

EPPING FOREST DISTRICT
DIRECTORY OF

Sports Clubs & Classes for Young People



Epping Forest District Council



Epping Forest Sports & Health Development

The Council's Sports and Health Development Team provides a professional service of sports coaching, health & fitness development and general leisure provision, throughout the district on a year round basis. The aim of the team is to encourage and increase participation in sport and physical activity as well as promoting health and well being opportunities for all ages. We aim to enable all sections of the community to have access to a wide range of high quality sports, leisure and health provision throughout the year. This programme consists of courses, classes and events. Programmes and projects run throughout the year at a variety of times and locations, such as curriculum time, after school, evening, weekends and school holidays.

A major part of our work is delivered in conjunction with a number of key partners including Essex County Council, Essex County FA, Local Sports Clubs and Schools, SLM Ltd, Sportessex, Tottenham Hotspur Foundation, Voluntary Action Epping Forest, West Essex Primary Care Trust and West Essex School Sports Partnership.

For more information telephone 01992 564567
or visit www.eppingforestdc.gov.uk

CONTENTS

PAGE

01	Archery	06	Jujitsu
01	Athletics	06	Karate
01	Badminton	07	Lacrosse
02	Basketball	07	Orienteering
02	Cricket	07	Rowing
03	Fencing	07	Rugby
04	Football	08	Sportability Club
04	Golf	08	Squash
05	Gymnastics	08	Swimming
05	Hockey	08	Tennis
06	Judo	09	Trampolining

Sportz

Free sports and youth activities for 11 – 19 years delivered throughout Epping Forest District. All sessions and activities are delivered by FA qualified coaches from the Tottenham Hotspur Foundation and Epping Forest District Council Sports and Health Development Team, and includes training sessions, skills sessions and a range of multi sports activities. The project provides positive activities and gives the young people an opportunity to take part in physical activity and learn new skills and divert young people away from anti social behaviour and crime. The overall objective of the project is to build respect in communities and reduce anti-social behaviour. **For more information telephone 01992 564567**

Archery

▶ HARLOW BOWMEN ARCHERY CLUB (ALL AGES)

Roydon Primary School - all year - Sunday 11.00am

Roydon Primary School - April-Sept - Weds. & Fri. 6.00pm

Thornwood Village Hall - Sept-April - Weds. 7.00pm

contact: **Norman Barton**_tel: **01279 659285**

▶ EPPING ARCHERS FOR JUNIORS 8-18

Juniors – Queens Hall Community Centre, North Weald – Tuesdays 4.30-6.00pm

contact: **Mr G Tigar**_tel: **01279 654032** or www.eppingarchers.org.uk

Athletics

▶ LOUGHTON ATHLETICS CLUB (ALL AGES)

The Pavillion, Southview Road, Loughton, Essex

Tuesdays 7.00pm Ladies and Juniors

Saturdays (Summer) 2.30pm Ladies and Juniors

Thursdays (Winter) 7.00pm Circuit Training

contact: **Gabbie Brooks**_tel: **020 8270 0804** or www.loughtonac.org.uk

Complete beginners welcome. Club covers track, field, cross - country and race-walking. Covers every athletic event/caters for all abilities.

Badminton

▶ EFDC SPORTS DEVELOPMENT BADMINTON (6 – 16'S)

Epping Sports Centre

Mondays 5 – 7pm Junior Club

Wednesdays 4.30 – 5.30pm Intermediates

Wednesdays 5.30 – 6.30pm Advanced

contact: **James Carstairs**_tel: **01992 564567**





Basketball

▶ EFDC SPORTS DEVELOPMENT BASKETBALL CLASSES (8 – 14'S)

Epping Sports Centre
Tuesday 3.55pm to 4.55pm for 8-10's
Tuesday 4.55pm to 5.55pm for 11-14's

contact: [James Carstairs_tel: 01992 564567](mailto:James.Carstairs@efdc.org.uk)

