

ACTIVITY TIMETABLE WEEK 1

MONDAY 26 JULY - SUNDAY 1 AUGUST 2021

KEY
Family
Children 5-11 Years
Youth 8-13 Years
Young People 14-19 Years

VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stratford Park West Ham Lane, Stratford, E15 4DZ Meeting point: Old Changing Rooms	12-1pm Family Yoga 1-3pm Family Games 3-4pm Family Hula					2-3pm Multi-Sports	
Central Park High Street South, East Ham, E6 6ET Meeting point: Cafe		12-1pm Family Yoga 1-3pm Family Games 3-4pm Family Hula					
New Beckton Park Savage Gardens, Beckton, E6 5NB Meeting point: Tennis Courts			12-1pm Family Yoga 1-3pm Family Games 3-4pm Family Dance				
Forest Lane Park Shelduck Close, E15 1RZ Meeting point: Green next to the pond				12-1pm Family Yoga 1-3pm Family Games 3-4pm Family Dance			
Plashet Park Plashet Grove, East Ham, E6 1BT Meeting point: Games Area	1-2pm Boxing 12-4pm Multi-Sports				12-1pm Family Yoga 1-3pm Family Games 3-4pm Family Dance		

VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Plaistow Park Green Gate Street, E13 0AS Meeting point: Outdoor Gym		1-2pm Kick Boxing 12-4pm Multi-Sports 3-4pm TAG				12-1pm Multi-Sports	
Canning Town Recreation Ground Canning Town, E16 3PP Meeting point: Multi Use Games Area			1-2pm Karate 12-4pm Multi-Sports				
Priory Park Priory Road E13 9DW Meeting point: Games area				1-2pm Taekwondo 12-4pm Multi-Sports 3-4pm TAG	5-6pm Multi-Sports		
Royal Victoria Gardens Pier Road, Off Albert Road, North Woolwich E16 2NW Meeting point: Green near Cafe					12-1pm Judo 12-4pm Multi-Sports		
Barking Road Recreation Ground Kempton Road E6 2PB	5-6pm Multi-Sports						
Odessa Road MUGA Odessa Road E7 9BU			5-6pm Multi-Sports				
Winsor Community Centre Winsor Estate MUGA, E6 6WQ				5-6pm Multi-Sports			
Mbox Gym Railway Arches, 438 Cranmer Road E7 0JN		4.30-5.30pm Boxing					
Forest Gate School Forest Lane E7 9BB		6-7pm Female Football					
Little Ilford Youth Zone Rectory Road E12 6ET		3.30-4.30pm Table Tennis					
Shipman Youth Zone 340 Prince Regent Lane E16 3JH				3.30-5pm Mixed Football			
Keir Hardie Recreation Ground Tarling Road E16 1LQ							12-1pm Baseball/Softball 1-2pm Baseball/Softball
Warrior Square Jack Cornwell Street E12 5NN					5-6pm Multi-Sports		

VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Newham Leisure Centre 281 Prince Regents Lane E13 8SD			3-4pm Female Multi-Sports 5-6pm Female Football				
Royal Docks Adventure	10-11.30am 12-1.30pm London Youth Rowing	10-11.30am 12-1.30pm London Youth Rowing		10-11.30am 12-1.30pm London Youth Rowing	10-11.30am 12-1.30pm London Youth Rowing		

ACTIVITY DESCRIPTIONS

Baseball/Softball – Ages 8+

Pitches, catches and home runs. Come and join in this fun session with BaseballSoftballUK.

Boxing – Ages 8+

Learn the jab, cross, uppercut and more under expert guidance. All equipment provided.

Family Hula – All Ages

Hula your way to fitness with expert instructor Bisi. Fun for the whole family.

Inclusive Sports – Ages 11-25

A variety of sports and activities for children and young people with disabilities.

Judo – Ages 8+

Expert instructing with Stratford Judo Club for all ages and abilities. All equipment provided.

Karate – Ages 8+

Learn the basics of Karate and self-defence from danger in these fun and engaging sessions with EliteZKarate.

Multi Sports – All Ages

Try different sports such as basketball, football, badminton, and lots more!

Taekwondo – Ages 8+

Practice your kicking techniques with The London School of Martial Arts.

Family Yoga – All Ages

Practice yoga postures to strengthen your core muscles, develop stamina and breathing control.

Family Dance – All Ages

Dance the hour away with Dancefit Rhythm instructors in this fun filled class and learn some new dance moves.

Family Games – All Ages

Enjoy family games of tag, rounder's, ultimate frisbee in this fun filled family activity sessions.

TAG – Ages 8+

Playground game involving two or more players' chasing other players in an attempt to "tag" or touch them.

London Youth Rowing – Ages 11-18

The course is aimed at complete beginners, taking participants through land training exercises, equipment handling and on-water rowing boats.

Mixed Football – Ages 14-19

Inspired by the Euros? Get your kicks at our weekly open sessions.

Female Football – Ages 14-19

Inspired by the Euros? Want to be there in 2022? Get your kicks at our weekly open sessions.

Table Tennis – Ages 4-19

Inspired by the Olympics? Then take to the table with our free table tennis activity. Equipment provided.

