



A Guide to
Leisure Services

Epping Forest District Council



Introduction

Through the provision of a wide range of leisure and cultural opportunities, Epping Forest District Council aims to enable people of all ages and abilities to lead a healthy and enjoyable life. This Guide to Leisure Services is designed to help you access these opportunities.

Leisure Services Reception and Enquiries

25 Hemnall Street, Epping, Essex CM16 4LU
Telephone: 01992 564561 Fax: 01992 564250

First point of call for general enquiries for any of Leisure Services.

Active for Life

25 Hemnall Street, Epping, Essex CM16 4LU
Telephone: 01992 564269 Fax: 01992 564250
email: dhogg@eppingforestdc.gov.uk

"Active For Life" is the District Council's Health and Physical Activity Programme, which is provided in conjunction with Epping Forest Primary Care Trust. It provides opportunities for people living in rural areas to participate in physical activity in their locality and training for people interested in becoming fitness coaches. The programme also encourages local businesses to have healthy workforces by offering tailored activity sessions for their staff.

All-Weather Pitch

Roding Valley High School, Alderton Hill,
Loughton, Essex IG10 3JA
Telephone: 01992 564567

Situated on the Roding Valley High School site, the Council's all weather pitch provides opportunities for football, hockey and general field games throughout the year. The facility is available evenings from 6pm to 10pm, and all day Saturday and Sunday. Bookings are taken on a first come, first served basis.

Community Leisure

25 Hemnall Street, Epping, Essex CM16 4LU
Telephone: 01992 564566 Fax: 01992 564250
email: communityleisure@eppingforestdc.gov.uk

The Community Leisure Team works across the whole of the district striving to support community groups, charities and individuals in building active and sustainable communities. We encourage networking and partnership building and a large part of our work is delivered in conjunction with local partners including Essex Early Years, Epping Forest PCT, Essex County Council Youth service, Essex Police, local schools and colleges.

The team organise many different community schemes and events to help make the Epping Forest District a more enjoyable and friendly place to live, e.g. holiday play schemes, youth projects and learning in the community.

Epping Forest Arts

25 Hemnall Street, Epping, Essex CM16 4LU
Telephone: 01992 564561/9 Fax: 01992 564554
email: efa@eppingforestdc.gov.uk

Epping Forest Arts offer a wide-ranging programme of events, workshops, classes and performances in dance, music, visual arts, theatre and mixed media, for people of all ages and abilities. We also offer advice to local artists and art organisations. Three times a year we publish "Arts Inform" which promotes all local arts events.

Epping Forest District Museum Service

30-41 Sun Street, Waltham Abbey, Essex EN9 1EL
Telephone: 01992 716882 Fax: 01992 700427
email: museum@eppingforestdc.gov.uk

The Museum collects objects that tell the story of the Epping Forest district from Stone Age to the Twentieth Century. The displays are of interest to all the family and there is also a changing programme of superb temporary exhibitions, free drop-in events and programmes of workshops and talks for all ages.

Epping Forest and Nacro Community Sports Programme

Epping Forest College, Borders Lane, Loughton,
Essex IG10 3SA
Telephone: 020 8502 4778
email: louise.cross@nacro.org.uk

Work is undertaken in partnership with Nacro Crime Reduction Trust to provide leisure opportunities to encourage young people to adopt positive lifestyles, particularly those who are otherwise socially excluded. The programme operates an extensive volunteering scheme, with many opportunities for training in leadership and coaching for young people and particularly people that are unemployed.

Epping Sports Centre

25 Hemnall Street, Epping, Essex CM16 4LU
Telephone: 01992 564564 Fax: 01992 564250
email: esc@eppingforestdc.gov.uk

Epping Sports Centre hosts a comprehensive range of fitness classes for all ages and abilities. We make sure sessions suit your standard and improve your fitness as well as body toning.

The Shapes Fitness Facility is staffed with consultants who can undertake inductions, programmes, fitness testing and personal training. The centre also offers GP referrals and cardiac rehab sessions.

Young people are catered for with a full range of coaching activities from 18 months through to 18 years. A crèche runs every weekday morning.

The Celebrations Bar provides the ideal place to relax and enjoy a wide range of delicious food and drink, with special themed events and young person's menu.

Grounds Maintenance

Initial enquiries: 25 Hemnall Street, Epping, Essex CM16 4LU

Telephone: 01992 564562 Fax: 01992 564250

Based in Loughton, the Grounds Maintenance Service, which includes a nursery, works across the 133 square miles of the Epping Forest District dealing with grass cutting, tree maintenance, shrub bed maintenance, bedding schemes and playground maintenance. The team look after 2.5million square metres of hedgerow and grow 40,000 bedding plants for display around the district. They also maintain 14,000 roses, 34,000 shrubs and 15,000 trees, as well as sports pitches and footpaths.

