Welcome to a summer of fabulous free fun events for children, young people and adults to enjoy.

Tower Hamlets Council has worked hard to put together a varied programme of events which appeals to all ages from fishing taster days to baking, BMX biking to canoeing.

Bring the family along and make the most of the summer sun by visiting our amazing award-winning green spaces. Tower Hamlets boasts some exceptional parks and open spaces with ten parks which have Green Flag status. If you want to get in shape for the summer why not check out one of our excellent leisure centres including the latest state-of-the-art addition Poplar Baths which was unveiled last summer.

Poplar Baths is housed in a grade II listed building and offers a gym, keep fit classes, sports hall and swimming pool. We will be celebrating Poplar Baths’ first anniversary with an open day on 27 June. This will include free drop in sports sessions and group exercise classes plus prize give-aways.

Our excellent leisure facilities cater for all interests and abilities from beginners to future champions. Together with GLL, we continue to work hard to ensure you achieve your personal fitness goals and challenges.

A variety of sessions and support is available, whether you’re looking to learn a new sport or skill or want to simply improve your health and fitness. We offer women only sessions, our award winning Young @ Heart scheme provides sports and activities for over 50s and specific activities for young people like the Duke of Edinburgh’s Award.

So take a look and see what takes your fancy.

John Biggs
Mayor of Tower Hamlets
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**YOUTH CENTRES**

Come along and see what’s happening at your local Youth Centre Ages 12–19 26
SUMMER IN THE PARK

Saturday 20 May | 12noon–2pm | Ages 13+

Queen Victoria’s Park for the People: A History
To mark Victoria Day 2017, join local author and cultural commentator Travis Elborough for an in-depth talk about Queen Victoria and her gift to the population of London, Victoria Park – the first park to be built in London specifically for the people.
Spaces are limited – for more information or to book a place please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk
Location: Victoria Park – Hub Building, East Park

Tuesday 30 May | 11am–3pm | Ages 8–16

Fishing Taster Day
For all you budding anglers out there. Come and join the Community Park Rangers to see what fish you can catch in our East Lake. You’ll be hooked! Coaching sessions will be available throughout the day.
Spaces are limited – for more information or to book a place please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk
Location: Victoria Park – East Lake, East Park

Wednesday 31 May | 12noon–3pm | Ages 5–16

Victorian Games
To commemorate Victoria Day 2017, join our Community Park Rangers for some traditional Victorian children’s games. Work up an appetite playing tiddlywinks, hopscotch and oranges and lemons before enjoying a traditional Victorian afternoon tea on the grass.
Spaces are limited – for more information or to book a place please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk
Location: Victoria Park – Hub Building, East Park
**Wednesday 31 May | 12noon–3pm | Parent and child**

**Window Box Workshop**
Bring your family along for a day of window box making. Make your very own floral, herbal or red fruit (tomato or strawberry) box. A lovely afternoon of do-it-yourself family fun.

Spaces are limited – to book a place please call 020 7364 5229 or email mileendpark@towerhamlets.gov.uk

**Location:** Mile End Children’s Park, Locksley Street E14 7EJ

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**Thursday 1 June | 12noon–3pm | Ages 9–16**

**Canoeing**
Try out canoeing on our model boating lake with professional coaching sessions available throughout the day.

Spaces are limited – for more information or to book a place please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk

**Location:** Victoria Park – Model Boating Lake, East Park

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**Friday 2 June | 12noon–3pm | Ages 3–13**

**Water Games Festival**
To celebrate our Pools Playground reopening for summer, join us for an afternoon of water-filled fun and games. It’s sure to be a splash hit! For more information please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk

**Location:** Victoria Park – Pools Playground, East Park

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**Saturday 3 June | 10am–12.30pm | Ages 7–15**

**Junior Wildlife Club: Waterside Bingo**
Join the Community Park Rangers to explore the waterside. Try your hand at pond dipping to learn about the inhabitants of our East Lake and then play our interactive Waterside Bingo to win prizes!

