

# ACTIVITY TIMETABLE WEEK 3

## MONDAY 9 - SUNDAY 15 AUGUST 2021

KEY  
**Family**  
**Children 5-11 Years**  
**Youth 8-13 Years**  
**Young People 14-19 Years**  
**Inclusion 11-25 Years**

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

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

VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Royal Docks Adventure</b> 1012 Dockside Rd, London E16 2QT	<b>10-11.30am</b> <b>12-1.30pm</b> London Youth Rowing	<b>10-11.30am</b> <b>12-1.30pm</b> London Youth Rowing		<b>10-11.30am</b> <b>12-1.30pm</b> London Youth Rowing	<b>10-11.30am</b> <b>12-1.30pm</b> 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.

