

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 or 07741 293506

WE ARE NEWHAM.

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



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For more information:

sports@activenewham.org or 07741 293506

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



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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

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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



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