



# 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





## Week 5

### Monday 26 August to Friday 30 August (Activity times are 12-4pm unless stated)

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

