|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **25 July – 28 August 2016** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday & Sunday** |
| **Central Park** | 12.00noon -1.00pmWR Sliding - Families 3+yrs1.00pm – 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 -1.00pmZumba Class 14yrs+1.00pm – 2.00pmFun Athletics - Families 5yrs+  1.15 - 2.15pm - Samba 14yrs+ 2.00pm – 3.00pmFun Athletics - Families 5yrs+ Fight for Peace - Boxing 12yrs+3.00pm – 4.00pmFight for Peace - Boxing 12yrs+ | 12.00noon -1.00pmKarate / Self Defence Families 12yrs+1.00pm – 2.00pmKarate / Self Defence 12yrs+ Manimalia Session All Ages 5+ Rollerskating - Family Skate 8yrs+2.00pm – 3.00pmSoftball - 12yrs+ Ktroo Bouncing All ages 6yrs+ Rollerskating - Family Skate 8yrs+3.00pm – 4.00pmSoftball - 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 -1.00pmBadminton - Families 5yrs+1.00pm – 2.00pmBadminton - 12yrs+2.00pm – 3.00pmNostalgia Games - Families 4yrs+3.00pm – 4.00pmExpress Yourself - Family Fun activities - 4yrs+ | Saturday only10.30 - 11.30.- Yoga on the Move -16yrs+ |
| **Keir Hardy Park** | 12.00noon -1.00pmMini 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 – 4.00pmPilates - 14yrs+ Samba 14yrs+ Express Yourself - Family Fun activities 5yrs+ | 12.00noon -1.00pmSkateboarding 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 -1.00pmWR Sliding - 3+yrs1.00pm – 2.00pm WR Sliding - 13 - 25yrs2.00pm – 3.00pmBadminton Families 5yrs+ Fight for Peace - Boxing 12yrs+3.00pm – 4.00pmBadminton 12yrs+ Fight for Peace - Boxing 12yrs+ | 12.00noon -2.00pm(hourly)Volleyball All ages 6yrs+1.30pm - 2.30 pmManimalia Session - All ages 5yrs+2.00pm – 4.00pmMulti 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 – 4.00pmKarate / Self Defence 12yrs+ |  |
| **New Beckton Park** | 12.00noon -1.00pmMulti Sports Sessions - 5yrs+1.00pm -2.00pmRollerskating - Family Skate 8yrs+2.00pm – 3.00pm Rollerskating - Family Skate 8yrs+ 2.00pm – 4.00pm (hourly) Karate / Self Defence - Families 12yrs+  | 12.00noon -1.00pmWR Sliding - 3+yrs1.00pm -2.00pmWR Sliding - 13- 25ys2.00pm – 3.00pmBadminton - Families 5yrs+ Express Yourself - Family Fun activities - All ages 5yrs+3.00pm – 4.00pmBadminton - 12yrs + Nostalgia Games - 5yrs+ | 12.00noon -1.00pm12.30 - 1.30pm - Zumba Class 14yrs+1.45pm - 2.45pm Samba 14yrs+2.00pm – 4.00pm(hourly)Volleyball All ages 6yrs+ | 12.00noon -1.00pmMini Me Yoga - 5yrs + Manimalia Session - All ages 5yrs+1.00pm -2.00pmFamily HulaFit - 5yrs+2.00pm – 3.00pmBoxFit - 14yrs+3.00pm – 4.00pmPilates - 14yrs+ | 12.00noon -1.00pmFight for Peace - Boxing - 12yrs+ 12.00noon – 4.00pm (hourly) Skateboarding or Scootering All ages 5yrs+1.00pm -2.00pmZumba 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 -1.00pmZumba Class - 14yrs+1.00pm – 2.00pm1.15 - 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 – 4.00pmMulti Sports Sessions - 5yrs+ | 12.00noon -4.00pmSkateboarding or Scootering - All ages 5ys+12.00noon – 1.00pmNostalgia gamesFamilies 4yrs+1.00pm – 2.00pmExpress YourselfFamily Fun Activities. 5yrs+3.00pm – 4.00pm ages 5ys+ Manimalia Session - All ages 5yrs+ | 12.00noon -1.00pmWR Sliding - 3+yrs1.00pm – 2.00pmWR Sliding - 13 - 25yrs2.00pm – 3.00pmBadminton - Families 5yrs+ Nostalgia Games - All ages 5yrs +3.00pm – 4.00pmBadminton - 12yrs + Express Yourself - Family fun Activities - All ages 5yrs+ | 12.00noon -1.00pmMini Me Yoga - 5yrs +1.00pm – 2.00pmFamily HulaFit - 5yrs+2.00pm – 3.00pmBoxFit - 14yrs+3.00pm – 4.00pmPilates - 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 – 1.00pmManimalia Session - All ages 5yrs+25yrs 1.00pm – 2.00pm Zumba Class - 14yrs+ 2.00pm – 3.00pmBadminton Families 5yrs+2.15pm – 3.15pmSamba 14 yrs+3.00pm – 4.00pmBadminton 12yrs + | 12.00noon -4.00pm(hourly)Special Olympics Events - Disability Sport for 11 -25yrs | 12.00noon – 4.00pm (hourly)Inclusive SportsDisability sports 11 – 25yrs12.00noon -1.00pmMini Me Yoga - 1.00pm – 2.00pm Family HulaFit - 5yrs+ 2.00pm – 3.00pm Boxfit 14 yrs+Nostalgia GamesAll ages 5yrs+3.00pm – 4.00pmPilates 14yrs+Express YourselfFamily 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 FamilySkate 8yrs+2.00pm – 3.00pm Zumba 14yrs+3.00pm – 4.00pmElla The Great’s Mini- Circus SkillsAll ages3.15pm – 4.15pmSamba 14yrs+ | 12.00noon -4.00pm(hourly)WR Sliding - 3+yrs Inclusive Sports - Disability sport for 11 - 25yrs12.00noon – 1.00pm WR Sliding 3yrs+1.00pm – 2.00pmWR Sliding 13 – 25yrs2.00pm – 4.00pmVolleyball 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- 12yrsSaturday only12.30pm – 1.30pm Arc in Park Adventure Play – 8- 12yrsSaturday only1.30pm – 2.30pm Family Tennis – 8yrs + Saturday only2.00pm – 3.00pm Arc in the Park Adventure Play Disability Session – All ages Saturday only2.30pm – 3.30pm Family Tennis – 8yrs +  Sunday’s only11.00am – 1.30pm(hourly) Arc in Park Adventure Play – 8- 12yrsSunday’s only2.00pm – 3.00pm Arc in the Park Adventure Play – Disability Session – All ages  |
| **Forest Lane Park** |  |  |  |  |  | Saturday only12.00pm – 1.00pm Manimalia Sessions – All ages 5yrs +Saturday only1.30pm – 2.30pm Pond Dipping – Families – 3ys +Saturday only2.30pm – 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 only12.00pm – 2.00pm(2 hourly) Nature Detectives Family Play – 3yrs+2.00pm  - 3.00pmManimalia Club -  Families – 5yrs+ |