



Living Well North Tyneside

Supporting Health and Wellbeing

Time: 4:00pm - 5:30pm



Cost: No Cost



Type: Face to Face

No Limits Sports hall sessions is a programme of after school activity sessions for children **ages 8-13** aimed at encouraging physical activity.

Activities can include badminton, basketball, dodgeball, football and table tennis.

All sessions are free of charge. For sports hall sessions, to speed up the process at their first session, you can register your child(ren) in advance here.

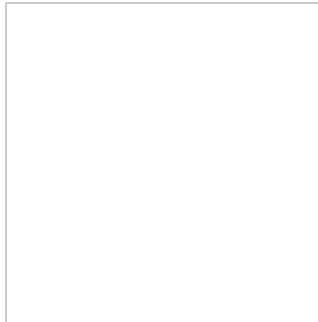
Sessions take place in term time only, a valid easecard is required to access the programme.



[kids
activities](#) |

[Children
activities](#) |


[sports](#) | [preteens](#)



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Southgate,
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<https://www.activenorthtyneside.org.uk/no-limits>

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