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| **25 July – 28 August 2016** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | | **Saturday & Sunday** |
| **Central Park** | 12.00noon -1.00pm  WR Sliding - Families 3+yrs  1.00pm – 2.00pm  WR Sliding 13 - 25yrs+  2.00pm – 3.00pm  Volleyball - Families 6yrs +  3.00pm – 4.00pm  Volleyball All ages 6+ Ella the greats Mini-Circus Skills Families 5yrs+ | 12.00noon -1.00pm  Zumba Class 14yrs+  1.00pm – 2.00pm  Fun Athletics - Families 5yrs+  1.15 - 2.15pm - Samba 14yrs+  2.00pm – 3.00pm  Fun Athletics - Families 5yrs+ Fight for Peace - Boxing 12yrs+  3.00pm – 4.00pm  Fight for Peace - Boxing 12yrs+ | 12.00noon -1.00pm  Karate / Self Defence Families 12yrs+  1.00pm – 2.00pm  Karate / Self Defence 12yrs+ Manimalia Session All Ages 5+ Rollerskating - Family Skate 8yrs+  2.00pm – 3.00pm  Softball - 12yrs+ Ktroo Bouncing All ages 6yrs+ Rollerskating - Family Skate 8yrs+  3.00pm – 4.00pm  Softball - 12yrs+ Ktroo Bouncing All Ages 6yrs+ | 12.00noon -4.00pm  (hourly)  Skateboarding or Scootering All ages 5yrs+  2.00pm – 3.00pm Zumba - 14yrs+  3.15pm - 4.15pm - Samba 14yrs+ | | 10.30am - 12.00pm  Yoga - 16yrs+  12.00noon -1.00pm  Badminton - Families 5yrs+  1.00pm – 2.00pm  Badminton - 12yrs+  2.00pm – 3.00pm  Nostalgia Games - Families 4yrs+  3.00pm – 4.00pm  Express Yourself - Family Fun activities - 4yrs+ | Saturday only  10.30 - 11.30.- Yoga on the Move -16yrs+ |
| **Keir Hardy Park** | 12.00noon -1.00pm  Mini Me Yoga - 5yrs +  1.00pm – 2.00pm  Family HulaFit - 5yrs+ 1.45 - 2.45pm - Zumba Class 14ys+  2.00pm – 3.00pm  BoxFit - 14yrs+ Nostalgia Games - Families 4yrs+  3.00pm – 4.00pm  Pilates - 14yrs+ Samba 14yrs+ Express Yourself - Family Fun activities 5yrs+ | 12.00noon -1.00pm  Skateboarding or Scootering All ages 5yrs+    1.00pm – 2.00pm  Skateboarding or Scootering All ages 5yrs+  2.00pm – 4.00pm  (hourly)  Softball - 12yrs+ Skateboarding or Scootering All ages 5yrs+ | 12.00noon -1.00pm  WR Sliding - 3+yrs  1.00pm – 2.00pm  WR Sliding - 13 - 25yrs  2.00pm – 3.00pm  Badminton Families 5yrs+ Fight for Peace - Boxing 12yrs+  3.00pm – 4.00pm  Badminton 12yrs+ Fight for Peace - Boxing 12yrs+ | 12.00noon -2.00pm  (hourly)  Volleyball All ages 6yrs+  1.30pm - 2.30 pm  Manimalia Session - All ages 5yrs+  2.00pm – 4.00pm  Multi Sports Sessions - 5yrs+ | | 12.00noon -3.00pm  (hourly)  Fun Athletics - Families 5yrs+  1.00pm – 2.00pm  Zumba Class 14yrs+  2.15pm - 3.15pm  Samba 14yrs+ Karate / Self Defence -Families 12yrs+  3.00pm – 4.00pm  Karate / Self Defence 12yrs+ |  |
