London, E3 3QE,</p> <p>Transport: Buses: 488, D8 Station: Bromley By Bow</p>	<p>Stepney Green Astro Turf Stepney Green, London, E1 3NG</p> <p>Transport: Buses: 339,309 Station: Mile End or Stepney Green</p>
<p>The Maryam Centre, 45 Fieldgate Street, London, E1 1JU</p> <p>3rd floor sessions 2nd floor register</p> <p>Transport: Buses: 115, 135, 25, D3 Station: Whitechapel</p>	<p>Newark Youth London Whitechapel Centre, Myrdle St, London, E1 1HL</p> <p>Transport: Buses: 115, 135, 25, D3 Station: Whitechapel</p>	<p>Mile End Park Leisure Centre 190 Burdett Road London, E3 4HL</p> <p>Transport: Buses: D7, 277 Station: Mile End DLR: West Ferry</p>

Tournaments entry forms

On the following pages



For more information and bookings please contact the Sports and Physical Activities Team at:

www.towerhamlets.gov.uk/sports

or Pauline.Stewart@towerhamlets.gov.uk





International women and girls week

50+ Mini Tennis

Tuesday 7 March, 10am-2pm, female doubles

Mile End Park Leisure Centre,
190 Burdett Road,
London E3 4HL

This is a **FREE** event
Spaces are limited to a **maximum of
12 teams.**

Return of entry form and information please contact Pauline Stewart, Physical Activity Officer: Pauline.stewart@towerhamlets.gov.uk

*Photography/filming may take place during this event for publicity purposes. If you do not wish your team to be photographed or filmed please notify the organisers on the day of the event

Team name:

Email address:



International women and girls week

Badminton tournament

Thursday 9 March 2023, 6.00-9.00pm

Doubles. Entry: Free

Poplar Baths,
East India Dock Road,
London, E14 0ED

Transport:
Buses: 15, 309, 108
Station: All Saints (DLR)

Return of entry form and information please contact Pauline Stewart, Physical Activity Officer: Pauline.stewart@towerhamlets.gov.uk

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Player name 1:

Player name 2:

Team name:

Email and contact number:

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TOWER HAMLETS
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International women and girls week

Basketball tournament

Wednesday 8 March 2023, 5.30-9.30pm

Whitechapel Sports Centre
55 Durward St
E1 5BA

Players must be 14 years+
Entry Fee: £35 per team
(6-10 players)

All entry forms and payment must be received by closing date 18th February 2022. Payment by BACS. Please contact PaulineStewart, Physical Activity Officer, for payment details: Pauline.stewart@towerhamlets.gov.uk

*Photography/filming may take place during this event for publicity purposes. If you do not wish your team to be photographed or filmed please notify the organisers on the day of the event

Team name:

Email and contact number:

Entry Closing date: 28 February 2023

SPA Booking Link: <https://forms.office.com/e/pZhrs3VK22>



International women and girls week

50+ Walking netball tournament

Monday 6 March 2023, 12-3pm

Age 50 plus. FREE event. Teams of 7-12 players.

Poplar Baths,
East India Dock Road,
London, E14 0ED

Transport:
Buses: 15, 309, 108
Station: All Saints (DLR)

Return of entry form and more information, please contact Pauline Stewart,
Physical Activity Officer: Pauline.stewart@towerhamlets.gov.uk

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