

Community Sessions

Free & affordable activities for the community



Sept-Dec 2026

MONDAYS

Active Start | For Little Stars

9:30am - 11am | Ages Under 5's

Address: Curzon Crescent

Womens Fitness Session

11:30am - 12:30pm | Adult Session

Address: Granville

Junior Youth Club

3:30pm - 5:30pm | Ages 8-12

Address: RCC

Dodge Ball Club

3:45pm - 4:30pm | Ages 8+

Address: RCC

QPCS Social Football 3G

5:00pm - 6:30pm | Ages 11+

Address: QPCS & Three Trees

Women & Girls Fitness Class

5:30pm - 6:30pm | Ages 14+

Address: RCC

Roundwood Youth Club - Esport Edition (Gaming Club)

6:00pm - 8:00pm | Ages 11-18

Address: RCC

More info on Monday sessions
SCAN HERE!

TUESDAYS

Street Dance Beginner

4:30pm - 5:30pm | Ages 5-11

Address: RCC

Street Dance (Advanced)

5:30pm - 6:30pm | Ages 8+

Address: RCC

FA Girls Squad Football Session

4:30pm - 5:30pm | Ages 12-16

Address: RCC

Social Netball

7:00pm - 8:00pm | Ages 14+

Free for students & concessions

£5 per session drop-in

Address: RCC

Speak Up: Drama Makers Theatre Club

5:30pm - 7:00pm | Ages 7-11

Address: RCC

SCAN ME!

WEDNESDAYS

Multi Sports & Mindful Movements

3:45pm - 5:15pm | Ages 5-11

Address: RCC

Roundwood Youth Club

6:00pm - 8:00pm | Ages 11-18

Address: RCC

Entrepreneur Workshop

6:00pm - 7:00pm | Ages 14-18

Boys Let's Talk

5:15pm - 6:00pm | Ages 11-18

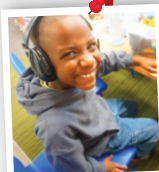
Address: RCC

SCAN ME!

Junior Run Harlesden

6-6:45pm | Ages 11-18

(Once a month)



THURSDAYS

St Raphs Teen Space Youth Club

5:00 – 7:00pm | Ages 11+

Address: RVCC

Girls Link Up Youth Club

5:30pm – 7:00pm | Ages 8-11

5:30pm – 8:30pm | Ages 12-25

Address: RCC

Reading with Tiiks book club

6:00pm – 8:00pm | Last Thurs of the month | Adults

Address: RCC

SCAN ME!

FRIDAYS

Junior Youth Club

3:30pm – 5:30pm | Ages 8-12

Address: RCC

Pokemon Club

4:00pm – 5:30pm | Ages 8-16

Roundwood Youth Club

6:00pm – 8:00pm | Ages 11-18

Address: RCC

Creatives Club – Me vs Boredom

5:30pm – 7:00pm | Ages 11

Film Club

6:00pm – 8:30pm | Once a month

Age depends on the film

Address: RCC

SCAN ME!

SaTH is a local grassroots organisation bringing people together through sport, physical activity, creative arts and wellbeing initiatives, so our community can **connect, grow and thrive**.

SATURDAYS

Active Start | Active & Sensory Activities

10:00am – 11:20am | Under 5's

Address: RCC

Arts at the Heart

10:00am – 1:15pm | Ages 5-14

Address: RCC

£30 for the full 12-week term (£2.50 per session)



SCAN ME!



Stay up to date!



Keep up with the latest SaTH news, local opportunities and any live news!
Follow us @sportattheheart

Volunteering Opportunities

Are you a young person ages 14+ who wants to gain work experience and leadership qualifications?

We have lots of ways to get involved including a Youth Board!
Get in touch to find out more!

Addresses:

St.Raphael's Voice Community Centre

158 Pitfield Way, London NW10 0PW

Roundwood Community Centre (RCC)

49 Longstone Avenue, NW10 3UN

Curzon Crescent, Family Wellbeing Centre

NW10 9SD

Three Trees Family Wellbeing Centre

Tiverton Road, London NW10 3HL

Queens Park Community School, Aylestone Ave

London NW6 7BQ

MONDAYS

Active Start | For Little Stars

A fun-filled session designed to build your little one's balance, coordination, and confidence through games and activities.

9:30am - 11:00am | Ages Under 5 | **Address:** Curzon Crescent Childrens Centre, Curzon Crescent, London NW10 9SD

Junior Youth Club

A free flow session with multiple activities: Multi-sports, board games & more + chill zones to relax & socialise with friends.

3:30pm - 5:30pm | Ages 8-12 | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

Dodge Ball Club

Level up your agility, accuracy, and teamwork in this 45-minute Dodgeball session—complete with drills and live matches! Feel free to stay for the youth club right after.