| **New Beckton Park** | 12.00noon -1.00pm  Multi Sports Sessions - 5yrs+  1.00pm -2.00pm  Rollerskating - Family Skate 8yrs+  2.00pm – 3.00pm  Rollerskating - Family Skate 8yrs+  2.00pm – 4.00pm  (hourly) Karate / Self Defence - Families 12yrs+ | 12.00noon -1.00pm  WR Sliding - 3+yrs  1.00pm -2.00pm  WR Sliding - 13- 25ys  2.00pm – 3.00pm  Badminton - Families 5yrs+ Express Yourself - Family Fun activities - All ages 5yrs+  3.00pm – 4.00pm  Badminton - 12yrs + Nostalgia Games - 5yrs+ | 12.00noon -1.00pm  12.30 - 1.30pm - Zumba Class 14yrs+  1.45pm - 2.45pm Samba 14yrs+  2.00pm – 4.00pm  (hourly)  Volleyball All ages 6yrs+ | 12.00noon -1.00pm  Mini Me Yoga - 5yrs + Manimalia Session - All ages 5yrs+  1.00pm -2.00pm  Family HulaFit - 5yrs+  2.00pm – 3.00pm  BoxFit - 14yrs+  3.00pm – 4.00pm  Pilates - 14yrs+ | | 12.00noon -1.00pm  Fight for Peace - Boxing - 12yrs+  12.00noon – 4.00pm  (hourly) Skateboarding or Scootering All ages 5yrs+  1.00pm -2.00pm  Zumba Class 14yrs+ Fight for Peace - Boxing - 12yrs+  2.00pm – 4.00pm  (hourly)  Multi Sports Session - 5yrs+  2.15pm - 3.15pm  Samba 14yrs+ |  |
| **Plashet Park** | 12.00noon -1.00pm  Zumba Class - 14yrs+  1.00pm – 2.00pm  1.15 - 2.15pm - Samba -14yrs+  2.00pm – 4.00pm  (hourly)  Softball - 12yrs+ Fight For Peace - Boxing -12yrs+  5.30pm - 6.30pm Cricket -12-16ys+ 6.30pm - 7.30pm - Cricket - 16yrs+ | 12.00noon -2.00pm  (hourly)  Volleyball All ages 6yrs+ Karate / Self Defence - Families 12ys+  2.00pm – 4.00pm  (2 hourly)  Rollerskating - Family Skate 8yrs+  3.00pm – 4.00pm  Multi Sports Sessions - 5yrs+ | 12.00noon -4.00pm  Skateboarding or Scootering - All ages 5ys+  12.00noon – 1.00pm  Nostalgia games  Families 4yrs+  1.00pm – 2.00pm  Express Yourself  Family Fun Activities. 5yrs+  3.00pm – 4.00pm  ages 5ys+ Manimalia Session - All ages 5yrs+ | 12.00noon -1.00pm  WR Sliding - 3+yrs  1.00pm – 2.00pm  WR Sliding - 13 - 25yrs  2.00pm – 3.00pm  Badminton - Families 5yrs+ Nostalgia Games - All ages 5yrs +  3.00pm – 4.00pm  Badminton - 12yrs + Express Yourself - Family fun Activities - All ages 5yrs+ | | 12.00noon -1.00pm  Mini Me Yoga - 5yrs +  1.00pm – 2.00pm  Family HulaFit - 5yrs+  2.00pm – 3.00pm  BoxFit - 14yrs+  3.00pm – 4.00pm  Pilates - 14yrs+ | Saturday only  2.00pm – 4.00pm  (hourly)  Xplorer - Families - All ages 5yrs + |
| **Stratford Park** | 12.00noon -4.00pm  (hourly)  Skateboarding / Scootering  Inclusive Sports - Disability sport for 11 - 25yrs  12.00pm – 1.00pm  Manimalia Session - All ages 5yrs+  25yrs  1.00pm – 2.00pm Zumba Class - 14yrs+  2.00pm – 3.00pm  Badminton  Families 5yrs+  2.15pm – 3.15pm  Samba 14 yrs+  3.00pm – 4.00pm  Badminton 12yrs + | 12.00noon -4.00pm  (hourly)  Special Olympics Events - Disability Sport for 11 -25yrs | 12.00noon – 4.00pm  (hourly)  Inclusive