Spaces are limited – for more information or to book a place please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk

**Location:** Victoria Park – East Lake, East Park
Wednesday 14 June | 12.30pm-3.30pm | Ages 50+

**British Flower Tea Dance**
To commemorate British Flower Week, join our Community Park Rangers for our over 50s summer tea dance with live music, food and refreshments and a stunning array of British flower table decorations.
Spaces are limited – for more information or to book a place please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk
Location: Victoria Park – Hub Building, East Park

Sunday 18 June | 1pm – 5pm | All ages welcome

**The Great Get Together Picnic**
We invite you to get together and join us for a picnic to celebrate all we hold in common. Inspired by Jo Cox (1974 – 2016), this nationwide event aims to celebrate all that unites us as communities. Listen to live music on our bandstand provided by East London Arts & Music (ELAM) and join in with our very special Father’s Day mini Olympics.
With a variety of different activities happening throughout the afternoon, join us in what is sure to be the biggest community party since the Jubilee. For more information please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk
Location: Victoria Park – The Bandstand, East Park

Saturday 1 July | 10am – 12.30pm | Ages 13+

**Bird Barmy Army**
Bring your friends and family along to discover what feathered friends are living in Vicky Park. For more information please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk
Location: Victoria Park – Victoria & Alexandra Building, West Park
Eid-al-Fitr Celebrations
To mark the end of Ramadan, the Islamic holy month of fasting, join our Community Park Rangers for a fun-filled celebration with a variety of live entertainment, halal food and cultural activities throughout the day. For more information please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk

**Location:** Victoria Park – Victoria & Alexandra Building, West Park

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Park Life: Community Fair and Dog Show
Organised by the Friends of Mile End Park, this is a great day out for all the family. Attractions include fair rides, craft workshops, children’s activities, displays, information stalls and, of course, a fun dog show! Most activities are free.

**Location:** Mile End Park, Event Field, Haverfield Road, E3

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Bowls Taster Day
Come along, try your hand at a game of bowls and potentially become a member of the Victoria Park Bowls Club. Coaching sessions, live music and bar available throughout the afternoon. For more information please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk

**Location:** Victoria Park – Bowling Green, East Park

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Memoryscape History Walk
Come and join the Community Park Rangers on a recorded audio trail around the park.

Spaces are limited – for more information or to book a place please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk

**Location:** Victoria Park – Pavilion Café, West Park
**Wednesday 26 July | 11am–4pm | All ages welcome**

**Millwall Park Summer Fun Day**

Have fun and be healthy! Come and join us for a day of exciting activities in the park. Games, donkey rides, arts and crafts, Punch and Judy, children’s rides, sports, trampolining and much, much more. Fun for the whole family!

For more information please call 020 7364 5229 or email mileendpark@towerhamlets.gov.uk

**Location:** Millwall Park, East Ferry Road, E14 3AY

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**Wednesday 2 August | 12noon–3pm | Ages 0–11**

**Water Festival**

Come and join the parks team for a Water Festival. Be prepared to get wet and bring a change of clothes. Some water guns will be provided but you can bring your own. For more information please call 020 7364 5229 or email mileendpark@towerhamlets.gov.uk

**Location:** Mile End Park Play Pavilion, Locksley Street, E14 7EJ

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**Saturday 5 August | 11am–4pm | All ages welcome**

**Victoria Park Day – A Great Day Out**

A Victoria Park institution and our flagship event! Truly a great day out for all the family to enjoy. A fun-filled festival with many games and activities happening throughout the day. For more information please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk

**Location:** Victoria Park Bandstand area, East Park

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**Monday 7 August | 12noon–3pm | Parent and child**

**Baking Session**

Come along and bake some biscuits with us. Add some decoration and then you can either take them home or enjoy your park made biscuits in the sun. Book your little baker for in for a 30 minute session. Four sessions with 6–8 children per session. Booking is essential.

Spaces are limited – to book a place please call 020 7364 5229 or email mileendpark@towerhamlets.gov.uk

**Location:** Mile End Park Play Pavilion, Locksley Street, E14 7EJ
Wednesday 9 August | 12noon – 3pm | All ages welcome

**Cardboard City**
Come and help build Mile End Park’s very own Cardboard City. You provide the imagination and we’ll provide the materials. Make your own den, house or castle – or any other building you like.
For more information please call 020 7364 5229 or email mileendpark@towerhamlets.gov.uk
Location: Mile End Park Play Pavilion, Locksley Street, E14 7EJ

Friday 11 August | 12noon – 3pm | All ages welcome

**Ecology Workshop**
Come along and join the Community Park Rangers in a range of ecology based activities such as pond dipping, sweep netting and bug hunts.
Spaces are limited – to book a place please call 020 7364 5229 or email mileendpark@towerhamlets.gov.uk
Location: Mile End Ecology Pavilion, Grove Road E3 5RP

