

SPA Summer Activity List 2022

Activity Title: Active Kids at Fightzone

Location: Fightzone London, 16-22 Pritchard's Rd, London E2 9AP

When: Weekdays between Monday 25 July and Friday 31 August 2022

This FREE exciting 6-week summer Holiday programme is targeted at young residents who are most affected by poverty to take part in physical activity sessions to aid their physical & mental wellbeing. Fightzone London, <https://www.fightzonelondon.co.uk> will train young people within the children's sessions that are currently delivered each week in Brazilian Jujitsu, Muay Thai, Boxing, Wrestling, Capoeira & Judo.

Book a place: click <https://forms.office.com/r/WrnYPELSAK>

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Activity Title: Summer Hockey Fun Camp

Location: John Orwell Sports Centre, Tench St, London E1W 2QD

When: Every Monday & Tuesday from Monday 25 July to Tuesday 30 August 2022 from 1-3pm

Our partners, Wapping Kidds (Wapping Hockey Club) [Wapping Hockey Club | Wapping Kidds \(clubzap.com\)](#) will deliver Summer Hockey Fun Camps for 2 age categories, 5-12 years (on Tuesdays) & 13-18 years (on Mondays) The FREE sessions would provide fun activity & structured coaching to ensure young people are active at John Orwell Sports Centre during the Summer holidays 2022. The sessions are targeted to tackle poverty and enable access to physical activities for young people and will be delivered on 2 hour per dedicated session day basis over the 6 weeks.

Book a place click: <https://forms.office.com/r/RnjsBBxtJb>

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Activity Title: Isle of Dogs Summer Club

Location: George Green School, 190 Manchester Rd, London E14 3DW

When: Every Tuesday, Wednesday & Thursday from 2-25 August 2022 from 11am-3pm

The FREE 4-week project is set up to enable young residents who are most affected by poverty to take part in physical activity sessions help tackle loneliness, isolation and help bring a sense of community feeling to the local area. Our partners, Young Stars Elite, <https://youngstarelite.com> will enable access to the multi sports sessions

Book a place: click <https://forms.office.com/r/yuGDHDvkd6>

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Activity Title: Future Stars Summer HAF Football Camp 2022

Location: Mile End Stadium Mini Pitches

When: Every weekday from Monday 1- Friday 25 August 2022 from 10am-3pm

Come and join in our very popular fun filled, exciting FREE Holiday Activity Funded Football Camps for young people aged 6-11 delivered by A-Z Sports Coaching, www.a-zsportscoaching.com. We promise Drills, Thrills and Skills while also learning about healthy eating habits, leadership skills and much, much more for your budding stars! Book a place: click <https://forms.office.com/r/58ZfbrMb5x>

Activity Title: Inclusive Children's Summer Holiday Football Camp

Location: Mile End Stadium Mini Pitches

When: Every Tuesday & Thursday from 21- Friday 25 August 2022 from 10am-3pm

The FREE specialist sessions for SEND young people will consist of fun, structured football & multi-sport coaching delivered our partners at West Ham Utd Foundation, [Foundation | West Ham United F.C. \(whufc.com\)](http://Foundation | West Ham United F.C. (whufc.com))
Contact: derek.bennett@towerhamlets.gov.uk or nsharrifu@westhamunited.co.uk

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Activity Title: KO Summer Camp

Location: KO Community Projects, 188 Bancroft Rd, London E1 4ET

When: Monday - Friday from 25 July to 25 August 2022

The FREE 5-week project is set up to enable young residents who are most affected by poverty to take part in physical activity sessions to aid their physical & mental wellbeing. KO Community Projects, KO Combat Academy will deliver coaching sessions for young people in Muay Thai, Kickboxing and Boxing each week.