Cricket

▶ BUCKHURST HILL CRICKET CLUB (8 YEARS+)

Buckhurst Hill Cricket Club, Roding Lane, Buckhurst IG96BJ
Play on Saturday and Sunday and midweek Net coaching-summer-
colts Fridays 6.30pm Winter Mondays 7-9pm at Bancroft's school, woodford.

contact: [Phil Mitchell_tel: 020 8502 4319](mailto:Phil.Mitchell@ntlworld.com) Philmitchell44@ntlworld.com/
or www.buckhursthillcc.co.uk

▶ EPPING CRICKET CLUB

Lower Bury Lane, Epping Essex CM 16 5HA

contact: [Derek Wendorn_tel: 020 85592994](mailto:Derek.Wendorn@epcc.org.uk)

▶ EPPING FORESTERS CRICKET CLUB

contact: [S. Petchey_tel: 01992 572666](mailto:S.Petchey@epfc.org.uk) or www.epingforesters.co.uk

▶ HIGH BEACH CRICKET CLUB (14 YEARS+)

Pepper Valley, Mott Street, High Beach
Mondays 6.30, Saturdays and Sundays from 2.00pm

contact: [Derek Wendorn_tel: 020 85592994](mailto:Derek.Wendorn@hbcc.org.uk)

▶ LOUGHTON CRICKET CLUB (ALL AGES)

Uplands Road, Loughton IG10 1NQ
Various times and days summer and winter
Matches Sunday mornings

contact: [Cliff Greenhill_tel: 020 8502 2064](mailto:Cliff.Greenhill@loughcc.org.uk) or www.loughcc.hitscricket.com

▶ NAZEING COMMON CRICKET CLUB (5 YEARS+)

Nazeing Common (opposite Sun Inn) Broadley Common Harlow Essex
Juniors Mondays 17.30, Sunday mornings

contact: p.barker@virgin.net

Teams at under 11, 13 and 15 for boys and girls from 5 years plus. Four qualified coaches (CRB checked). Club is part of Sport England Clubmark Accreditation programme.

▶ **ONGAR CRICKET CLUB (ALL AGES)**

Ongar Social and Sports Club, Love Lane, Ongar
Matches Saturday/Sunday training and other comps midweek. Colts Monday 6pm.

contact: **Rakesh Bagga** _tel: 07951953385 or www.ongarcricquetclub.co.uk

Indoor nets January to April.

▶ **RODING VALLEY CRICKET CLUB (ALL AGES)**

River Playing Fields, Bradwell Road, Buckhurst Hill
Juniors play Sunday morning - training Friday 6-8pm

contact: **Mike Curtis** _tel: 020 8281 0391 or www.rodingleyvalley.play-cricket.com

Indoor practice mid week all ages. Sport England's Clubmark accreditation,
Focus Club recognition by ECCB.

▶ **SHEERING CRICKET CLUB (13+)**

Upper Recreation Ground, The Street, Sheering
Sunday from 2.30pm to dusk

contact: **Ray Greenall** _tel: 01279 722588 or www.sheeringcc.co.uk

▶ **SOUTH LOUGHTON CRICKET CLUB (6 YEARS+)**

Roding Road Playing Fields, Loughton
Junior coaching/practice sessions twice weekly 6-8pm, with matches on
Sunday mornings and weekday evenings

contact: **Andrew Shields** _tel: 0208 530 2200 (h) 07941 347812 (m)

Email: andrewshields@ukgateway.net or www.southloughton.org.uk

▶ **THEYDON BOIS CRICKET CLUB (ALL AGES)**

Buxton Trust Playing Field, Loughton Lane, Theydon Bois CM16 7JY
Colts matches Sunday 10am training Wednesday 6pm

contact: **Peter Gooch** _tel: 01992 812908 (h) 01992 815228 (w) www.tbcc.co.uk

Play in league on Saturday (Herts & Essex Observer) Most games are local
village cricket. Clubhouse has full disabled facilities