Lifewalks

Various locations across the District

Telephone: 01992 564269 Fax: 01992 564250

email: dhogg@eppingforestdc.gov.uk

This award-winning walking for health scheme offers four 1-3 mile led walks on good paths every week throughout the Epping Forest District. Lifewalks are an ideal way to get fit and also significantly reduce your risk of developing heart disease. They can help in the control of high blood pressure and Type 2 diabetes and are an ideal form of rehabilitation following an illness, injury or heart surgery.

Loughton Leisure Centre

Traps Hill, Loughton, Essex IG10 1SZ

Telephone: 01992 564574 Fax: 01992 564579

email: llc@eppingforestdc.gov.uk

The new Loughton Leisure Centre features an array of sporting and leisure facilities including two swimming pools, Sauna, Steam Room, Shapes Fitness Facility, Movement Studio, Multi-function hall and the Conservatory Café. Further details of activity programmes and the superb range of fitness classes including Bodypump, Bodybalance and Shapes Spin Revolution can be obtained on 01992 564574.

New Horizons

25 Hemnall Street, Epping, Essex CM16 4LU

Telephone: 01992 564220 Fax: 01992 564250

email: erevell@eppingforestdc.gov.uk

New Horizons is our special leisure scheme for the over 50's. There are 60 activity sessions every week including gym training, bowls, dance and yoga and all at very affordable prices. Equipment and tuition is included at most of these activities for no extra charge. There are also two full-day trips most months to stately homes, gardens and major events, plus regular tea dances and other special days.

North Weald Airfield

Merlin Way, North Weald, Epping, Essex CM16 6AA

Telephone: 01992 564200 Fax: 01992 523054

North Weald Airfield is a major aviation and events venue as well as home to Britain's largest Saturday and Bank Holiday market. There are "fly-ins" and a diverse range of major outdoor events and family days out. The airfield is also regularly used by companies for promotional photography and filming. In addition there is a superb gymnastics centre (01992 523304) plus a golf range, gliding, shooting, model-flying and archery clubs, and facilities for skidpan driving and HGV driver training. The Airfield Memorial and Museum charting the history of the airfield is housed nearby.

Ongar Leisure Centre

The Gables, off Fyfield Road, Ongar, Essex CM5 0GA

Telephone: 01277 363969 Fax: 01277 362596

email: olc@eppingforestdc.gov.uk

This is the only centre in the district which boasts wet, dry and outdoor facilities all on the same site. The multi-activity programme provides activities for all the family from courses to casual pay and play. A crèche is available three mornings a week.

Activities include sports hall, squash courts, aerobic studio, fitness gym and bar. The pool caters for all ages, from parent and baby sessions to adults only, fun sessions and New Horizons.

Sports Development

25 Hemnall Street, Epping, Essex CM16 4LU

Telephone: 01992 564567 Fax: 01992 564250

email: jcarstairs@eppingforestdc.gov.uk

Sports Development offers a range of sports coaching, leadership opportunities and health and physical activity programmes across the district, for 6-16 year olds of all abilities. We also provide advice to local clubs regarding programme and facility development and support clubs and schools with funding applications.

Any young people and adults that have an interest in becoming qualified as a sports coach, have the opportunity to be mentored by our professional staff and provided with advice and support in their training.

Waltham Abbey Pool

Roundhills, Waltham Abbey, Essex EN9 1UP

Telephone: 01992 716733 Fax: 01992 788267

email: wap@eppingforestdc.gov.uk

The Centre has a 25m main pool and a teaching pool, ideal for all ages and abilities. Swimming lessons from the age of 6 months and up, adults only sessions, children's parties, water workout classes and a poolside sauna and steam room. The Shapes Fitness Facility has a range of equipment to suit all levels of fitness and classes are held by qualified instructors. Spin Revolution classes are instructor led cycling classes to music and are on offer throughout the week.

Waltham Abbey Sports Centre

Broomstickhall Road, Waltham Abbey, Essex EN9 1LF

Telephone: 01992 716194 Fax: 01992 760829

email: was@eppingforestdc.gov.uk

Waltham Abbey Sports Centre is used by King Harold School during the day and open to the general public during the evenings, weekends and school holidays. The centre facilities include a five court sports hall, a spacious air conditioned movement studio for martial arts, dance and fitness classes, two squash courts and a gymnasium with resistance equipment, free weights and CV machines. The Corner Flag licensed bar is available to hire for sporting activities, parties, functions and events.