

# ParkLives Easter Holiday Programme

## Monday 8th April to Thursday 18th April

### **Monday 8th April 12pm to 2pm**

#### **Badminton and Nostalgia Games. Central Park**

Play open badminton, and heritage games in the park, with all equipment provided.

Meet at the Children's Playground. All ages welcome.

### **Tuesday 9th April 12pm to 2pm**

#### **Cricket. Central Park**

Open to all standards. Grab a bat and ball and enjoy cricket in the park.

Meet at the Children's Playground. All ages welcome.

### **Wednesday 10th April 12pm to 2pm**

#### **All Ability Cycling. South Beckton Park**

An inclusive and adapted cycling session with all equipment provided.

Under 18s must be accompanied by a parent/guardian.

Meet at Will Thorne pavilion. All ages welcome.

### **Thursday 11th April 10am to 12pm**

#### **Horse and Pony Ride Experience. Docklands Equestrian Centre**

Experience riding a pony on a lead rein. Back by popular demand! 75kg/12 stone weight restriction applied for riding. Under 18s must be accompanied by an adult.

Meet at Reception. Ages 3+.

### **Friday 12th April 12pm to 2pm**

#### **Plogging. Plashet Park**

Picking litter and jogging/walking at the same time to empower you to help keep our parks litter-free

Meet at the Multi-Use Games Area. All ages.

### **Monday 15th April 12pm to 2pm**

#### **Sumo Wrestling and Nostalgia Games. Keir Hardie Park**

The aim of the game is to push, pull, or belly-bounce to get your opponent out of the circle.

Meet at the Children's Playground. All ages.

### **Tuesday 16th April 12pm to 2pm**

#### **Boxing. Stratford Park**

Learn the jab, cross, uppercut and more under expert guidance from MBOX.

Meet at the Multi-Use Games Area. All ages.

### **Wednesday 17th April 12pm to 2pm**

#### **Nostalgia Games. Central Park, High Street South, East Ham, E6 6ET**

Have a go at some traditional sports day events with your family.

Meet at the Childrens Playground. All ages.

### **Thursday 18th April 12pm to 2pm**

#### **Fun Athletics. Plashet Park**

Fun games and activities involving running, jumping and throwing.

Meet at the Multi-Use Games Area. All ages.

[activeNewham.org.uk/parklives](http://activeNewham.org.uk/parklives) [ParkLives.com](http://ParkLives.com) #ParkLives

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