Fencing

▶ **LOUGHTON FENCING CLUB**

contact: **Aubrey Crick** _tel: 01992 522462





Football

▶ ABBEY YOUTH FC

Ninefields Playing Fields, Ninefields Estate Waltham Abbey

contact: : **John Martin**_tel: **07956 856718** or **www.abbeyyouth.com**

▶ COLEBROOK ROYALS FC (8 YEARS+)

Willingale Road Pitches May-August
Roding Valley September to April
Thursday 7-8pm Juniors (May to August 6.30pm)

contact: **John Eagleton**_tel: **0208 418 9166** or **www.intheteam.com/colebrook**

All managers police checked. Qualified FA coaches.

▶ EPPING YOUTH FC (U'7 TO U'18'S)

Stonards Hill, St John's School, Epping

contact: **Neil Camp**_tel: **01992 561417** (evening 7-8pm) **07724 834730**

The only Junior football team based in Epping

▶ LOUGHTON FOOTBALL CLUB (10 – 17'S)

Roding Playing Fields, Roding Road, Loughton
Training Weds/Thurs/Friday evenings
Matches - Sunday am/pm youth

contact: **Keith Campen**_tel: **0208 508 4757**

▶ ONGAR JUNIOR FC (9 – 17'S)

Ongar Sports and Social Club, Love Lane, Ongar
Every night - dependent on age

contact: **Chris Barlow**_tel: **01277 363917** or **www.ongarjuniorsfootballclub.com**

Golf

▶ EPPING GOLF COURSE (ALL AGES)

Fluxs Lane, Epping (Club House is on the left)

contact: **Neil Sjoberg**_tel: **01992 572282**

Junior lessons Saturday 10am-2.00pm £2 per hour

All standards - competitions and team matches. Social and disabled facilities.
New club house.

▶ HIGH BEACH GOLF CLUB

High Beach, Wellington Hill, Loughton, IG10 4AH

contact: **Clark Baker**_tel: **0208 508 7323** (club)

- ▶ **LOUGHTON GOLF CLUB (11 YEARS +)**
Clays Lane, Debden Green, Loughton, IG10 2RZ

contact: **The Club**_tel: 0208 502 2923

- ▶ **NORTH WEALD VILLAGE GOLF CLUB**
High Road, North Weald (next to Norway House)

contact: **The Club**_tel: 01992 524142

- ▶ **STAPLEFORD ABBOTTS GOLF CLUB (5 YEARS+)**
Horsemans Side, Tysea Hill, Stapleford Abbots, RM6 1JU

contact: **Jonathan Callister**_tel: 01708 381278

Ideal par 3 hole course for beginners

- ▶ **THEYDON BOIS GOLF CLUB (12 YEARS+)**
The Clubhouse, Theydon Road, Epping, CM16 4EH

contact: **The Clubhouse**_tel: 01992 813054

- ▶ **TOOT HILL GOLF CLUB (11 YEARS+)**
School Road, Toot Hill, Ongar, CM5 9PU

contact: **The Club**_tel: 01277 365523

Gymnastics

- ▶ **EPPING FOREST GYMNASTIC CLUB**
Siskin Way, North Weald Essex CM16 6AA
Every day in the season September to April - check for times for specific age groups

contact: tel: 01992 523304 or www.eppingforestgymclub.com

- ▶ **EPPING SPORTS CENTRE GYM CLUB**
25 Hemnall Street, Epping Essex CM16 4LU

contact: tel: 01992 564564

Hockey

- ▶ **OLD LOUGHTONIANS HOCKEY CLUB (FROM 6 YEARS)**
Roding Sports Centre, Luxborough Lane, Chigwell, IG7 5AB
Every day in the season September to April - check for times for specific age groups

contact: **Mrs Janet Benton** (Admin Secretary)_tel: 0208 504 4010

Have outdoor all-weather pitch, 1 water based standard pitch, 1 sand based full size pitch, 1 ½ sand based pitch. All floodlit.





