

Free Activities. Every Day. Everyone.

23 July - 26 August 2018



Newham London

**PARK
LIVES**
from *Coca-Cola* Great Britain

Hundreds of free activities in your local park!

Walking groups, 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!

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Activity descriptions

Adventure Play – age 5+

Use and experience adventure play structures, zip wire, den building, and tree houses. All offering a variety of jumps, falls, balances, scrambles, slides, and climbs. Also an opportunity to cook on an open fire. Sessions designed for family fun! Under 18s must be accompanied by an adult.

American Football – all ages

Go for a touchdown with this variation of football delivered by Floreal Sports.

Basketball – ages 14 to 19

Shoot some hoops with coaches from activeNewham.

BMX – age 5+

Try out this exciting adrenaline fuelled sport with expert coaches at Arc in the Park. We will provide all the equipment and all the thrills. Under 18s must be accompanied by an adult.

Bootcamp – age 14+

A fun way to improve cardio fitness using HIIT. An exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods.

Boxing – age 12+

Learn the jab, cross, uppercut and more under expert guidance from West Ham Boxing Club. All equipment provided.

Community Golf – all ages

Community golf is an innovative way of making golf fun for all! All ages and abilities can play, anywhere, anytime!

Cycling – all ages

An inclusive and adapted cycling session with Bikeworks and British Cycling (weeks 2 to 5 only). All equipment provided. Under 18s to be accompanied by an adult.

DanceFit – all ages

A super fun and energetic workout, using easy to learn dance moves.

Express Yourself – all ages

Family sessions to learn acting skills and take part in some drama sessions.

Family Hula – all ages

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

Family Tennis – all ages

Take to the new tennis courts for free with our qualified coach to improve your skills whatever your level or ability. Sessions designed for the whole family. Equipment provided.

Football – age 14+

Inspired by the World Cup in Russia? Get your kicks with ParkLives at our weekly open sessions for young people. Simply turn up and play!

Fun Athletics – all ages

Inspired by this summer's Athletics World Cup in Newham? Fun games and activities involving running, jumping and throwing with coaches from Newham & Essex Beagles.

Inclusive Sports – age 11-25

A variety of sports/athletics and activities for children and young people with disabilities (Weeks 1 to 4 only).

Judo – age 5+

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

Karate and Self-Defence / Kickboxing – age 5+

Learn the basics of karate, self-defence and kickboxing in these fun and engaging sessions with EliteZKarate.

Kwik Cricket – all ages

Come and take part in some fun cricket with our coaches. Open to all standards. Grab a bat and ball and enjoy cricket in the park.

Little Grubs – all ages

Parent and child gardening, nature and craft workshops – dress ready for messy outdoor activities!

Meet & Greet the Animals – all ages

Opportunity to get closer to some of Newham City Farm's animals and ask staff questions about them. Drop in sessions so you don't have to pre book.

Multi Sports – age 14+

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

Netball – age 14+

Inspired by Team GB? Come and try out netball with our qualified coach.

For more information please call
0800 227 711 or visit www.parklives.com
or www.newham.gov.uk/parklives

(telephone lines open Mon-Fri from 8am-6pm)



Activity descriptions

Nostalgia Games – age 3+

Have a go at some traditional sports day events, like space hoppers, skipping and sack races. Designed for all the family.

Pilates – age 14+

A rewarding set of exercises to tone your body and relax the mind.

Pond Dipping – age 5+

Staff led pond dipping sessions at Newham City Farm. Under 18s must be accompanied by an adult. Drop in sessions so you don't have to pre book.

Pony Ride Experience – all ages

Back by popular demand! Experience riding a pony on a lead rein, and meet and greet the horses at Newham Riding School. Due to health and safety for ponies a 75kg/12 stone weight restriction is applied for riding. Under 18s must be accompanied by an adult.

Roller Skating – ages 6+

An exciting family session delivered by Skating Haven. Skates and coaching provided to get you started.

Salsa – all ages

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

Skateboarding and Scootering – all ages

An exciting and exhilarating session in the park with Team Rubicon (weeks 3 to 5 only). Coaching and all equipment provided, so you just need to turn up and have fun!

