



Join in the fun at your local park this Easter with free activities for everyone to enjoy!

Find the great outdoors on your doorstep this Easter with ParkLives in Newham

Newham Council in partnership with Coca-Cola Great Britain, is delivering another fantastic programme of activities for all ages to enjoy.

The theme of this year's Easter Programme is the fantastic Commonwealth Games.

Come and take part in fun themed activities such as: netball, cycling, badminton, rugby, volleyball, basketball, sumo wrestling, boxing, athletics, table tennis and tennis. Due to popularity we are also including horse and pony rides.

ParkLives Easter Programme

Tuesday 3 April – Friday 13 April 2018

Activity descriptions

Table Tennis and Tennis

Pick up a bat and ball this Easter at the outdoor courts and tables.

Netball

Fun games and activities delivered by club coaches.

Cycling

An inclusive and adapted cycling session with all equipment provided.

Badminton

Play badminton in the park with all equipment provided.

Rugby

Come along and give rugby a 'try' with the East London Rugby Club.

Volleyball

Fun games and activities for all the family.

Basketball

Shoot some hoops with ParkLives and the Newham All Star Sport Academy.

Sumo Wrestling

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

Boxing

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

Horse and Pony Rides

Experience riding a pony on a lead rein. Three laps per person.

Athletics

Fun games and activities involving running, jumping and throwing.

The spring programme runs straight after between 23 April and 15 July 2018 so watch this space!

For more information please call **0800 227 711** or visit www.parklives.com

ParkLives Easter Programme Timetable

Tuesday 3 April – Friday 13 April 2018

Date	Activity	Time	Location
Tuesday 3 April	Rugby Suitable for ages 6 to 16	10am - 12noon	Memorial Recreation Ground
Wednesday 4 April	Netball Suitable for all ages	2pm - 4pm	Plaistow Park
Thursday 5 April	Cycling Suitable for all ages	10am - 12noon	Plashet Park
Friday 6 April	Badminton Suitable for all ages	12noon - 2pm	Central Park
Saturday 7 April	Table Tennis and Tennis Suitable for all ages	12noon - 2pm	Central Park
Sunday 8 April	Basketball Suitable for all ages	1pm - 3pm	Canning Town Recreation Ground
Monday 9 April	Volleyball Suitable for all ages	12noon - 2pm	Plashet Park
Tuesday 10 April	Sumo Wrestling Suitable for all ages	2pm - 4pm	Keir Hardie Recreation Ground
Wednesday 11 April	Boxing Suitable for all ages	12noon - 2pm	Stratford Park
Thursday 12 April	Horse and Pony Rides Suitable for ages 3+	10am - 12noon	Docklands Equestrian Centre
Friday 13 April	Athletics Suitable for all ages	1pm - 3pm	Stratford Park

Park locations and meeting points

Memorial Recreation Ground

Memorial Avenue, West Ham, E13 0HQ

Meeting point: East London RFC

Plaistow Park

Greengate Street, Plaistow, E13 0BD

Meeting point: Children's playground

Plashet Park

Plashet Grove, East Ham, E6 1BT

Meeting point: Multi-Use Games Area

Central Park

High Street South, Central Park, E6 6ET

Badminton meeting point:

Children's playground

Tennis meeting point: Tennis courts

Canning Town Recreation Ground

Prince Regent Lane, Custom House, E16 3PB

Meeting point: Multi-Use

Games Area

Plashet Park

Plashet Grove, East Ham, E6 1BT

Meeting point: Play area by the Café

Keir Hardie Recreation Ground

Tarling Road, Canning Town, E16 1LQ

Meeting point: Multi-Use Games Area

Stratford Park

West Ham Lane, Stratford, E15 4PT

Meeting point: The old changing rooms

Docklands

Esquestrian Centre

2 Claps Gate Lane, Beckton, E6
The Docklands Equestrian Centre is located behind Sainsbury's in Beckton.

Meeting point: Reception

Activities are subject to change so please check the website for up to date information: www.parklives.com