Judo

- ▶ **EQUINOX JUDO CLUB (5 YEARS+)**
Waltham Abbey Youth Sports and Social Club
contact: **Jason Skipper_tel: 0208 257 7147**

Jujitsu

- ▶ **OEL JU JITSU CLUBS**
High Ongar Village Hall - Mondays 7.00-8.00pm (Juniors 6yrs-15yrs)
8.00-10.00pm (16 years +)
Loughton Leisure Centre - Fridays 6.00-7.00pm (Juniors 6yrs to 9yrs)
7.15-8.15pm (Juniors 10-15yrs) 8.15-10.00pm (16 years +)
Epping Sports Centre - Sunday Mornings 10-11.00am (Juniors 6yrs to 15yrs)
11.00am-1.00pm (16 yrs +)
contact: **Sensei Lee Bywater_tel: 07836 574237**
Sensei Tony Park_tel: 07721 840638

All instructors are fully police checked. Public liability insurance, full coaching qualifications set by the British Ju Jitsu Association. First Aiders.

- ▶ **WUZU JUJITSU (5 YEARS+)**
Sheering Village Hall
Wednesday 6-7pm for children
contact: **Danny Young_tel: 01279 724343**

Karate

- ▶ **ZANSHIN KAI WADO RYU (ALL AGES)**
St Gabriels Church, Grosvenor Drive, Loughton Thursday 5.45-7.45pm
Waltham Abbey Town Hall Friday 6.00pm to 9.00pm
contact: **Mr Chumy Michaels_tel: 07887 563880**
- ▶ **TE ASHI DO KARATE CLUB (ALL AGES)**
St Giles Church Hall, Nazeing - Mondays; Theydon Bois Village Hall - Tuesdays;
Epping Hall, Epping - Wednesdays; Loughton Leisure Centre - Thursdays;
Epping Sports Centre - Fridays
contact: **Andy Major_tel: 01992 577075 or www.teashido.co.uk**
Covers Self-defence and competition techniques.

Lacrosse

▶ BUCKHURST HILL CRICKET AND LACROSSE CLUB (9 YEARS+)

Buckhurst Hill Cricket Club, Roding Lane, Buckhurst Hill

Matches played on Sundays - juniors

Training and coaching - juniors Sunday mornings

contact: **Gerry Wilson**_tel: 0208 508 1334

Orienteering

▶ CHIGWELL AND EPPING FOREST ORIENTEERING CLUB

Summer training

contact: **josh.jenner@hotmail.co.uk** or www.chig.org.uk

Rowing

▶ BROXBOURNE ROWING CLUB

Old Nazeing Road, Broxbourne, EN10 6QU

contact: tel: 01992 463821 or www.broxbournerowingclub.org

Rugby

▶ BANCROFT RUGBY CLUB (ALL AGES)

Bancroft RFC, Buckhurst Way, Buckhurst Hill

Daily 7.00 to 11.00pm

contact: **Stephen Thirsk**_tel: 0208 504 1468 (h) Club 0208 504 0429

▶ ONGAR RUGBY CLUB

Ongar Sports and Social Club, Love Lane, Ongar, Essex CM5 9BL

contact: **Philip Cranwell** - Mini Rugby Coordinator_tel: 07976547493

or www.ongarrugbyclub.co.uk

▶ UPPER CLAPTON RUGBY CLUB (7- 17 YEARS)

The Clubhouse, Upland Road, Thornwood Common, Epping

Tuesday - Colts Wednesday evenings (training) - Seniors

Matches Saturday and Sunday

contact: **Tony Phillips**_tel: 01279 862205



Sportability Club

- ▶ Oakview School, Whitehills Road, Loughton IG10 1TS
contact: tel: **07759 262493** or efsc@hotmail.co.uk
Sports Club for young disabled children aged 6 – 18yrs

Squash

- ▶ **BLACKMORE SQUASH CLUB (ALL AGES)**
Village Hall Complex, Nine Ashes Road, Blackmore
contact: **Kate Hurford** _tel: **01277 822376**

- ▶ **EPPING SQUASH CLUB (7 – 16 YEARS)**
Epping Sports Centre
Saturday pm Junior Group Coaching
contact: **Mrs Jo Hardy** _tel: **01992 574576**

Coaching courses available.
Junior coaching Saturday pm.

