

Inspiring Brent Challenge Weekend!

Welcome to Brent Council's Inspiring Brent Challenge weekend. As part of 'Inspiring Brent', Brent Council's programme for the Olympic and Paralympic Games, we will be celebrating London 2012 Open Weekend with a variety of fun packed activities in our sports centres and Willesden Green Library Centre from 23-25 July 2010.

London 2012 Open Weekend, supported by BP, is the annual countdown celebration to the opening of the London 2012 Olympic Games and Paralympic Games. Now in its third year, Open Weekend has already enabled over a million people to take part in sport, arts and cultural events across the UK. As part of the Cultural Olympiad programme, Open Weekend is one of the several projects aimed at increasing excitement in the lead up to the 2012 Games

The theme of this year's London 2012 Open Weekend is challenge; encouraging everyone to try something new or develop a skill.

Inspiring Brent's Challenge Weekend kicks off on Friday 23 July at Vale Farm Sports Centre and Willesden Sports Centre with a number of free activities for all the family. Activities continue throughout the weekend where Bridge Park Leisure Centre will join in the celebrations.

'Inspiring Brent Cultural Countdown' event in partnership with Akademi South Asian Dance UK, takes place on Saturday 24 July at Willesden Green Library Centre and features a range of free exciting activities including rap poetry workshops, Bollywood street dance, a 1948 Olympic trail and mini 2012 inspired challenges.

The event will culminate in a performance rap poetry slam competition and a street dance/Bollywood dance-off as well as live drumming by Dhoom Foundation and a celebrity guest appearance. Local community radio station BANG 103.6 FM will be broadcasting live from Willesden Green Library Centre playing a selection of R&B, Rap, Garage and Grime.

Whatever you are interested in there is an activity for you, so be inspired, join in and challenge yourself!



Vale Farm Sports Centre

We challenge you to:

try a day of free fitness activities

Activity	Time	Age
Gym Taster Sessions	6.30am - 10pm	16+
Junior Gym Taster Sessions	12pm - 6.30pm	12-16
Swimming Taster	6.30am - 9.30am and 6pm - 10pm	16+
Swimming Taster	12pm-6pm	All
Squash & Badminton	2pm - 6pm	16+
Weight Training Taster	2pm - 6pm	16+
Circuit Training Taster	10am - 11am and 1 - 2pm	16+

Willesden Sports Centre

We challenge you to:

try a selection of fitness activities

Activity	Time	Age
Free Swimming	6.30am - 7pm	Under 16s and 60+
*Body Pump	6.15pm - 7.15pm	16 +
*Spinning	7pm - 8pm	16+

*Limited places. Booking is required on 020 8955 1120



Vale Farm Sports Centre

We challenge you to:

try a day of free fitness activities

Activity	Time	Age
Gym Taster Sessions	8am - 8pm	16+
Swimming Taster	8am - 8pm	All
Junior Mini Polo	10.30am - 11.30am	5-10
Parent and Toddler Drop in Swimming Session	11.30am - 12.30pm	Parents and Toddlers
Junior Football	9am - 10.30am	5-10
Junior Football	10.30am - 12pm	11-15
Junior Squash Drop in Session	11am - 12pm	All



Willesden Sports Centre

We challenge you to:

try a selection of fitness activities

Activity	Time	Age
Free Swimming	8am - 5.30pm	Under 16s and 60+
*Body Combat	9.30 - 10.30am	16+
*Body Pump	10.30am - 11.30am	16+
*Body Step	11.30am - 12.30pm	16+

*Limited places. Booking is required on 020 8955 1120

We challenge you to:

Try a Paralympic sport at Willesden Sports centre Sportsability

Activity	Time	Age
*SportsAbility Club for young people and families	2pm - 4pm	8-18

* £1.50 charge.

Inspiring Brent Cultural Countdown at Willesden Green Library Centre

Inspiring Brent Cultural Countdown in partnership with Akademi South Asian Dance UK is our countdown to 2012 event to celebrate the cultural Olympiad and to mark two years to the start of the Olympic Games.