Social Tennis – age 16+

Bring a racket, but provided if needed. Join others at the new tennis courts for free, for an afternoon of social tennis. All standards welcome.

Social Walks – all ages

Our short and longer walks are led by friendly, trained volunteer walk leaders as part of the national Walking for Health programme for all abilities. No need to book, simply turn up and join in the fun. Walking with us is a great way to explore what's on our doorstep and make new friends, while improving well-being and confidence.

Softball – age 12+

Pitches, catches and home runs. Come on down to the ball park and join in this fun session with Baseball Softball UK.

Street Dance – all ages

A great introduction to core street dance techniques and fun high-energy choreography. Freestyle dance with styles such as hip hop, breakdance and house! Sessions designed for beginners.

Sumo Wrestling – ages 6+

The aim of the game is to push, pull, and belly bounce to get the other sumo out of the circle on the mat or pin them on the floor for a count out.

Tag Archery – ages 9+

Tag archery is played similar to dodgeball with our bows and patented foam-tipped arrows. This exciting, action-packed game offers the ultimate family-friendly experience that engages everyone. Don't miss out on tag, the game you never outgrow!

Tag Rugby – ages 12+

Get fit, have fun and meet loads of new people in this minimal contact team sport.

Walking Yoga – all ages

Learn how to correct your posture, practice yoga postures to strengthen your core muscles, develop stamina and breathing control with expert Yoga instructor Indira (Saturday 28 July, 4 August and 11 August only).

Wild Slyde – ages 3+

Train with the UK's first Gladiator Champion Weininger Irwin on this unique piece of sliding equipment.

Wuk and Sweat (Soca Dance Aerobics) – All Ages

Get in the mood for the carnival season with this fun introduction to Soca dance moves (Sunday 29 July, 5, 12 and 19 August only). Sessions designed for the family.

Zumba – all ages

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

Yoga in the Park – age 14+

Learn how to correct your posture, practice yoga postures to strengthen your core muscles, develop stamina and breathing control.

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Timetable of activities

23 July - 2 September 2018

Park	Day	Time	Activity
Stratford Park	Monday 23 and 30 July, 6 and 13 August	12noon-4pm	Inclusive Sports
Stratford Park	Monday	12noon-2pm	Wild Slyde
Stratford Park	Monday 6, 13, and 20 August	12noon-3pm	Skateboarding & Scootering
Stratford Park	Monday	3-4pm	Softball
Stratford Park	Monday	5-6pm	Social Tennis
Stratford Park	Monday	6-7pm	Zumba
Stratford Park	Tuesday 24 and 31 July, 7 and 14 August	12noon-4pm	Inclusive Sports
Stratford Park	Tuesday	12noon-1.15pm	American Football
Stratford Park	Tuesday	1-2pm	Salsa
Stratford Park	Tuesday	2-4pm	Community Golf
Stratford Park	Wednesday 25 July, 1, 8 and 15 August	12noon-4pm	Inclusive Sports
Stratford Park	Wednesday	12noon-2pm	Street Dance
Stratford Park	Wednesday	1-2pm	Family Hula
Stratford Park	Wednesday	2-3pm	Bootcamp
Stratford Park	Wednesday	3-4pm	Pilates
Stratford Park	Thursday	12noon-4pm	Multi-Sports
Stratford Park	Thursday	12noon-2pm	Judo
Stratford Park	Thursday	1.30-2.30pm	Yoga in the Park
Stratford Park	Thursday	2-4pm	Boxing
Stratford Park	Friday 27 July, 3, 10 and 17 August	12noon-4pm	Inclusive Sports
Stratford Park	Friday 3, 10, 17 and 24 August	12noon-2pm	Cycling
Stratford Park	Friday	2-4pm	Karate and Self-Defence
Stratford Park	Friday	2-4pm	Sumo Wrestling
Stratford Park	Saturday	12noon-1pm	Basketball
Stratford Park	Saturday	12noon-1pm	Zumba
Stratford Park	Saturday	1-2pm	Salsa

