

WE ARE ACTIVE.

WE ARE NEWHAM.

OCTOBER HALF TERM PROGRAMME



Free activities for children and young people this half-term, continuing to celebrate the 10 year anniversary of London 2012. Come and try a variety of Olympic and Paralympic Sports. Sessions include Combat Sports (Taekwondo, Judo, Karate, Boxing), Racquet Sports (Tennis, Badminton, Table Tennis) and Team Sports (Football, Basketball, Volleyball, Hockey, Handball, Rugby).

DATES:

Monday 24 October – Friday 28 October

TIMES/AGES:

12pm-2pm – 5-11 years
2pm-4pm – 12-16 years

VENUES:

- East Ham Leisure Centre, 324 Barking Road London E6 2RT
- Stratford Park, West Ham Lane, Stratford, E15 4DZ (meeting point for activities - covered MUGA area)
- Keir Hardie, Tarling Road, Canning Town, E16 1GX (meeting point for activities - old Changing Rooms)



To book: <https://tinyurl.com/OctoberHalf-termactivity>

For more information:

sports@activenewham.org or 07741 293506

PROGRAMME LISTINGS



INCLUSIVE ACTIVITY

A variety of free taster sessions in a range of Paralympic sports for children and young people with disabilities.

DATES:

- Monday 24 October
- Tuesday 25 October

TIME:

12pm-2pm

VENUE:

Stratford Park, West Ham Lane, Stratford E15 4PT

AGE:

8+ years



ROWING

The session is aimed at complete beginners, taking participants through land training exercises, equipment handling and on-water rowing boats.

DATES:

- Monday 24 October
- Tuesday 25 October
- Thursday 27 October
- Friday 28 October

TIME:

10am-2pm

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 Mini activity offer including: Mini Tennis, Mini Kickers and Mini Yoga!

DATES:

Monday 24 October - Friday 28 October

TIME:

11am-12pm

VENUE:

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

AGE:

3-5 years



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SCAN ME