

# SUMMER ACTIVITY PROGRAMME.



Free activities for children and young people this Summer! Come and try a variety of activities. Sessions include Cricket, Boxing, Judo, Baseball and Flag Football! The programme will take place across several parks within Newham.

**DATES:**

Monday 24 July – Friday 25 August

**TIMES/AGES:**

12pm-2pm – 5-11 years

2pm-4pm – 12-16 years

**VENUES:**

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

**MEETING POINT:** Park Cafe

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

**MEETING POINT:** Covered MUGA area

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

**MEETING POINT:** Old Changing Rooms

- **Plashet Park**, Woodhouse Grove, E12 6SR

**MEETING POINT:** Outside Bowls Club

- **Royal Docks Activity Centre**, 1012 Dockside Road, E16 2QT



To book: <https://tinyurl.com/NewhamSummeractivity2023>

For more information: [sports@activenewham.org](mailto:sports@activenewham.org) or 07741 293506

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# SUMMER ACTIVITY PROGRAMME

## Inclusive Activity

Come and try a variety of free taster sessions in a range of sports and activities for children and young people with disabilities this summer!

**DATES:**

Mondays & Tuesdays only! Monday 24 July – Tuesday 22 August

**TIME:** 12pm-2pm

**VENUE:** Stratford Park, West Ham Lane, Stratford E15 4PT

**AGE:** 8+ years

## Rowing

Free Rowing for children and young people this summer! The session is aimed at complete beginners, taking participants through land training exercises, equipment handling and on-water rowing boats.

**DATES:**

Monday/Tuesday/Thursday/Friday only!  
Monday 24 July – Friday 25 August

**TIME:** 10am-11.30am, 12pm-1.30pm

**VENUE:** Royal Docks Adventure, 1012 Dockside Rd, E16 2QT

**AGE:** 12-16 years

## Mini Activities

Introducing your little ones to sport can be great fun. Come along and try our Free Mini activity offer including: Mini Tennis, Mini Dance & Mini Kickers for children aged 3-5 years this summer! The programme will take places across several parks within Newham.

**DATES:**

Monday 24 July – Friday 25 August

**TIME:** 11am-12pm

**VENUES:**

- **Central Park**, High Street South, East Ham E6 6ET  
**MEETING POINT:** Park Cafe
- **Keir Hardie Recreation Ground**, Tarling Road, Canning Town E16 1LQ  
**MEETING POINT:** Old Changing Rooms
- **Plashet Park**, Woodhouse Grove, E12 6SR  
**MEETING POINT:** Outside Bowls Club
- **Stratford Park**, West Ham Lane, Stratford E15 4PT

**MEETING POINT:**  
Covered MUGA area

**AGE:** 3-5 years



To book:

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# URBAN SPORTS HUB



Free activities for children and young people this summer! Come and try a variety of Urban Sports activities with us including: skateboarding, cycling, roller skating and Parkour!

**LOCATION:**

Tarmac area, King George V Park, King George's Avenue, Custom House, E16 3HR

**DATES:**

Mondays/Wednesdays/Thursdays/Fridays only. Monday 24 July – Friday 25 August

**Mondays:** Roller Skating, Parkour

**Wednesdays:** Balance Bikes, Cycling

**Thursdays:** Skateboarding, Parkour

**Fridays:** Skateboarding

**TIMES/AGES:**

11am-12pm – 3-5 years (Balance Bikes Only)

12pm-2pm – 5-11 years

2pm-4pm – 12-16 years



SCAN ME

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For more information: [sports@activenewham.org](mailto:sports@activenewham.org) or 07741 293506.

To find out more information on the Beckton Parks Masterplan and how this activity links in please visit:

[newhamco-create.co.uk/en/projects/becktonparksmasterplan](https://newhamco-create.co.uk/en/projects/becktonparksmasterplan)



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# FEMALE FOOTBALL FRIDAYS!



To celebrate the FIFA Women's World Cup this Summer, we are hosting a number of female only football sessions for future lionesses to come down and play.

**LOCATION:**

Newham Leisure Centre, Prince Regent Lane, E13 8SD

**DATES:**

Fridays only! Friday 28 July – Friday 25 August

**TIMES/AGES:**

11am-12pm – 3-5 years

12pm-2pm – 5-11 years

2pm-4pm – 12-16 years



SCAN ME

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For more information: [sports@activenewham.org](mailto:sports@activenewham.org) or 07741 293506

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