Book a place: click <https://forms.office.com/r/qvXZXN0ktS>

Activity Title: Try Athletics

Location: Mile End Stadium Rhodeswell Rd E3 4RR

When: Monday - Friday from 25 July – 29 July, 1 - 5 & 8 – 12 August 2022

Mon- Thurs 10am – 2.00pm Fri 10.00am- 3.00pm

Age 8 – 16-year-olds

The FREE 3 -week project is set up to enable young residents who are most affected by poverty to take part in physical activity sessions to aid their physical & mental wellbeing. Come and join in Try athletics learn all the disciplines: sprints, middle distance, jumps and throws in a fun filled atmosphere. Competition day on Fridays.

Click link to book <https://forms.office.com/r/VbiCv339Jg>

or contact shenneth.brereton@towerhamlets.gov.uk

Activity Title: SEND football coaching

Location: Mile End Stadium Mini Pitches

When: Tuesday, Wednesday & Thursdays

From: 26 – 28 July, 2- 4, 9 – 11, 16 – 18, 23- 25 August 2022 from 11.00am- 1.00pm

Age: 8 – 16-year-olds

FREE football coaching and life skills for young people with SEND with our partners at Vallance Community Sports

Contact info@vallancecsa.org.uk

Activity Title: SEND multi sports camp

Location: Poplar Baths Leisure Centre, 170 East India Dock Rd
E14 0ED

When: Wednesday, Thursday & Friday from 27- 29 July, 3 - 5, 10 – 12 August 2022 from 10am-2.00 pm

Age: 6 – 12-year-olds

FREE! Fun multi-sports & physical activities for disabled children.

Contact: matthew@disabilitysportscoach.co.uk or
shenneth.brereton@towerhamlets.gov.uk

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Activity Title: DanceAbility

Location: Queen Mary University of London

Mile End Rd, London E1 4NS

When: Monday – Thursday from 25 – 28 July 10am – 12.00pm

Age 5 – 12-year-olds

(Separate dates or 4 days bookings)

When: Monday – Thursday from 1 – 4 Aug 10am – 12.00pm

Age Teens 13 – 18-year-olds

(Separate dates or 4 days bookings)

FREE Summer dance sessions for young people with Cerebral Palsy who can mobilise independently, walking, using crutches or wheelchairs.

When: Fridays 29 July & 5 Aug 10am – 12.00pm

Age 5 – 18

FREE Summer dance sessions for young people with any neuro – disability needing a carer or independently mobile with parents and sibling's welcome.

Contact: ricarda.fillman@nhs.net or shenneth.brereton@towerhamlets.gov.uk
for further information

Click link to book <https://forms.office.com/r/Srqv2Se6Ek>

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Activity Title: Disability Multi sports

Location: Mile End Stadium Mini Pitches

When: Tuesdays from 19 July - 23 August 2022

From: 11.00am- 12.30pm

Age: 8 – 16-year-olds

FREE Multi sports in a fun filled environment.

Contact: matthew@disabilitysportscoach.co.uk or
shenneth.brereton@towerhamlets.gov.uk

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Activity Title: Taekwondo

Location: Vallance Community Sports Association. Hason Raja Centre, 117
Vallance Rd E1 5BW

When: Tuesdays from 26 July, 2,9,16, 23 August 2022

from: 5.00 -7.00 pm

Age: 8 – 16-year-olds

FREE! Taekwondo sessions in a fun supportive environment

Contact: info@vallancecsa.org.uk

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Activity Title: Boxercise

Location: Vallance Community Sports Association. Hason Raja Centre, 117
Vallance Rd E1 5BW

When: Fridays from 29 July, 4, 12, 19, 26 August 2022

from: 5.00 -7.00 pm

Age: 8 – 16-year-olds

FREE! Boxercise sessions in a fun supportive environment

Contact: info@vallancecsa.org.uk

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Activity Title: Teviot Multi Sports Sessions

Location: Teviot Centre 1 Wyvis St E14 6QD

When: Wednesday & Fridays 10 & 12, 17 & 19 August

2022

From: 2.00 - 4.00 pm

Age: 6 – 16-year-olds

FREE! To engage young children in the community during the holidays, providing a safe and accessible space for them to remain active, improving their mental and physical wellbeing. To not only engage young people in sports, but also as a chance to educate young people about different topics regarding their health and worries

Contact: info@wappingyouthfc.co.uk

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Activity Title: Stay & Play

Location: Eva Armsby Family Centre E1W 3EG

When: Saturdays 30 July, 13 & 27 August 2022

From 11.00am -1.00 pm

Age: 5 – 12-year-olds

FREE!