Park	Day	Time	Activity
Central Park	Monday	12noon-2pm	Kwik Cricket
Central Park	Monday	12noon-2pm	Boxing
Central Park	Monday	2-3pm	Pilates
Central Park	Monday	2-4pm	Multi-Sports
Central Park	Tuesday	12noon-2pm	Fun Athletics
Central Park	Tuesday	2-4pm	Multi-Sports
Central Park	Tuesday	2-4pm	Street Dance
Central Park	Wednesday	12noon-2pm	Tag Rugby
Central Park	Wednesday	2-4pm	Kickboxing
Central Park	Wednesday	2-4pm	Football
Central Park	Thursday	12noon-2pm	Multi-Sports
Central Park	Thursday	2-4pm	Sumo Wrestling
Central Park	Thursday	2-4pm	Kwik Cricket
Central Park	Friday	12noon-2pm	Express Yourself
Central Park	Friday	12noon-2pm	Judo
Central Park	Friday	2-4pm	Nostalgia Games
Central Park	Friday	2-4pm	Wild Slyde
Central Park	Saturday 28 July, 4 and 11 August	10-11am	Walking Yoga
Central Park	Saturday	11.45-1pm	Family Tennis

Park	Day	Time	Activity
Plashet Park	Monday	12noon-2pm	Multi-Sports
Plashet Park	Monday	12noon-2pm	Judo
Plashet Park	Monday	2-4pm	Tag Rugby
Plashet Park	Monday	3-4pm	Zumba
Plashet Park	Tuesday	10-12noon	Little Grubs
Plashet Park	Tuesday	12noon-4pm	Multi-Sports
Plashet Park	Tuesday 7, 14, and 21 August	12noon-3pm	Skateboarding & Scootering
Plashet Park	Tuesday	2-4pm	Karate and Self-Defence
Plashet Park	Wednesday	12noon-1.30pm	Fun Athletics
Plashet Park	Wednesday 8, 15, and 22 August	12noon-3pm	Skateboarding & Scootering
Plashet Park	Wednesday	1.30-4pm	Multi-Sports
Plashet Park	Wednesday	3-4pm	Zumba
Plashet Park	Wednesday	3-4pm	Softball
Plashet Park	Thursday	10-12noon	All Ability Cycling
Plashet Park	Thursday	12noon-4pm	Multi-Sports
Plashet Park	Thursday	12noon-2pm	Roller Skating
Plashet Park	Thursday	3-4pm	DanceFit
Plashet Park	Friday	10-11am	Walking Yoga
Plashet Park	Friday	12noon-4pm	Multi-Sports
Plashet Park	Friday	12noon-1pm	Family Hula
Plashet Park	Friday	1-2pm	Bootcamp
Plashet Park	Friday	2-3pm	Pilates

Park	Day	Time	Activity
Keir Hardie Recreation Ground	Monday	12noon-1.30pm	Fun Athletics
Keir Hardie Recreation Ground	Monday	1-2pm	Softball
Keir Hardie Recreation Ground	Monday	1.30-4pm	Multi-Sports
Keir Hardie Recreation Ground	Monday	2-3pm	Family Hula
Keir Hardie Recreation Ground	Monday	3-4pm	Bootcamp
Keir Hardie Recreation Ground	Tuesday	12noon-4pm	Multi-Sports
Keir Hardie Recreation Ground	Tuesday	12noon-2pm	Roller Skating
Keir Hardie Recreation Ground	Tuesday	2-4pm	Tag Archery
Keir Hardie Recreation Ground	Wednesday	12noon-4pm	Multi-Sports
Keir Hardie Recreation Ground	Wednesday	1-3pm	Judo
Keir Hardie Recreation Ground	Wednesday	2-4pm	Sumo Wrestling
Keir Hardie Recreation Ground	Wednesday	3-4pm	Pilates
Keir Hardie Recreation	Thursday	12noon-4pm	Multi-Sports
Keir Hardie Recreation Ground	Thursday	12noon-2pm	Street Dance
Keir Hardie Recreation Ground	Thursday 9, 16 and 23 August	12noon-3pm	Skateboarding & Scootering
Keir Hardie Recreation Ground	Thursday	2-4pm	Karate and Self-Defence
Keir Hardie Recreation Ground	Thursday	2-3pm	Zumba
Keir Hardie Recreation Ground	Thursday	3-4pm	Salsa
Keir Hardie Recreation Ground	Friday	12noon-2pm	Multi-Sports
Keir Hardie Recreation Ground	Friday	2-4pm	Community Golf
Keir Hardie Recreation Ground	Friday	2-4pm	Tag Rugby