3:45pm - 4:30pm | Ages 8+ | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

QPCS Social Football 3G

This is the best of all the fun mini football activities and casual matches focused more on social connection and using football to

5:00pm - 6:30pm | Ages 11+ | **Address:** Three Trees Family Wellbeing Centre, Tiverton Road, London NW10 3HL
& Queens Park Community School, Aylestone Ave, NW6 7BQ

Women & Girls Fitness Class

Move your body, boost your energy, and improve your wellbeing. Push your limits in a motivating, women-only environment.

5:30pm - 6:30pm | Ages 14+ | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

Roundwood Youth Club - Esport Edition (Gaming Club)

Your new gaming hub. Drop in to play the latest titles, squad up with friends for friendly competition, or just chill in a community that gets your game. All skill levels are welcome.

6:00pm - 8:00pm | Ages 11-18 | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN



TUESDAYS



Street Dance Beginner

Learn fundamentals of rhythm, and basic choreography in a fun, supportive environment perfect for absolute beginners.

4:30pm - 5:30pm | Ages 5-11 | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

Street Dance Advanced

Intro to complex rhythmic patterns, and dynamic choreography. Ideal for those who are ready to push their skills just a step beyond the beginner level.

5:30pm - 6:30pm | Ages 8+ | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

Social Netball

Social netball group for women of all playing abilities.

7:00pm - 8:00pm | Ages 14+ | Free for students & concessions | £5 per session drop-in | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

Speak Up: Drama Makers

Get active through drama and movement while building confidence and creativity with Speak Up Drama.

5:30pm - 7:00pm | Ages 7-11 | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

FA Girls Squad Football

Training champions Girls pathway football - the next steps to help you become a better player. Focusing on fundamentals through fun drills and games, with an insight into understanding the beautiful game.

4:30pm - 5:30pm | Ages 12-16 | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN



WEDNESDAYS



Multi Sports & Mindful Movements

A wide range of sports to learn and experience, including a wellbeing activity every session.

3:45pm – 5:15pm | Ages 5–11 | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

Roundwood Youth Club

A free flow session with multiple activities: Multi-sports, board games & more + chill zones to relax & socialise with friends.

6:00pm – 8:00pm | Ages 11–18 | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

Entrepreneur Workshop

A friendly, safe space to share your early-stage idea, get supportive feedback, and build the confidence to move forward. No business plan required, just curiosity.

6:00pm – 7:00pm | Ages 14–18

Boys Let's Talk

Meaningful chats, talking circles, wellbeing activities all with trusted adults, the big brother we all need.

5:15pm – 6:00pm | Ages 11–18 | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

Junior Run Harlesden

Junior run club, reclaiming the streets of Harlesden 3k at a time. No experience needed. 3K guided run on local routes. Held every 2nd and 4th Wednesday of the month.

6:00pm – 6:45pm | Ages 11–18 | Once a month



THURSDAYS



St Raphs Teen Space Youth Club

A free flow session with multiple activities: Multi-sports, board games & more + chill zones to relax & socialise with friends.

5:00pm – 7:00pm | Ages 11+ | **Address:** St.Raphael's Voice Community Centre, 158 Pitfield Way, London NW10 0PW

Girls Link Up Youth Club

Free flow sessions with many activities for girls including: sports, dance, arts, games & more. Specialist workshops, job search & Mentoring available.

5:30pm – 7:00pm | Ages 8-11

5:30pm – 8:30pm | Ages 12-25

Address: Roundwood Community, 49 Longstone Ave, London NW10 3UN

Reading with Tiiks book club

Reading with Tiiks monthly IRL book club for adults, neurodiverse friendly. Registering essential.

6:00pm – 8:00pm | Last Thurs of the month | Adults only |

Address: Roundwood Community, 49 Longstone Ave, London NW10 3UN



FRIDAYS



Junior Youth Club

A free flow session with multiple activities: Multi-sports, board games & more + chill zones to relax & socialise with friends.

3:30pm – 5:30pm | Ages 8–12 | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

Roundwood Youth Club

A free flow session with multiple activities: Multi-sports, board games & more + chill zones to relax & socialise with friends.

6:00pm – 8:00pm | Ages 11–18 | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN



SATURDAYS



Active Start | Active & Sensory Activities

A fun-filled session designed to build your little one's balance, coordination, and confidence through games and activities.

10:00am - 11:20am | Under 5's | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

Arts at the Heart

Performing Arts School where young people can build confidence, be creative, and find their voice through singing, dance and drama.

10:00am - 1:15pm | Ages 5-14 | **Address:** Roundwood Community, 49 Longstone Ave, London NW10 3UN

£30 for the full 12-week term (£2.50 per session)