Fun multi-sports, physical activities and play sessions for disabled children, providing a safe and accessible space for them to remain active, improving their mental and physical wellbeing.

Contact: nicole.williams@towerhamlets.gov.uk or shenneth.brereton@towerhamlets.gov.uk

Activity Title: Disability Awareness Day

Location: Victoria Park (by the Hub building)

When: Wednesday 27 July 2022

From 10.00am -3.00 pm

Age: all age

FREE!

Fun multi-sports, physical activities, play sessions and information sharing for disabled children and adults.

Contact: shenneth.brereton@towerhamlets.gov.uk or victoriapark@towerhamlets.gov.uk

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Activity Title: Hockey Fun Festival

Location: Mile End Stadium Asro
Turf

When: Saturdays 20 August 2022

From 10.00am -3.00 pm

Age: 4- 15 -year-olds

FREE! Fun hockey skills and games plus much, much more for complete beginners to future Olympians. Accessible activities for all.

Contact: elhc youth@gmail.com or shenneth.brereton@towerhamlets.gov.uk

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Activity Title: Urban Adventure Summer (13-19 / 25 SEND)

Location: Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT

When: Every Friday (29th July - 26th August 2022)

Times: 3-7 pm

Age: 13-19-year-olds or 25 SEND

FREE Adventure Sports Day - range of activities including canoeing, mountain biking, rock climbing, skateboarding plus more. Activities may change day to day. Priority given to TH residents and children on Free School Meals.

Book via: [Urban Adventure Summer Booking](#) Contact:
daniel.murray@towerhamlets.gov.uk / 07508 641 110

Activity Title: Urban Adventure Summer (8-16)

Location: Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT

When: Every Monday, Tuesday and Thursday (25th July - 25th August 2022)

Times: 10.00am-3.00 pm

Age: 8–16-year-olds

FREE Adventure Sports Day - range of activities including canoeing, mountain biking, rock climbing, skateboarding plus more. Activities may change day to day. Priority given to TH residents and children on Free School Meals.

Book via: [Urban Adventure Summer Booking](#) Contact:
daniel.murray@towerhamlets.gov.uk / 07508 641 110

Activity Title: Summer Cycling for Women 16yrs+

FREE Summer Female Cycling sessions with Tower Hamlets Cycling Club delivering 6 weeks programme catering for female borough residents confident cyclists touring Tower Hamlets, Bikes and Safety equipment are provided.

Dates: Sunday's - (28 & 31 July) & (7, 14, 21 & 28 August)

Times: 9.30-11.30am

Meeting: Mile End Park Leisure Centre & Mile End Stadium, 190 Burdett Road E3 4HL

Spaces are limited please book early to avoid disappointment

To Register click on link and complete booking form

<https://forms.office.com/r/iAAJytvJCi>

Activity Title: Newark Summer Girls Multi Sports Programme for girls Ages 8-18yrs

FREE Multi Sports Activities organised by Newark Youth London

Dates: Tues 2 to Sat, 27 August 22

Times: Various times from 10am-6pm

Address: Newark Youth London, Whitechapel Centre, Myrdle St, London E1 1HL

To Register or Information contact: Newark Youth London info@newark.org.uk
or Manik Miah Manik.Miah@newark.org.uk

Activity Title: Summer Cycling Week 5-11yrs

FREE Children Ages 5-11yrs - Gaining Confidence & Beginners Cycling Week.
In partnership Tower Hamlets Cycling Club delivering 5 day programme catering for Boys and Girls borough residents at Mile End Stadium.
Bikes and Safety equipment are provided.