Sports  Disability sports 11 – 25yrs  12.00noon -1.00pm  Mini Me Yoga -  1.00pm – 2.00pm  Family HulaFit - 5yrs+  2.00pm – 3.00pm  Boxfit 14 yrs+  Nostalgia Games  All ages 5yrs+  3.00pm – 4.00pm  Pilates 14yrs+  Express Yourself  Family Fun Activities All Ages | 12.00noon -4.00pm  (hourly)  Inclusive Sports - Disability sport for 11 - 25yrs  12.00noon – 2.00pm  (hourly) Karate / Self Defence - Families 12yrs+  1.00pm – 3.00pm  (2 hourly)  Rollerskating Family  Skate 8yrs+  2.00pm – 3.00pm  Zumba 14yrs+  3.00pm – 4.00pm  Ella The Great’s Mini- Circus Skills  All ages  3.15pm – 4.15pm  Samba 14yrs+ | | 12.00noon -4.00pm  (hourly)  WR Sliding - 3+yrs Inclusive Sports - Disability sport for 11 - 25yrs  12.00noon – 1.00pm  WR Sliding 3yrs+  1.00pm – 2.00pm  WR Sliding 13 – 25yrs  2.00pm – 4.00pm  Volleyball 5yrs+ |  |
| **Goosely Park** |  |  |  | BMX  2.00pm – 4.00pm  (2hourly)  12 -16yrs | |  |  |
| **Priory Park** |  | Football Tennis  - 2.00pm – 4.00pm  (2 hourly)  8 -16yrs |  | Football Tennis – 2.00pm – 4.00pm  (2 hourly)  8 – 16yrs | |  |  |
| **Hermit Road Recreation Ground** |  |  |  |  | |  | Saturday only  11.00pm – 12.00pm Arc in Park Adventure Play – 8- 12yrs  Saturday only  12.30pm – 1.30pm  Arc in Park Adventure Play – 8- 12yrs  Saturday only  1.30pm – 2.30pm Family Tennis – 8yrs +  Saturday only  2.00pm – 3.00pm  Arc in the Park Adventure Play  Disability Session – All ages  Saturday only  2.30pm – 3.30pm  Family Tennis – 8yrs +  Sunday’s only  11.00am – 1.30pm  (hourly)  Arc in Park Adventure Play – 8- 12yrs  Sunday’s only  2.00pm – 3.00pm  Arc in the Park Adventure Play – Disability Session – All ages |
| **Forest Lane Park** |  |  |  |  | |  | Saturday only  12.00pm – 1.00pm Manimalia Sessions – All ages 5yrs +  Saturday only  1.30pm – 2.30pm Pond Dipping – Families – 3ys +  Saturday only  2.30pm – 3.30pm Nature Detectives Families – 3yrs+ |
| **Newham City Farm** |  | 12.00pm – 4.00pm Table Tennis – NO SESSION LEADER – All ages 8yrs+ - Equipment provided | 12.00pm – 4.00pm Table Tennis – NO SESSION LEADER – All ages 8yrs+ - Equipment provided | 12.00pm – 4.00pm Table Tennis – NO SESSION LEADER – All ages 8yrs+ - Equipment provided | |  | Saturday only  (2 hourly)  12.00 – 2.00pm  Meet and Greet the Animals – Families – All ages  Sunday’s only  12.00 – 2.00pm  (2 hourly)  Pony Rides – 5yrs + |
| **Eastham Nature Reserve** |  |  |  | 2.00pm -3.00pm Xplorer – Families – 5yrs+  3.00pm – 4.00pm Xplorer – Families – 5yrs + | | 12.00pm – 1.00pm  Nature Stay ‘play – Families – 3yrs + | Saturday only  12.00pm – 2.00pm  (2 hourly)  Nature Detectives Family Play – 3yrs+  2.00pm  - 3.00pm  Manimalia Club -  Families – 5yrs+ |