

Mile End Leisure Centre

Description

Service Description

Group exercise programmes – circuits, power pump, kick aerobics and core stability focus based exercise. Pool programmes, public swimming, Swim4Life, a free swimming scheme and also women only sessions. Health suite, dance studio and other indoor facilities. Please call the centre or check the website for times and costs.

Additional Information

Additional Information

Please contact Mile End Leisure Centre for details of the Mile End Park Stadium, Rhodeswel Road, E14 7TW.

Suitable for ages

Age of Users

All Ages

Questions & Answers

Can Families Self-Refer To The Service?

Yes

Do You Have Child Protection Policies And Procedures

Yes

Eligibility - Can The Service Be Accessed By Extended Family Members Or Carers

Yes

Has A Service Description? Yes

Is There A Waiting List? No

Registered For 2 Year Old Grant

No

OFSTED Information

OFSTED Last Inspection and Summary

26 January 2016
Good

Further Information

Provider Type

Leisure Centres |

Suitable For

Tourette's |
Severe Learning Difficulty (SLD) |
Profound & Multiple Learning Difficulties (PMLD) |
Physical Disability |
Multi-Sensory Impairment (MSI) |
Moderate Learning Difficulty (MLD) |
Epilepsy | Specific Learning Difficulties |
Long Term Medical Conditions |
Visual Impairment |
Speech, Language & Communication Needs (SLCN) |
Specific Learning Difficulty |
Other Special Educational Needs/ Disability |
Dyslexia | Complex Needs |
Social, Emotional, Behaviour Difficulty (SEBD) |
Attention Deficit Hyperactivity Disorder (ADHD) |

Delivery Channels

E-Mail | In Person |
Other Electronic Media | Post |
Telephone | Web Site | Other |

Eligibility Criteria

Child Aged 5 And Above |
Tier 1: Universal |

Available Facilities

Disabled Access | Healthy Eating |
Ict Facilities | Internet Connection |
Kitchen | Play Area | Public Toilets |
Wheelchair access |

Referral Criteria

None (Self-referral) |
Via Children And Adult Mental Health Project |
Via Gp Or Other Health Professional |
Via Housing Advice |
Via Independent Living Team |
Via Jobcentre Plus |
Via Common Assessment Framework (CAF) |
Integrated Service For Disabled Children |
Via Looked After Children Teams |
Via School |
Via Social Care Professional |
Via Voluntary Agencies |
Via Young People's Support Unit |
Via Youth Offending Team |

Provider

Leisure Centres

Mile End Park Leisure Centre

Contact Details

Telephone No

020 8709 4420

Website

<https://www.better.org.uk/leisure-centre/london/tower-hamlets/mile-end ...>

Email Address

nick.clook@gll.org

Address Details

Street Number

Mile End Leisure Centre

Street

190 Burdett Road

Town

London

Postcode

E3 4HL

Opening Times

Monday	from 06:30	to 22:00
Tuesday	from 06:30	to 22:00
Wednesday	from 06:30	to 22:00
Thursday	from 06:30	to 22:00
Friday	from 06:30	to 22:00
Saturday	from 09:00	to 17:00
Sunday	from 09:00	to 17:00

[Visit service website](#)

Similar Organisations

Mile End Park
Mile End Climbing Wall
Acorn Fc
York Hall Leisure Centre
Mile End Children And Family Centre