Dates: Monday to Friday 1-5 August '22

Times: Gaining Confidence (10.00 - 12noon) & Beginners (1.00 - 3.00pm)

Venue: Mile End Park Leisure Centre & Mile End Stadium, 190 Burdett Road E3 4HL

Spaces are limited please book early to avoid disappointment

To Register click on link and complete booking form

<https://forms.office.com/r/NnLQvyQYLX>

Activity Title: Summer Self Defence/Boxercise Sessions Female 14yrs+

Come and join our **FREE** summer wellbeing programme In partnership with Poplar Harca.

Three-week programme catering for female borough residents of all abilities, Each activity 1.5 hrs 2 days a week (Wednesdays and Saturdays) at Bromley Community Hub lead by qualified female black belt instructor.

Dates & Times: August - (Wed 3,10,17) 2-3.30pm & (Sat 6,13,20) 1.30-3.00pm

Venue: Bromley Community Hub Jefferson Plaza E3 3QE

Spaces are limited please book early to avoid disappointment

To Register click on link and complete booking form

<https://forms.office.com/r/QeR1EKMipc>

Activity Title: HAF Summer Girls Sports Camp 2022 FREE Female 11yrs+

Come have fun! Learn new skills, play sports & games, socialise, and make friends.....

Volleyball, Dodgeball, Basketball, Self Defence, Boxercise, Obstacle Relays, Rounder's.

Fun Friday at Urban Adventure Base (Cycling, Climbing and Canoeing plus.....

Activities may change day to day.

Coached by fully qualified female staff in a Female only environment!

Dates & Times: Monday 15th to Friday 19th August '22 Time:10am-3pm

Venue/s: Central Foundation Girls School – Sports hall, 25-33 Bow Road E3 2AE & Fri 19th @ Urban Adventure Base, 150 Burdett Road E3 4JT

*Book early to avoid disappointment as Limited spaces are available.

Priority given to TH residents and children on Free School Meals as Lunch will be provided.

To book a place please click on link to Register

<https://forms.office.com/r/Ay2Ruc2D4n>.

Activity Title: HAF Summer Girls Football Camp 2022 FREE Girls Year 5-7 & Year 8+

Come have fun! Learn new skills, play Football with Limehouse Laces Football Club. Coached by fully qualified Female Football coaches

Dates & Times: Monday 15th to Friday 19th August '22 Time: 10am-3pm

Ages: Year 5-7 10.00-12noon

12yrs+ 1.00-3.00pm

Venue: Central Foundation Girls School Football Pitch

25-33 Bow Road E3 2AE & Fri 19th @ Urban Adventure Base, 150 Burdett Road E3 4JT

*Book early to avoid disappointment as Limited spaces are available.

Priority given to TH residents and children on Free School Meals as Lunch will be provided.

To book a place please click on link to Register

<https://forms.office.com/r/jQpeqUgCu4>.

Activity Title: HAF Summer U19's Basketball Camp 2022

FREE Summer U19's Boys and Girls 7-18yrs Basketball – Two Weeks Programme
Learn to improve your skills, build confidence, socialise, make friends become a team player and play ball over the summer break!

Delivered by TH Trojans Basketball Club - Fully qualified coaches.

Date: 8 - 18 August 2022

Venue: Whitechapel Leisure Centre, 55 Durward Street, London E1 5BA

Sessions: (Mon: 8 & 15), (Tues: 9 & 16), (Wed: 10 & 17), (Thurs: 11 & 18)

Times: U13's 10-12pm & U19's 12.30-2.30pm

*Book early to avoid disappointment as limited spaces are available.

Priority given to TH residents and children on Free School Meals as Lunch would be provided.

To book a place please click on link to Register

<https://forms.office.com/r/ZJh1AErZEK> .

Activity Title: Summer BBG 3x3 Basketball Festival 2022

Launching Newly Refurbished Bethnal Green Gardens Basketball Courts

Free 3x3 Basketball Tournament: (U13's Mixed), U19's and Women 14yrs+

Dates: 30 August - Master Class: Learn how to play 3x3: All

31 August – 3x3 Tournament: All

Times: 10am onwards

Venue: Bethnal Green Gardens, 10 Witan Street, E2 6FG

For more details and how to Register contact

Pauline.stewart@towerhamlets.gov.uk