Saturday 12 August | 10.30am – 12.30pm | Ages 5 – 13

**Junior Wildlife Club – Children’s Tree Trail**
Join the Community Park Rangers on a special tree trail just for children! Learn about trees as you follow the map. Under 12s must be accompanied by an adult.
No need to book. For more information please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk
Location: Victoria Park. Hub Building, East Park

Monday 14 August | 12noon – 3pm | All ages welcome

**Bird Feeders and Boxes**
Come along and build your very own bird box or bird feeder to take home and hang in your garden or balcony. We’ll provide the materials.
For more information or to book a place please call 020 7364 5229 or email mileendpark@towerhamlets.gov.uk
Location: Mile End Park Play Pavilion, Locksley Street, E14 7EJ
**Wednesday 16 August | 11am–4pm | All ages welcome**

**A Day by the Seaside**

Bringing the seaside to the city! Attractions on the day will include donkey rides, arts and crafts, Punch and Judy, children’s rides, sports, sand and water play, face painting, helter skelter, trampolining and much, much more. For more information please call 020 7364 5229 or email mileendpark@towerhamlets.gov.uk

**Location:** Mile End Park, Burdett Road, E3

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**Thursday 17 August | 12noon–3pm | All ages welcome**

**Art Workshop**

Join us for a creative afternoon of arts and crafts in an open ‘drop in’ session with 10–12 children at a time. We’ll keep it rotating so everyone gets a turn. Get cutting, get sticking, get painting, and then glitter it all up! Spaces are limited – for more information or to book a place please call 020 7364 5229 or email mileendpark@towerhamlets.gov.uk

**Location:** Mile End Arts Pavilion, Grove Road, E3 4QY

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**Monday 21 August | 12noon–3pm | Parent and child**

**Pizza Making Workshop**

Join us for an afternoon of pizza making. Book your little cook in for a 30 minute session where our chefs will be getting messy rolling out dough, decorating and cooking some delicious little pizzas. Four sessions with 6–8 children per session.

Spaces are limited – to book a place please call 020 7364 5229 or email mileendpark@towerhamlets.gov.uk

**Location:** Mile End Park Playground, Locksley Street, E14 7EJ

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**Friday 24 August | 12noon–3pm | All ages welcome**

**Ecology Workshop**

Come along and join the Community Park Rangers in a range of ecology based activities such as pond dipping, sweep netting and bug hunts.

Spaces are limited – to book a place please call 020 7364 5229 or email mileendpark@towerhamlets.gov.uk

**Location:** Mile End Ecology Pavilion, Grove Road, E3 5RP
**Wednesday 30 August | 11am–3pm | All ages welcome**

**Sports and Healthy Living Day**
Get out in the fresh air and participate in a wide range of fun-filled activities to promote a healthy lifestyle. For more information please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk

**Location:** Victoria Park – Opera Field, West Park

**Wednesday 6 September | 12noon–3pm | Parent and child**

**Teddy Bears’ Picnic**
An event especially for our younger park users. Bring your favourite teddy and a picnic and enjoy storytelling, fun games and interactive music.

Spaces are limited – for more information or to book a place please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk

**Location:** Victoria Park Hub Building, East Park

**Saturday 16 September | 10am–12.30pm | Ages 13+**

**Bird Barmy Army**
Bring your friends and family along to discover what feathered friends are living in Vicky Park. For more information please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk

**Location:** Victoria Park. Victoria & Alexandra Building, West Park

**Sunday 17 September | 10.30am–12.30pm | Ages 15+**

**Memoryscape History Walk**
Come and join the Community Park Rangers on a recorded audio trail around the park.

Spaces are limited – for more information or to book a place please call 020 7364 7968 or email victoriapark@towerhamlets.gov.uk

**Location:** Victoria Park – Pavilion Café, West Park
**GET OUT & GET ACTIVE**

**All Year, Monday–Saturday | 10am–5pm | All ages welcome**

**Play Ball**

In partnership with Basketball England, LBTH Sport & Physical Activity are running a free basketball hire scheme from Bethnal Green Library. Borrow a ball and play for free in Bethnal Green Gardens. Go to www.ideastore.co.uk to check the library opening times.

**Location:** Bethnal Green Gardens

**Tuesday 30 May–Friday 2 June | 10.45am–3.15pm | Ages 5–18**

**BMX Track Sessions**

One hour sessions at Mile End BMX Track. All sessions are for confident cyclists only. Bikes and safety equipment provided.

