



# Free Activities. Every Day. Everyone.

29 July - 1 September 2019

## Hundreds of free activities in your local park!

Outdoor gym, family tennis, cricket sessions and softball – it's going to be one fun summer and this is your chance to be part of it. So message your bestie, call your dad, round up the kids and sign up today to meet loads of new friends and get active.

It's completely free and everyone's welcome, except the rain!  
Gold medals and macho muscles not needed, just smiley, happy faces!

[www.parklives.com](http://www.parklives.com)



in partnership with





## Weeks 3 and 4

### Monday 12 August to Friday 23 August

(Activity times are 12-4pm unless stated)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Stratford Park</b> <small>West Ham Lane, Stratford, E15 4DZ</small>	Inclusive Sports Skateboarding & Scootering Sumo Wrestling 2-4pm	Inclusive Sports Flag Football 12noon-1.15pm Zumba 2-3pm Salsa 3-4pm	Inclusive Sports Family Hula 12noon-2pm Volleyball 1-3pm Zumba 2.30-3.30pm	Inclusive Sports Judo 12noon-1.30pm Sumo Wrestling 2-4pm	Inclusive Sports Roller Skating 1-3pm Karate & Self Defence 2-4pm Social Tennis 6-8pm
<b>Central Park</b> <small>High Street South, East Ham, E6 6ET</small>	Nostalgia Games 12noon - 2pm Slyding 12:30 - 2:30pm Baseball Softball 2-3pm Multi-Sports 2-4pm	Multi-Sports Family Hula 12noon-2pm Baseball Softball 2-3pm Suma Wrestling 2-4pm	Nostalgia Games 12noon - 2pm Stranger Danger & Self Defence 12noon - 2pm Taekwondo 2-3.30pm Football 2-4pm	Multi-Sports Cricket 12noon - 1.30pm Boxing 12.30-2.30pm Tag Archery 2-4pm Tai Chi 3-4pm	Nostalgia Games 12noon-2pm Street Dance 1.30-2.30pm Taekwondo 2-3.30pm Football 2-4pm
<b>Beckton District South Park</b> <small>Stansfeld Road, Beckton, E6 5LT</small>	Multi Sports Stranger Danger & Self Defence 12noon-2pm Yoga 2.30-3.30pm	Multi Sports Roller Skating 1-3pm Yoga 2.30-3.30pm	Multi-Sports All Ability Cycling 12noon -3pm Sumo Wrestling 2-4pm	Multi-Sports Skateboarding & Scootering Family Hula 1-3pm Yoga 2.30-3.30pm	Multi-Sports Skateboarding & Scootering Zumba 1-2pm Salsa 2-3pm
<b>Plashet Park</b> <small>Plashet Grove, East Ham, E6 1BT</small>	Multi Sports Family Hula 12noon-2pm Fencing 2-3pm Cricket 2.30-4pm	Multi Sports Skateboarding & Scootering Soca Aerobics 2-3.30pm Karate & Self Defence 2-4pm	Multi-Sports Skateboarding & Scootering Street Dance 2-3pm Zumba 3-4pm	Multi-Sports Roller Skating 1-3pm Dodgeball 2-4pm Volleyball 2.30-4pm	Football 12noon-2pm Sumo Wrestling 1-3pm Fencing 2-4pm Tai Chi 3-4pm
<b>Keir Hardie Recreation</b> <small>Tarling Road, Canning Town, E16 1LQ</small>	Tag Rugby 12noon-2pm Baseball Softball 12noon-1pm Judo 1-3pm Nostalgia Games 2-4pm Boxing Yoga 3-4pm	Multi-Sports Baseball Softball 12noon - 1pm Fun Athletics 1-2.30pm Tag Archery 2-4pm	Tag Rugby 12noon-2pm Judo 12noon-2pm Soca Aerobics 2-3.30pm Nostalgia Games 2-4pm Outdoor Gym 3-4pm	Multi-Sports Zumba 12noon-1pm Salsa 1-2pm Fun Athletics 1-3pm Karate & Self Defence 2-4pm	Tag Rugby 12noon-2pm Volleyball 1-3pm Family Hula 2-3pm Nostalgia Games 2-4pm Outdoor Gym 3-4pm

#### **Docklands Equestrian Centre**

2 Claps Gate Lane, Beckton, E6 6JF

Pony Ride Experience  
Thursday 10am-12noon

#### **Victory Park**

Victory Parade,  
Stratford E20 2ER

Parkour  
Friday 4-6pm

#### **Arc in the Park**

Bethell Avenue,  
Canning Town, E16 4JT

Adventure Play  
Saturday 12noon-2pm

BMX Bikes  
Saturday 2-4pm

#### **Gooseley Playing Field**

St Alban's Avenue,  
East Ham, E6 6HU

Family Tennis  
Sunday 11am-1pm