We challenge you to:

a range of free exciting activities including rap poetry workshops, Bollywood street dance, a 1948 Olympic trail and mini 2012 inspired challenges.

Harlesden Library Plus 11am – 12.30pm

We challenge you to:

Rap, rhythm and rhyme performance workshop with Nick Makoha*

Explore issues of identity, culture and aspirations for 2012 through rap and poetry.

The top six will be selected to battle it out on stage in the live slam.

Ages 11 – 16. Max No:15.

*Booking required on 020 8937 3570

Willesden Green Library Centre

We challenge you to:

12pm – 4.30pm Take the challenge!

Test your skills with dance and 2012 inspired quizzes and fun challenges. In the foyer. Open to everyone.

12pm – 4pm 1948 Olympic trail and medal making session.

Family event. In the library.

2pm – 3.30pm Rap, rhythm and rhyme performance workshop with Nick Makoha*

The top six will be selected to battle it out on stage in the live slam.

Ages 11 – 16. Max No:15. In the library.

*Booking is required on 020 8937 3400

2.45pm – 4pm Bollywood street dance workshop in Space 1 and 2.

A routine will be taught to you by a professional artist. The top three acts will be selected from each of the two below categories and will battle it out on stage:

Two categories for entry:

1. Solo performers
2. Teams of 2-3 people (one dancer must be over 18 and related to you e.g cousin, aunt, brother)

Reserve your space today to guarantee entry to the workshop and/or dance challenge.

Ages 10+. All levels welcome.

Contact neesha@akademi.co.uk, phone 0207 691 3210 and speak to Kath or Neesha, or text 'Open 2012' with a 1. or 2. for the category to 07932 910 334

3 – 6pm BANG 103.6FM: Playing the best of R&B, hip hop, grime and garage.

4.30 – 6pm Live rap poetry slam and Bollywood street dance challenge competition.

The performance segment will kick off with the live drumming and beats from Dhoom Foundation (DMF).

Vale Farm Sports Centre

We challenge you to:

try a day of free fitness activities

Activity	Time	Age
Gym Taster Sessions	8am - 8pm	16+
Swimming Taster	8am - 8pm	All
*Yoga	9.15am - 10.45am	16+
*Body Pump	10am - 11am	16+
Squash & Tennis	12pm - 4pm	16+

*Limited places. Booking is required on 020 8908 6545

Willesden Sports Centre

We challenge you to:

try a selection of fitness activities

Activity	Time	Age
Free Swimming	8am - 5pm	Under 16s and 60+
*LBT	11am - 12pm	16+
*Yoga	12pm - 1pm	16+
Trampoline Sessions	9 - 10am	16-18
Trampoline Sessions	10am - 11am	19+
Trampoline Sessions Family inclusive of disabilities	11 - 12.30pm	All

*Limited places. Booking is required on 020 8955 1120

Bridge Park Community Leisure Centre

We challenge you to:

try a day of free fitness activities

Activity	Time	Age
Badminton	10am - 2pm	All
Zumba Taster Session	12 - 1pm	16+



How to get there:

Vale Farm Sports Centre

Watford Road
North Wembley
Middlesex
HA0 3HG

Tel: 020 8908 6545
Fax: 020 8901 1617

Willesden Sports Centre

Donnington Road
Willesden
London
NW10 3QX

Tel: 020 8955 1120
Fax: 020 8955 1124

Bridge Park Community Leisure Centre

Brentfield
Harrow Road
London
NW10 0RG

Tel: 020 8937 3730
Fax: 020 8937 3708

Willesden Green Library Centre

95 High Road
Willesden
London
NW10 2SF

Tel: 020 8937 3400

Harlesden Library Plus


Craven Park Road
Harlesden
London
NW10 8SE


Tel: 020 8937 3570



Visit www.tfl.gov.uk or call **020 7222 1234** to plan your journey.

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www.brent.gov.uk/inspiringbrent

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