Spaces are limited – for more information or to book a place call 020 7364 2433 or email Pauline.Stewart@towerhamlets.gov.uk

**Session 1** 5–7 Registration 10.45am  
**Session 2** 8–10 Registration 12.30pm  
**Session 3** 11+ Registration 2pm  

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

**Tuesday 30 May, Wednesday 31 May**

**1pm–3pm | Ages 10–13**  
**4pm–6pm | Ages 14–19**

**Mountain Biking Taster Sessions**

Taster sessions for 10–19 year olds mountain biking in Mile End Park and Victoria Park. Maximum 14 spaces.

For more information or to book a place call 020 7364 2433 or email Pauline.Stewart@towerhamlets.gov.uk

**Location:** Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Tuesday 30 May, Wednesday 31 May and Friday 2 June

2pm – 5pm | Ages 8 – 19

Canoe and Kayak Course
Accredited canoeing and kayaking course Tuesday, Wednesday and Friday. Maximum 12 spaces. For more information or to book a place call 020 7364 2433 or email Pauline.Stewart@towerhamlets.gov.uk

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

Friday 2 June | 11am – 6pm | Ages 8 – 19

Paddle Power journey – East London Loop

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

Friday 2 June | Ages 13+

Session 1 1pm – 3pm
Session 2 4pm – 6pm

British Cycling Breeze Rides
Women’s only free bike rides, all abilities welcome. For more information or to book a place call 020 7364 2433 or email Pauline.Stewart@towerhamlets.gov.uk

Location: Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
**Sunday 30 July – Thursday 3 August | All day | Ages 16–24**

**Outdoor Education – Duke of Edinburgh’s Award Open Gold Expedition**

Complete your Gold practice or qualifying expedition. For more information call 020 7364 0864 or email Daniel.Murray@towerhamlets.gov.uk

**Location:** Yorkshire Dales National Park

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**Monday 31 July – Friday 4 August | 10am–2pm | Ages 8–16**

**Monday 7 August – Friday 11 August | 10am–2pm | Ages 8–16**

**Try Athletics**

Athletics coaching programme. Learn all the disciplines of athletics: sprints, endurance running, throws, and jumps. Delivered in partnership with Victoria Park Harriers and Tower Hamlets Athletics Club. Monday to Friday, each Friday will be competition day. No need to pre-book just turn up and register.

For more information email Shenneth.Brereton@towerhamlets.gov.uk

**Location:** Mile End Stadium, Rhodeswell Road, E3 4RR

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**Tuesday 1 August – Thursday 3 August | 10am–4pm | Ages 8–12**

**Adventure and Sport Taster Days**

Multi-activity taster days with at least two adventurous activities per day. Bring a packed lunch. A change of clothes is required for canoeing session.

**Tuesday 1 August**  Climbing, cycling or skateboarding
**Wednesday 2 August**  Archery and canoeing
**Thursday 3 August**  Climbing, cycling or skateboarding

Spaces are limited – for more information or to book a place email Shenneth.Brereton@towerhamlets.gov.uk

**Location:** Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
**Friday 4 August | 9am–5pm | Ages 11–19**

**Off-site Canoeing and SUP**
Day trip to Herts Young Mariners Base to canoe, kayak and stand up paddleboard (SUP). Minibus from Urban Adventure Base. Packed lunch and change of clothes required.

Spaces are limited – for more information or to book a place email urban.adventurebase@towerhamlets.gov.uk

**Location:** Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Herts Young Mariners Base, Cheshunt, Hertfordshire EN8 9AJ

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**Friday 4 August | 9am–5pm | Ages 11–19**

**Off-site Rock Climbing**
Day trip to Harrisons Rocks to climb and play outdoors on ancient sandstone. Minibus to and from Urban Adventure Base. Packed lunch and change of clothes required.

Spaces are limited – for more information or to book a place email urban.adventurebase@towerhamlets.gov.uk

**Location:** Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Harrisons Rocks, East Sussex

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**Friday 4 August | 5pm–8pm**

**Ages 10–19**

**Outdoor Education – Adventure Club**
Open Access session offering food, fun and activity. No need to book.

For more information call 020 7364 0864 or email urban.adventurebase@towerhamlets.gov.uk

**Location:** Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Monday 7 August – Friday 11 August | 10am–4pm | Ages 11–19

Adventurous Activity Course

Five day accredited and adventurous course. Young people can work towards and complete BCU Paddle Power Certificate, NICAS Level 1 Climbing Award and more. Bring a packed lunch every day and a change of clothes for canoeing.

