



Newham Whitsun Activity Timetable

Timetable Week commencing 30th May 2023.

To book for any of this activity please follow this link <https://tinyurl.com/NewhamWhitsunActivity>

Mini Movement Skills	11am-12pm	Keir Hardie	3-5	Tuesday	30th May 2023
All Star Cricket	12pm -1pm	Keir Hardie	5-11	Tuesday	30th May 2023
Boxing	2-3pm	Keir Hardie	5-11	Tuesday	30th May 2023
Multi-sports	2-3pm	Keir Hardie	12-16	Tuesday	30th May 2023
Dynamo Cricket	3-4pm	Keir Hardie	12-16	Tuesday	30th May 2023
Mini Dance	11am-12pm	Central Park	3-5	Tuesday	30th May 2023
Dance	12-1pm	Central Park	5-11	Tuesday	30th May 2023
judo	1-2pm	Central Park	5-11	Tuesday	30th May 2023
Multi-sports	1 -2pm	Central Park	5-11	Tuesday	30th May 2023
Multi-sports	2-3pm	Central Park	12-16	Tuesday	30th May 2023
Baseball Softball	3-4pm	Central Park	12-16	Tuesday	30th May 2023
Mini Kickers	11am-12pm	Stratford Park	3-5	Tuesday	30th May 2023
All Star Cricket	12-1pm	Stratford Park	5-11	Tuesday	30th May 2023
Multi-sport	1-2pm	Stratford Park	5-11	Tuesday	30th May 2023
Free- Running	1-2pm	Stratford Park	5-11	Tuesday	30th May 2023
Free- Running	2-3pm	Stratford Park	12-16	Tuesday	30th May 2023
multi-sport	3-4pm	Stratford Park	12-16	Tuesday	30th May 2023
Dynamo Cricket	3pm-4pm	Stratford Park	12-16	Tuesday	30th May 2023
Inclusive activity	12pm -2pm	Stratford Park	11-19	Tuesday	30th May 2023
NTA-mini tennis	11am-12pm	Plashet Park	3-5	Tuesday	30th May 2023
NFL Flag Football	12-1pm	Plashet Park	5-11	Tuesday	30th May 2023
Multi- sports	1-2pm	Plashet Park	5-11	Tuesday	30th May 2023
Taekwondo	2-3pm	Plashet Park	12-16	Tuesday	30th May 2023
Multi- sports	2-3pm	Plashet Park	12-16	Tuesday	30th May 2023
NFL Flag Football	3-4pm	Plashet Park	12-16	Tuesday	30th May 2023
London Youth Rowing	10-11.30am	RDA	12-16	Tuesday	30th May 2023
London Youth Rowing	12-1.30pm	RDA	12-16	Tuesday	30th May 2023



Newham Whitsun Activity Timetable

Session	Time	Park	Age	Day	date
Mini Dance	11am-12pm	Keir Hardie	5-11	Wednesday	31st May 2023
Dance	12-1pm	Keir Hardie	5-11	Wednesday	31st May 2023
Multi- sports	1 -2pm	Keir Hardie	5-11	Wednesday	31st May 2023
NFL Flag Football	1-2pm	Keir Hardie	5-11	Wednesday	31st May 2023
Multi- sports	2-3pm	Keir Hardie	12-16	Wednesday	31st May 2023
NFL Flag Football	3-4pm	Keir Hardie	12-16	Wednesday	31st May 2023
NTA-mini tennis	11am-12pm	Central Park	3-5	Wednesday	31st May 2023
All Star Cricket	12-1pm	Central Park	5-11	Wednesday	31st May 2023
Multi-sports	1 -2pm	Central Park	5-11	Wednesday	31st May 2023
Free- Running	1-2pm	Central Park	5-11	Wednesday	31st May 2023
Free- Running	2-3pm	Central Park	12-16	Wednesday	31st May 2023
Multi-sports	2-3pm	Central Park	12-16	Wednesday	31st May 2023
Boxing	2-3pm	Central Park	12-16	Wednesday	31st May 2023
Dynamo Cricket	3-4pm	Central Park	12-16	Wednesday	31st May 2023
Mini Movement Skills	11am-12pm	Stratford Park	3-5	Wednesday	31st May 2023
Baseball Softball	12-1pm	Stratford Park	5-11	Wednesday	31st May 2023
Multi-sports	1-2pm	Stratford Park	5-11	Wednesday	31st May 2023
Taekwondo	1-2pm	Stratford Park	5-11	Wednesday	31st May 2023
Multi-sports	2-3pm	Stratford Park	12-16	Wednesday	31st May 2023
Baseball Softball	3-4pm	Stratford Park	12-16	Wednesday	31st May 2023
Inclusive activity	12pm -2pm	Stratford Park	11-19	Monday	31st May 2023
Mini Kickers	11am-12pm	Plashet Park	3-5	Wednesday	31st May 2023
All Star Cricket	12-1pm	Plashet Park	5-11	Wednesday	31st May 2023
Multi-sport	1-2pm	Plashet Park	5-11	Wednesday	31st May 2023
judo	2-3pm	Plashet Park	12-16	Wednesday	31st May 2023
multi-sport	2-3pm	Plashet Park	12-16	Wednesday	31st May 2023
Dynamo Cricket	3-4pm	Plashet Park	12-16	Wednesday	31st May 2023



