

ACTIVITY TIMETABLE WEEK 4

MONDAY 16 - SUNDAY 22 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 Dance						
New Beckton Park Savage Gardens, Beckton, E6 5NB Meeting point: Tennis Courts	1-2pm Boxing 12-4pm Multi-Sports 3-4pm TAG						
Plashet Park Plashet Grove, East Ham, E6 1BT Meeting point: Games Area			1-2pm Karate 12-4pm Multi-Sports				
Plaistow Park Green Gate Street, E13 0AS Meeting point: Outdoor Gym				1-2pm Taekwondo 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			12-1pm Family Yoga 1-3pm Family Games 3-4pm Family Dance		12-1pm Judo 12-4pm Multi-Sports		

VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Priory Park Priory Road E13 9DW Meeting point: Games area				12-1pm Family Yoga 1-3pm Family Games 3-4pm Family Dance	5-6pm Multi-Sports		
Royal Victoria Gardens Pier Road, Off Albert Road, North Woolwich E16 2NW Meeting point: Green near Cafe		1-2pm Kick Boxing 12-4pm Multi-Sports			12-1pm Family Yoga 1-3pm Family Games 3-4pm Family Hula		
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		
Royal Docks Adventure 1012 Dockside Rd, London E16 2QT	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, rounders, 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.