For more information or to book a place call 020 7364 2437 or email Shenneth.Brereton@towerhamlets.gov.uk

Day 1: Monday 7 August | 10am–4pm

Canoeing and climbing at Urban Adventure Base.

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

Day 2: Tuesday 8 August | 10am–4pm

Canoeing from Urban Adventure Base or climbing at Limehouse Youth Centre.

Location: Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Limehouse Youth Centre, Limehouse Causeway, E14 8BN

Day 3: Wednesday 9 August | 10am–4pm

Canoeing from Urban Adventure Base or climbing at Limehouse Youth Centre.

Location: Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Limehouse Youth Centre, Limehouse Causeway, E14 8BN
Day 4: Thursday 10 August | 10am–4pm

Introduction to mountain biking and off road riding. This will include a journey that will be appropriate to riders’ skills and abilities.

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

Day 5: Friday 11 August | 9am–5pm

Off-site Canoeing and SUP

The final day of the accredited and adventurous course is a day trip to Herts Young Mariners Base to canoe, kayak and stand up paddleboard (SUP). Minibus from Urban Adventure Base. Packed lunch and change of clothes required.

For more information or to book a place email Shenneth.Brereton@towerhamlets.gov.uk

Location: Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Herts Young Mariners Base, Cheshunt, Hertfordshire EN8 9AJ

Day 5: Friday 11 August | 9am–5pm

Off-site Rock Climbing

The final day of the accredited and adventurous course is a day trip to Harrisons Rocks to climb and play outdoors on ancient sandstone. Minibus from Urban Adventure Base. Packed lunch and change of clothes required.

For more information or to book a place email Shenneth.Brereton@towerhamlets.gov.uk

Location: Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Harrisons Rocks, East Sussex

Friday 11 August | 5pm–8pm | Ages 11–19

Outdoor Education – Adventure Club

Open Access session offering food, fun and activity.
No need to book. For more information call 020 7364 0925 or email urban.adventurebase@towerhamlets.gov.uk

Location: Urban Adventure Base, 150 Burdett Road, Mile End Park, E3 4JT
Monday 31 July – Friday 25 August | Various times | Ages 8–16

**Estate and Street Based Soccer Camps**

Two soccer schools will be delivered in partnership with local clubs on housing estates. As part of a summer programme a qualified Level 2 coach will provide four hours of training each week of the summer holidays for young people aged 8–16. Various times and locations. For more information or to book a place call 020 7364 2681 or email Derek.Bennett@towerhamlets.gov.uk

**Location:** Acorn Youth FC  
Malmesbury Road, junction of Alfred Street, E3 2BA  
Shadwell Youth Organisation  
Shadwell Gardens Estate Pitch, Shadwell Gardens, E1 2QJ

Tuesday 1, 8, 15 and 22 August | 10am–3pm | Ages 11–19

**Girls Summer Multi-sports Camp**

Come along and join in or try a new sport: badminton, basketball, handball, football, uni-hoc, volleyball, rounders plus much more fun and games. For more information or to book a place call 020 7364 2433 or email Pauline.Stewart@towerhamlets.gov.uk

**Location:** Haileybury Youth Centre, Ben Jonson Road, Stepney E1 3NN
Wednesday 23 August | 11am–4pm | All ages welcome

**Sporting Carnival**

Come along and get active for a healthier lifestyle. Taster sessions including athletics, football, tennis volleyball, cycling, new age curling, trampoline, climbing wall, giant outdoor games, giant inflatables, arts and crafts and much more! Free for all ages.

No need to book. For more information call 020 7364 2681 or email Derek.Bennett@towerhamlets.gov.uk

**Location:** Stepney Green Park

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Wednesday 30 August | 11am–3pm | Ages 11+

**Women and Girls Olympic Ride/ Sports and Healthy Living Day**

Female only bike tour of local area and the Queen Elizabeth Olympic Park for confident cyclist only. There is a minimum height requirement of 1.37m (4’ 6’’) for riders, bikes and safety equipment will be provided.

