

Sports Clubs & Leagues

Epping Sports Centre
25 Hemnall Street, Epping, Essex CM16 4LU Tel: 01992 564564

Club Name	Description	Times	Contact
Tsu-Mo-Kie Judo	A self defence class that teaches comprehensive and simple to learn skills	Friday 4.30pm-5.30pm Beginner 5.30pm-7.00pm Intermediate/Advanced	Michelle Kite 07708 507097 sensei_michelle@tsumokie.co.uk Sue Kite 0775 2437637 sensei_sue@tsumokie.co.uk www.tsumokie.co.uk
Te-Ashi-Do Karate	Martial arts, self defence and fitness for all ages	Friday 4.30pm-5.30pm Junior Beginners 5.30pm-6.30pm Junior 7.30pm-8.30pm Adults and advanced	Andy Major 01992 577075 andy@teashido.co.uk www.teashido.co.uk
OEL Jujitsu	Practical self defence for adults and children. Gold Standard Club SX accredited	Sunday 10.30am-11.30am Junior 11.30am-12.30pm Adults	Tony Park 07721 840638 aparkcurtains@ntlworld.com Lee Bywater 07836 574237 lee@byds.co.uk www.oeljujitsu.co.uk
UKA Karate	Self defence and competition	Wednesday 4.00pm-4.30pm Mini Rangers 4.30-5.30pm Beginners	Ian Cuthbert 01992 522390 07802 481187 www.iancuthbertuka.co.uk
Bluebirds Netball club	Adult coaching and competitive matches	Wednesday 7.00pm-8.00pm	Lisa Matthews 01992 761311
Wednesday Lunchtime Football League	Adult football league	Wednesday 12.00pm – 1.30pm	Peter Maddock 01992 564602
Futsal League	FA Futsal league	Thursday 7.00pm-11.00pm	Andy Jameson 07884 254260
Epping Badminton club	Adult coaching and competitive matches	Wednesday 8.00pm-11.00pm	Christine Hewkin 01992 625709
Epping Squash Club	A well established club caters for all abilities. Internal competitions and leagues are run throughout the year	Sunday 7.00pm-9.00pm	Ian or Jo Hardy 01992 574576
Epping Junior Squash Club	The junior section has coaches available to help you develop your game	Saturday 3.00pm-6.00pm	Ian or Jo Hardy 01992 574576

The sports clubs and leagues are based at Epping Sports Centre provide opportunities for you to try new activities, meet new people and take part in events and competitions. For details please contact the above respective organiser