Newham Whitsun Activity Timetable

Session	Time	Park	Age	Day	date
NTA-mini tennis	11am-12pm	Keir Hardie	3-5	Thursday	1st June 2023
All Star Cricket	12 -1pm	Keir Hardie	5-11	Thursday	1st June 2023
Multi-sport	1-2pm	Keir Hardie	5-11	Thursday	1st June 2023
Free- Running	1-2pm	Keir Hardie	5-11	Thursday	1st June 2023
Free- Running	2-3pm	Keir Hardie	12-16	Thursday	1st June 2023
multi-sport	2-3pm	Keir Hardie	12-16	Thursday	1st June 2023
Dynamo Cricket	3-4pm	Keir Hardie	12-16	Thursday	1st June 2023
Mini Kickers	11am-12pm	Central Park	3-5	Thursday	1st June 2023
NFL Flag Football	12-1pm	Central Park	5-11	Thursday	1st June 2023
Multi- sports	1 -2pm	Central Park	5-11	Thursday	1st June 2023
Taekwondo	2-3pm	Central Park	12-16	Thursday	1st June 2023
Multi- sports	2-3pm	Central Park	12-16	Thursday	1st June 2023
NFL Flag Football	3-4pm	Central Park	12-16	Thursday	1st June 2023
Mini Dance	11am-12pm	Stratford Park	3-5	Thursday	1st June 2023
Dance	12-1pm	Stratford Park	5-11	Thursday	1st June 2023
All Star Cricket	1-2pm	Stratford Park	5-11	Thursday	1st June 2023
Multi-sport	1 -2pm	Stratford Park	5-11	Thursday	1st June 2023
judo	2-3pm	Stratford Park	12-16	Thursday	1st June 2023
multi-sport	2-3pm	Stratford Park	12-16	Thursday	1st June 2023
Dynamo Cricket	3-4pm	Stratford Park	12-16	Thursday	1st June 2023
Mini Movement Skills	11am-12pm	Plashet Park	3-5	Thursday	1st June 2023
Baseball Softball	12-1pm	Plashet Park	5-11	Thursday	1st June 2023
Multi-sports	1-2pm	Plashet Park	5-11	Thursday	1st June 2023
Multi-sports	2 -3pm	Plashet Park	12-16	Thursday	1st June 2023
Boxing	2-3pm	Plashet Park	12-16	Thursday	1st June 2023
Baseball Softball	3-4pm	Plashet Park	12-16	Thursday	1st June 2023
London Youth Rowing	10-11.30am	RDA	12-16	Thursday	1st June 2023
London Youth Rowing	12-1.30pm	RDA	12-16	Thursday	1st June 2023