Spaces are limited – for more information or to book a place call 020 7364 2433 or email Pauline.Stewart@towerhamlets.gov.uk

**Location:** Victoria Park – Opera Field, West Park
Better, in partnership with the London Borough of Tower Hamlets, continues to support swimming for residents. Take advantage of a host of swimming opportunities at your local pool with the offers listed below, available to Better leisure centre members. If you are not a member, simply find your local leisure centre and sign up online, or just come into the centre and we’ll do the rest.

**Free Swim Friday**
All Tower Hamlets residents can swim for free at the borough’s pools on Fridays from 9am until close**. Available to all prepaid and Pay & Play Better members.

**Free Swim Saturday for Families**
Enjoy a free swim with the whole family from 12noon until closing time** during public sessions. Available to families resident in Tower Hamlets.

**Kids for a Quid**
This great value ‘Kids for a Quid’ special offer runs from Monday to Saturday. You can get fit, pick up skills, meet friends or just have fun – you’ll still be quids-in!

**Free Swimming for Better Swim School Students**
We want you to improve your swimming as quickly as possible, so if you are on Better Swim School you can come and test your new skills for free during all public swim times.

**Free Swimming for Under 16s**
Tower Hamlets continues to make swimming accessible for under 16s from Monday to Saturday before 10am (school holidays) and on Saturdays before 10am (term time) all during public swim sessions.

**Women and Girls Swimming Programme**
Tower Hamlets’ women and girls are encouraged to swim with more than 15 single-sex swimming sessions taking place every week for only £1.25 per session.

**Swimming for Over 60s**
Residents aged 60 and above can swim for only £1 during all off peak public sessions.

**Closure of public swim time, which varies per centre.**
Saturday 3 June | 10am–2pm | Family event

Junior and Family Fun Day
Celebrating all things sporty at John Orwell. Come down and enjoy sports including football, gymnastics, bouncy castle and trampolining. We will be running fitness tests and competitions on the day too!

For more information or to book a place call 020 7488 9421 or email iamtowerhamlets@gll.org

Location: John Orwell Sports Centre, Tench Street, Wapping E1W 2QD

Thursday 27 June | 11am–3pm | All ages welcome

Poplar Baths – One Year Anniversary
An open day to celebrate a year of opening. This will include free drop in sports, group exercise classes and prize give-aways.

For more information or to book a place call 020 3795 0599 or email iamtowerhamlets@gll.org

Location: Poplar Baths, East India Dock Road, E14 0ED

Monday 31 July to Sunday 3 September | Various | All ages

Summer of Fun in Tower Hamlets Pools
Come and join us for a summer of fun in and out of the pool. Activities include Tour de Tower Hamlets Pools, intensive swimming lessons, aqua splash and much more.

For more information please contact the centre directly, email danielle.decruez@gll.org or visit www.better.org.uk/towerhamlets

Location: Mile End Park Leisure Centre and Stadium
190 Burdett Road, E3 4HL  T: 020 8709 4420

Poplar Baths
170 East India Dock Road, E14 0ED  T: 020 3795 0599

Tiller Leisure Centre
Tiller Road, Docklands E14 8PX  T: 020 7987 5211

York Hall Leisure Centre
5 Old Ford Road, E2 9PJ  T: 020 8980 2243
Monday 31 July – Friday 1 September every weekday | Ages 5+

**Mile End Holiday Club**

Come and join us for a range of fun activities including swimming, football, trampolining, arts and crafts, games, weekly themed days and much, much more. No need to book.

For more information call 020 8709 4420 or email nick.clook@gll.org

**Location:** Mile End Park Leisure Centre and Stadium  
190 Burdett Road, E3 4HL

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Wednesday 2 August | 12noon – 3pm | Ages 50+

**50+ Barn Dance**

Scoot and boot over to York Hall for this summer’s barn dance. Line dancing is essential, cowboy hat optional!

For more information or to book a place call 020 8980 2243 or email jeannette.spenner@gll.org

**Location:** York Hall Leisure Centre  
5 Old Ford Road, E2 9PJ

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Sunday 6 August | 10am – 2pm | Family event

**Family Open Day at John Orwell**

Celebrating all things sporty at John Orwell. Come down and enjoy sports including football, gymnastics and trampolining – there’s also a bouncy castle. We will be running fitness tests and competitions on the day too!

No need to book. For more information please call 020 7488 9421 or email contact@johnorwell@gll.org

**Location:** John Orwell Sports Centre  
Tench Street, Wapping E1W 2QD

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Thursday 10 August | 12noon – 3pm | All ages welcome

**Whitechapel Sports Day**

An open day for all the family at Whitechapel Sports Centre. Including trampolining, badminton, group exercise and fitness tests. No need to book just turn up at the centre.

