



Coming to a park near you!

People Need Parks is an exciting new programme coming a park close to you.

Activities include dance, martial arts, walking football, cycling and much more.

These sessions will be offered **free** to all residents in Haringey, with an aim of encouraging people who are less active, over 50s, girls and women, people with disabilities and BAME communities to get involved.

We hope you will find something for you to enjoy, plus help you and your family to become more active, meet new friends and enjoy our wonderful parks.

Some activities will require booking so please check the website (see link below) for details beforehand!

<https://www.haringey.gov.uk/people-need-parks>

or

for more details contact:

get.active@haringey.gov.uk

Brunswick Park	Activity	Time	Group
Sunday's	Walking Football	12 – 1pm	50+
	Walking Basketball	1pm – 2pm	50+
	Outdoor gym	1pm – 2pm	All
	Stretch	2pm – 3pm	All
	Reggaetivity	3pm – 4pm	All

Belmont Rec	Activity	Time	Group
Tuesday's	Athletics	4pm – 5pm	Children
	Yoga	2pm – 3pm 4pm – 5pm	All
	Hula Hoops	5pm – 6pm	All

Bruce Castle	Activity	Time	Group
Saturday	Street Dance	2pm - 3pm	All
	Martial Arts	3pm – 4pm	Girls & women
Sunday	Tennis	11 – 12pm	Families
Monday	Circuit training	4pm – 5pm	12yr to 25yr
Wednesday	Boxing	4pm – 5pm	12yr to 25yr
Thursday	Basketball	4pm – 5pm	12yr to 25yr

Chestnuts Park	Activity	Time	Group
Tuesday's	Outdoor Gym	1pm - 2pm	50+
	Boxing	2pm -3pm	Families
	Reggaetivity	3pm - 4pm	50+
	Cardio Tennis	1:30 - 2:30pm	All

Down Lane	Activity	Time	Group
Wednesday's	Outdoor Gym	4 - 4:45pm	Girls & Women
	Dance	5pm – 6pm	""
	Pure Stretch	6pm - 7pm	""
	Tennis	5pm - 6pm	""
	Self Defence	6pm - 7pm	""
	Arts & Crafts	4pm - 6pm	Families
	Multisport	4pm - 5.30pm 6pm - 7.30pm	Children
	Walking Football	7pm - 8pm	Girls & Women
	Gardening	5pm - 7pm	Families

Downhills Park	Activity	Time	Group
Saturday's	Outdoor Gym	11am - 12pm	50+
	Fitness	12pm - 1pm	50+
	Boxing	2pm - 3pm	Girls & Women
	Tennis	3pm - 4pm	Families

Fairlands Park	Activity	Time	Group
Saturday's	Tai Chi	1pm – 2pm	50+
	Reggaetivity	2pm – 3pm	50+

Finsbury Park	Activity	Time	Group
Tuesday's	Bush Craft	10:30 – 12:30	Women
	Walking Netball	10am – 11am	Women
	Walking Active	11:30 – 12:30	50+
Friday's	Multisport	11am – 2pm	PWD
	Walks for Women	1pm – 2pm	Women
	Cycling	10am – 1pm	PWD
	Multisport	11am – 2pm	PWD
	Street Table Tennis	6pm – 8pm	18+

Hartington Park	Activity	Time	Group
Sunday's	Walking Football	1pm - 2pm	50+
	Walking Basketball	2pm - 3pm	50+
	Cycling	1pm - 3pm	Families
	Martial Arts	3pm - 4pm	Girls & Women

Lordship Rec	Activity	Time	Group
Thursday's	Outdoor Gym	12 - 1pm	50+
	Fitness	1:15pm - 2pm	50+
	Brak Thru	1pm - 3pm	PWD
	Wheely tots	1pm - 3pm	Families
	Street Dance	4pm - 5pm	G&W
	Walk on Wildside	2pm - 3pm	50+
	Roller Disco	4pm - 6pm	All
	Street TT	6pm - 8pm	18+

Markfield Park	Activity	Time	Group
Monday's	Athletics	5pm – 6pm	Girls

Oliver Tambo Rec	Activity	Time	Group
Tuesday's	Tai Chi	10am - 3pm	50+
	Petanque	10am - 11am	""
	Mini Tennis	11:15 - 12:15	""
	Bowls	12:30 - 1:30	""

Paignton Park	Activity	Time	Group
Wednesday's	Reggaeitivy	11 – 12pm	50+

Priory Park	Activity	Time	Group
Thursday	Tai Chi	1pm - 2pm	50+
	Tennis	2pm - 3pm	""
	StreetTT	6pm – 8pm	18+
Russel Parks	Activity	Time	Group
Saturday's	Female running club	9am - 10am	Women
	Candy's Dance Stars	10:30 - 11:30	50+
	Kid's Fun Run	11am – 12pm	Children
	Gardening Club	12pm - 2pm	All
	Basketball	12pm - 2pm	YP
	Picnic in the Park	12pm - 4pm	All
	Female running club	9am - 10am	Women

Stationers Park	Activity	Time	Group
Monday's	Tennis	3:30 – 4:30	Families

Woodside	Activity	Time	Group
Monday	Fitness	10am - 11am	50+
	Boxing	11am - 12pm	50+
	Rugby	12pm - 1pm	Families

White Hart Lane	Activity	Time	Group
Tuesday	Outdoor Gym	10am - 11am	50+
	Fitness	11am – 12pm	50+
	Rugby	12pm – 1pm	Families
	Boxing	1pm - 2pm	Families

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