



# Living Well North Tyneside

Supporting Health and Wellbeing

**Time:** 4:30pm - 6:00pm



**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, table tennis and trampolining.

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.

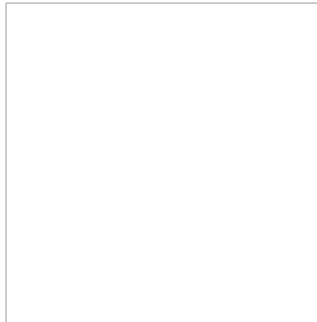
Sessions take place in term time only, a valid easecard is required to access the programme.



[kids  
activities](#) |

[Children  
activities](#) |

[sports](#) | [8-13 years](#)



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The Parks  
Howdon Road  
North Shields

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

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