**Location:** Whitechapel Sports Centre  
55 Durward Street, E1 5BA
CONTACT DETAILS

Parks and Open Spaces
Victoria Park
Dave Hime
T: 020 7364 7968  E: victoriapark@towerhamlets.gov.uk

Mile End Park
Paul Sammut
T: 020 7364 5229  E: mileendpark@towerhamlets.gov.uk

Outdoor Education and Sporting Development
Derek Bennett
T: 020 7364 2681  E: Derek.Bennett@towerhamlets.gov.uk

Pauline Stewart
T: 020 7364 2433  E: Pauline.Stewart@towerhamlets.gov.uk

Shenneth Brereton
T: 020 7364 2437  E: Shenneth.Brereton@towerhamlets.gov.uk

Urban Adventure Base
Daniel Murray
T: 020 7364 0864  E: urban.adventurebase@towerhamlets.gov.uk

Pools and Leisure Centres
John Orwell Sports Centre
Tench Street, Wapping E1W 2QD
T: 020 7488 9421

Mile End Park Leisure Centre and Stadium
190 Burdett Road, E3 4HL
T: 020 8709 4420

Poplar Baths
170 East India Dock Road, E14 0ED
T: 020 3795 0599

Tiller Leisure Centre
Tiller Road, Docklands E14 8PX
T: 020 7987 5211

Whitechapel Sports Centre
55 Durward Street, E1 5BA
T: 020 7247 7538

York Hall Leisure Centre
5 Old Ford Road, E2 9PJ
T: 020 8980 2243
Our youth centres provide a safe and welcoming space for young people to relax after school and at the weekends. Our after school, evening and weekend programmes offer young people a chance to improve a skill, try a new activity or explore beyond the borough’s boundaries.

In partnership with youth and community organisations, the council has sixteen venues offering action-packed services and activities, including day trips, residential visits, Duke of Edinburgh’s Awards, ‘A’ Team Arts taster sessions, careers advice and guidance sessions from experienced professionals.

All our venues offer indoor games and activities and many have outdoor spaces and sporting activities as well as opportunities to volunteer and gain additional qualifications. There is an extensive timetable of games, sport, cookery and opportunities to just chill out as well as a Healthy Youth Centre programme with hubs offering healthy eating and sessions on relationships and sexual health. All activities are free and for young people aged 12–19.

**NORTH WEST**

Columbia Road Youth Centre  
27 Columbia Road, E2 7QB  T: 020 7364 6387  
Collingwood Centre  
Collingwood Street, E1 5RT  T: 020 7364 4937  
Osmani Centre  
58 Underwood Road, E1 5AW  T: 020 7247 8080  
Newark Youth London  
Exmouth Community Hall, Cornwood Drive, E1 0PW  T: 020 7247 8080

**SOUTH WEST**

Haileybury Youth Centre  
2 Ben Jonson Road, E1 3FQ  T: 020 7364 6113  
Wapping Youth Centre  
Tench Street, E1W 2QD  T: 020 7364 6224  
Society Links  
80 John Fisher Street, E1 8JX  T: 020 7702 0901
**NORTH EAST**

Eastside Youth Centre  
6 Parnell Road, E3 2RB  T: 020 7364 7395  

Linc Centre  
70 Fern Street, E3 3PR  T: 020 7364 7961  

Poplar Harca – Bromley North  
60 William Guy Gardens, E3 3LF  T: 020 3011 1333  

Poplar Harca – Mile End  
St Pauls Way Centre, 83 St Pauls Way, E3 4AJ  T: 020 3011 1333  

Ocean Youth Connexions  
Caxton Hall, Malmesbury Road, E3 2EE  T: 07960 259 259

**SOUTH EAST**

St Andrews Wharf  
Mast House Terrace, Britannia Road, E14 3RW  T: 07957 441 936  

Limehouse Youth Centre  
Limehouse Causeway, E14 8BN  T: 020 7364 7270  

Poplar Harca – Spotlight  
30 Hay Currie Street, E14 6GB  T: 020 3011 1333  
Aberfeldy Neighbourhood Centre, Aberfeldy Street, E14 0NU  
T: 020 3011 1333  

Poplar Harca – Poplar  
The Workhouse, 116 Poplar High Street, E14 0AF  T: 020 3011 1333