Swimming

- ▶ **EPPING FOREST DISTRICT SWIMMING CLUB**
Loughton Leisure Centre and Ongar Leisure Centre
contact: **Susan Whitehead** _tel: **0208 281 0254** or www.efdsc.netk

Tennis

- ▶ **THE AVENUE LAWN TENNIS CLUB (ALL AGES)**
18 The Avenue, Loughton (alternative entrance adjacent to 128 Lower Park Rd)
contact: **Janet Thomas** – secretary _tel: **0208 508 9440**
4 artificial grass outdoor courts - £5 for three trial sessions junior coaching.
Social tennis at weekend (pm), competitive league play for juniors.
Website: avenue.totaltennis.net

- ▶ **BUCKHURST HILL TENNIS CLUB (ALL AGES)**
Club grounds at 72 Epping New Road, Buckhurst Hill
contact: **Malcolm Lord** _tel: **0208 502 1285**

- ▶ **CHIGWELL TENNIS CLUB**
Grange Hill, Chigwell (off Grange Crescent)
Tuesday/Thursday/Saturday/Sunday 2pm weds 10am
contact: **Alan Wagstaff** _tel: **0208 551 1823**

- ▶ **DAVID LLOYD CLUB, CHIGWELL (ALL AGES)**
Roding Lane, Chigwell
contact: **Betty Hojenski** _tel: **0208 559 8466**



▶ **EPPING TENNIS CLUB (ALL AGES)**

Lower Bury Lane, Epping

contact: **Aubrey Crick_tel: 01992 522462**

▶ **ONGAR TENNIS CLUB (ALL AGES AND DISABLED PLAYERS WELCOME)**

Ongar Tennis Club, Love Lane, Ongar

contact: **Catherine_tel: 01277 362489**

▶ **THEYDON BOIS TENNIS CLUB (ALL AGES)**

Theydon Bois Tennis Club, Sidney Road, Theydon Bois

contact: **Mrs Pat Walters_tel: 01992 813485 or www.theydontennis.co.uk**

Trampolining

▶ **LOUGHTON FLYERS TRAMPOLINING CLUB**

Debden Park High School, Willingale Road, Loughton, Essex IG10 2BQ

contact: **Emma Payton_tel: 01268 286450 or 07834 485797**

emmapayton_uk@yahoo.co.uk

TENNIS VISION [ALL AGES]

A brand new tennis programme is now operating in the district entitled 'TENNIS VISION', which offers expert tuition from ex-Wimbledon players.

The programme aims to find and develop the future champions of the country and provides classes for children and young people of all ages and abilities across the district. For more details contact John Lewis tel: **07980 013917**



tennis vision - play it don't watch it

09

Club Details

If your club is not included in this booklet, or you need to update the information contained, please contact The Council's Sports & Health Development Team on 01992 564567

DISTRICT SPORTS CENTRES AND POOLS

The District Council provides 4 Leisure facilities managed by SLM in the district, which offer a very wide range of courses and classes to suit all ages and levels of ability, ranging from gymnastics and badminton to karate and fitness sessions. If you like

to swim to keep fit or have fun, there are also excellent pools located in Loughton, Waltham Abbey and Ongar

Please contact the following Centres for full details of the activities available;

Epping Sports Centre

01992 564564

Ongar leisure Centre

01277 363969

Loughton Leisure Centre

01992 564574

Waltham Abbey Pool

01992 716733





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