Park	Day	Time	Activity
New Beckton Park	Monday 23 July, 6 and 20 August	12noon-2pm	Multi-Sports
New Beckton Park	Monday 23 July, 6 and 20 August	12noon-2pm	Karate and Self-Defence
New Beckton Park	Tuesday 24 July, 7 and 21 August	12noon-4pm	Multi-Sports
New Beckton Park	Tuesday 24 July, 7 and 21 August	2-4pm	Sumo Wrestling
New Beckton Park	Tuesday 24 July, 7 and 21 August	3-4pm	Zumba
New Beckton Park	Wednesday 25 July, 8 and 22 August	12noon-2pm	Multi-Sports
New Beckton Park	Wednesday 25 July, and 22 August	1-2pm	Softball
New Beckton Park	Wednesday 25 July, 8 and 22 August	1-2pm	Zumba
New Beckton Park	Thursday July, 9 and 23 August	12noon-4pm	Multi-Sports
New Beckton Park	Thursday 26 July, 9 and 23 August	12noon-1pm	Family Hula
New Beckton Park	Thursday 26 July, 9 and 23 August	1-2pm	Bootcamp
New Beckton Park	Thursday	2-4pm	Tag Archery
New Beckton Park	Friday 27 July, 10 and 24 August	12noon-3pm	Multi-Sports
New Beckton Park	Friday 10 and 24 August	12noon-3pm	Skateboarding & Scootering
New Beckton Park	Friday 27 July, 10 and 24 August	1-3pm	Boxing

Park	Day	Time	Activity
Royal Victoria Gardens	Monday 30 July and 13 August	12noon-2pm	Multi-Sports
Royal Victoria Gardens	Monday 30 July and 13 August	12noon-2pm	Karate and Self-Defence
Royal Victoria Gardens	Tuesday 31 July and 14 August	12noon-4pm	Multi-Sports
Royal Victoria Gardens	Tuesday 31 July and 14 August	2-4pm	Sumo Wrestling
Royal Victoria Gardens	Tuesday 31 July and 14 August	3-4pm	Zumba
Royal Victoria Gardens	Tuesday	5.30-6.30pm	Multi-Sports
Royal Victoria Gardens	Wednesday 1 and 15 August	12noon-2pm	Multi-Sports
Royal Victoria Gardens	Wednesday 1 and 15 August	1-2pm	Softball
Royal Victoria Gardens	Wednesday 1 and 15 August	1-2pm	Zumba
Royal Victoria Gardens	Thursday 2 and 16 August	12noon-2pm	Multi-Sports
Royal Victoria Gardens	Thursday 2 and 16 August	12noon-1pm	Family Hula
Royal Victoria Gardens	Thursday 2 and 16 August	1-2pm	Bootcamp
Royal Victoria Gardens	Friday 3 and 17 August	12noon-3pm	Multi-Sports
Royal Victoria Gardens	Friday 17 August	12noon-3pm	Skateboarding & Scootering
Royal Victoria Gardens	Friday 3 and 17 August	1-3pm	Boxing