Newham Whitsun Activity Timetable

Session	Time	Park	Age	Day	date
Mini Kickers	11am-12pm	Keir Hardie	3-5	Friday	2nd June 2023
Baseball Softball	12-1pm	Keir Hardie	5-11	Friday	2nd June 2023
Taekwondo	1-2pm	Keir Hardie	5-11	Friday	2nd June 2023
Multi-sports	1-2pm	Keir Hardie	5-11	Friday	2nd June 2023
Judo	2-3pm	Keir Hardie	12-16	Friday	2nd June 2023
Multi-sports	2-3pm	Keir Hardie	12-16	Friday	2nd June 2023
Baseball Softball	3-4pm	Keir Hardie	12-16	Friday	2nd June 2023
Mini Movement Skills	11am-12pm	Central Park	3-5	Friday	2nd June 2023
All Star Cricket	12-1pm	Central Park	5-11	Friday	2nd June 2023
Multi-sport	1-2pm	Central Park	5-11	Friday	2nd June 2023
multi-sport	2-3pm	Central Park	12-16	Friday	2nd June 2023
Dynamo Cricket	3-4pm	Central Park	12-16	Friday	2nd June 2023
NTA-mini tennis	11am-12pm	Stratford Park	3-5	Friday	2nd June 2023
NFL Flag Football	12-1pm	Stratford Park	5-11	Friday	2nd June 2023
Multi- sports	1-2pm	Stratford Park	5-11	Friday	2nd June 2023
Boxing	2-3pm	Stratford Park	12-16	Friday	2nd June 2023
Multi-sports	2-3pm	Stratford Park	12-16	Friday	2nd June 2023
NFL Flag Football	3-4pm	Stratford Park	12-16	Friday	2nd June 2023
Mini Dance	11am-12pm	Plashet Park	3-5	Friday	2nd June 2023
Dance	12-1pm	Plashet Park	5-11	Friday	2nd June 2023
All Star Cricket	12-1pm	Plashet Park	5-11	Friday	2nd June 2023
Multi-sport	1-2pm	Plashet Park	5-11	Friday	2nd June 2023
Free- Running	1-2pm	Plashet Park	5-11	Friday	2nd June 2023
Free- Running	2-3pm	Plashet Park	12-16	Friday	2nd June 2023
multi-sport	2-3 pm	Plashet Park	12-16	Friday	2nd June 2023
Dynamo Cricket	3-4pm	Plashet Park	12-16	Friday	2nd June 2023
London Youth Rowing	10-11.30am	RDA	12-16	Friday	2nd June 2023
London Youth Rowing	12-1.30pm	RDA	12-16	Friday	2nd June 2023

- Age 3-5 Years
- Age 5-11 Years
- Age 12-16 Years
- Inclusive activity



Newham Whitsun Activity Timetable

Park locations & meeting points

East Ham Leisure Centre, 324 Barking Road London E6 2RT

Stratford Park, West Ham Lane, Stratford, E15 4DZ **Meeting point for other activities: Covered MUGA area**

Keir Hardie, Tarling Road, Canning Town, E16 1GX **Meeting point for other activities: Old Changing Rooms**

Plashet Park, Plashet Grove, East Ham, E6 1BT **Meeting point for activities: Outside Bowls Clubs**

Royal Docks Activity centre 1012 Dockside Road, London E16 2QT

Activity descriptions

- **Inclusive Sports – Ages 11-25**
A variety of sports/athletics and activities for children and young people with disabilities.
- **Boxing – Ages 5+**
Learn the jab, cross, uppercut and more under expert guidance. All equipment provided
- **Judo – Ages 5+**
Expertise instructing with Stratford Judo Club for all ages and abilities. All equipment provided.
- **Taekwondo – Ages 5+**
Practice your kicking techniques with London School of Martial Arts.
- **Cricket All-stars/Dynamo 5+**
All Stars & Dynamo Cricket provides a fantastic first experience for all children.
- **Flag Football 5+**
Flag football is a fun and engaging variant of American football.
- **Baseball/softball 5+**
Baseball is a bat-and-ball sport taking turns batting and fielding for all children.
- **Free-running 5+**
Free running involves interacting with physical obstacles in creative ways, such as by climbing, jumping, or running.
- **Multi- sports 5+**
Multi sports sessions throughout the February to get the young people of Newham Active.
- **Rowing– Ages 5+**
Get on the water and row your way to success with this Rowing session.
- **Mini Tennis – Ages 3+**
Serve, Volley, and Smash your way through Summer with this tennis session.
- **Mini Kickers – Ages 3+**
fun participation sessions that provide the ideal first step on a young person's Football for Life journey
- **Mini Dance – Ages 3+**
fun participation sessions that provide the ideal first step on a young person's dance journey



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- **Mini Movement Skills – Ages 3+**
Fun movement skills developing “building blocks” needed throughout children lives