Park	Day	Time	Activity
Docklands Equestrian Centre	Thursday	10-12noon	Pony Ride Experience
Britannia Village Green	Thursday	5-6pm	Football
Newham City Farm	Tuesday	1-3pm	Pond Dipping
Newham City Farm	Saturday	12noon-2pm	Meet and Greet Animals
Arc in the Park	Sunday	12noon-3pm	Adventure Play and BMX
Hermit Road Park	Sunday 29 July, 5, 12 and 19 August	2-4pm	Soca Dance Aerobics
Lyle Park	Monday	7-8pm	Social Tennis
Gooseley Playing Fields	Saturday	10-11.15am	Family Tennis
Brampton Park	Saturday	1.30-2.30pm	Basketball
Star Lane Park	Thursday	5-6.30pm	Multi-Sports
Canning Town Rec	Wednesday	5-6pm	Family Hula
Shipman Youth Centre	Tuesday	4-5pm	Multi-Sports
Plaistow Park	Monday	5-6.30pm	Athletics
Plaistow Park	Tuesday	10-11am	Social Walk
Plaistow Park	Saturday	10-11am	Social Walk
Odessa Road Open Space	Wednesday	5-6.30pm	Multi-Sports
Odessa Road Open Space	Saturday	3-4pm	Basketball
Priory Park	Friday	5-6.30pm	Football
Little Ilford Park	Tuesday	5-6.30pm	Multi-Sports
Jack Cornwell Community Centre	Friday	4.30-5.30pm	Football

Park locations and meeting points

Arc in the Park, Bethell Avenue, Canning Town, E16 4JT

Meeting point for adventure play and BMX: Reception

Brampton Park, Masterman Road, East Ham, E6 3LB

Meeting point: Multi Use Games Area

Britannia Village Green, 49-53 Hanameel Street, Silvertown, E16 1UA

Meeting point: Multi Use Games Area

Canning Town Recreation Ground, Prince Regent Lane, Custom House, E16 3PB

Meeting point: Multi Use Games Area

Central Park, High Street South, East Ham, E6 6ET

Meeting point for walking yoga: Cafe

Meeting point for tennis and all other activities: Tennis courts

Docklands Equestrian Centre, 2 Claps Gate Lane, Beckton, E6 6JF

Meeting point: Riding School Reception

Gooseley Playing Fields, St Alban's Avenue, East Ham, E6 6HU

Meeting point: Tennis Courts

Hermit Road Park, Bethell Avenue, Canning Town, E16 4JT

Meeting point for Wuk and Sweat: Park entrance gate on the corner of Bethell Avenue and Chargeable Street

Jack Cornwell Community Centre, Jack Cornwell Street, Manor Park, E12 5NN

Meeting point: Multi Use Games Area

Keir Hardie Recreation Ground, Tarling Road, Canning Town, E16 1LQ

Meeting point for all activities: Multi Use Games Area

Little Ilford Park, Church Road, Manor Park, E12 6JT

Meeting Point: Hard Court Area on Reynolds Avenue

Lyle Park, Bradfield Road, Silvertown, E16 2AX

Meeting point: Tennis courts



Park locations and meeting points

New Beckton Park, Savage Gardens, East Ham, E6 5NB

Meeting point for all activities: Multi Use Games Area

Newham City Farm, Stansfeld Road, Beckton, E6 5LT

Meeting point: Reception

Odessa Road Open Space, Odessa Road, Forest Gate, E7 9BL

Meeting point for all activities: Multi Use Games Area

Plaistow Park, Greengate Street, Plaistow, E13 0BD

Meeting point for social walk: Plaistow Library

Meeting point for athletics: Children's play area

Plashet Park, Plashet Grove, East Ham, E6 1BT

Meeting point for other activities: Multi Use Games Area

Meeting point for Little Grubs: Rangers building

Meeting point for walking yoga: Café

Priory Park, Grangewood Street, East Ham, E6 1QZ

Meeting point: Hard court

Royal Victoria Gardens, Albert Road, North Woolwich, E16 2FH

Meeting point for all activities: Multi Use Games Area

Shipman Youth Centre, 340 Prince Regent Lane, Custom House, E16 3JH

Meeting point: Reception

Star Lane Park, Star Lane, Canning Town, E16 4QH

Meeting point: Multi Use Games Area

Stratford Park, West Ham Lane, Stratford, E15 4PT

Meeting point for other activities: Old Changing Rooms

Meeting point for all Tennis: Tennis courts

