



EASTER
HOLIDAY
OPEN DAY AT
IN2SPORTS



EVENT INTRODUCTION



Friday 29th & Saturday 30th March from 9:00 to 15:00



40 Harbord Square, Wood Wharf, London, E14 9QH

For this event, we combined our central values to bring joy to our vibrant community to unite and inspire. We've crafted an experience that blends sporty adventures with refreshing indulgence, creating unforgettable memories for kids and families alike.

Bring the whole family together for a weekend filled with laughter, friendly competition, and shared experiences. Our event promises not only an array of sports but also a community atmosphere where everyone can connect and enjoy the Easter festivities.

SCHEDULE

FRIDAY

- **9:00 - 12:00**
Basketball with London Bulls
- **9:00 - 15:00**
Pickleball Open session

SATURDAY

- **9:00 - 11:30**
Karate with Kabuto Kai Karate Club London
- **10:00 - 12:00**
Family Gym session with Lisa
- **12:30 - 13:50**
Sports coordination/Football workshop with Morgan Neighbour Coaching
- **13:00 - 15:00**
Workshop with Workout To Help
- **9:00 - 15:00**
Pickleball Open Session

WHAT TO EXPECT

BASKETBALL WORKSHOP WITH LONDON BULLS (FRIDAY)

Immerse your child in an exciting basketball experience where they will develop fundamental skills, teamwork, and a love for the game. London Bulls' expert coaches are dedicated to creating a fun and supportive environment, ensuring every participant leaves with cherished memories and a newfound passion for basketball. Take advantage of this opportunity to ignite the spark of athleticism in your child's journey with the London Bulls Basketball Academy.

The workshop will be divided into three slots:

- 9:00-10:00 age group 3-6
- 10:00-11:00 age group 6-9
- 11:00-12:00 age group 9-12

[Book a slot](#)

KARATE WITH KABUTO KAI KARATE CLUB LONDON (SATURDAY)

Discover excellence at Kabuto Kai Karate Club London, affiliated with the English Karate Federation—the only Olympic Committee-recognized organization in England. Founded by Sensei Sebastiano Gennaro, a Black Belt 5th Dan, we will offer workshops for all skill levels. Train with the best, including English National Team members and European/World Medalists. Join us for a transformative karate experience in the heart of London.

[Book a slot](#)



SPORT WORKSHOP WITH MORGAN NEIGHBOUR COACHING (SATURDAY)

Join Andrew Morgan, an expert with over 30 years of professional football club experience at West Ham United and Chelsea FC, for a thrilling football and sports coordination workshop. Andrew's inclusive movement sessions, filled with music and dynamic activities, cater to both kids and their parents, grandparents, or guardians. You and your family can experience the excitement of the game together while enhancing your coordination and fitness in a fun and friendly environment. Don't miss out on this incredible opportunity to connect with your family and improve your skills in a sport you love!

We will host two intergenerational sessions targeting parents and children (every child must be accompanied by an adult).

- 12:30-13:10 - age group 6-8 (1+1)
- 13:10-13:50 - age group 9-11 (1+1)

[Book a slot](#)

PICK-UP ON FUN WITH PICKLEBALL (FRIDAY & SATURDAY)

Dive into the world of pickleball and unleash your competitive spirit at our exciting pickleball experience! Whether you're a seasoned player or a first-timer, join us for a thrilling day of friendly matches and energetic rallies. Our open-day experience welcomes everyone to try this rapidly growing sport, combining elements of tennis, badminton, and table tennis. Grab a paddle, rally with friends, and discover the joy of pickleball in a welcoming and inclusive atmosphere. Don't miss the chance to experience pickleball's fast-paced fun – it's a game for all ages and skill levels!

25 minutes slots

[Book a slot](#)





FUN FAMILY EASTER WORKOUT WITH LISA (SATURDAY)

Looking for a fitness experience that brings the whole family together? Look no further than our gym sessions! With exercises designed for both kids and parents, our dynamic sessions offer the perfect blend of active fun and family bonding. Join us for an unforgettable adventure that promotes health, happiness, and togetherness. Our engaging workouts will strengthen your bodies while creating lasting memories. So why not embrace the joy of wellness as a family and start your journey towards a healthier lifestyle today?

!every child must be accompanied by an adult!

- 10:00 - 10:30 Parents with kids session (1+1) (min 5 years old)
- 10:40 - 11:25 Adults only
- 11:35 - 12:05 Parents with kids session (1+1) (min 5 years old)

[Book a slot](#)

WORKOUT TO HELP COMMUNITY READING

Follow the heartwarming journey of Salas and Nico as they navigate through challenges and learn about kindness and resilience. Inspired by everyday heroes, this adventure will ignite compassion in young explorers and encourage them to make a positive difference. Let's spread love, kindness, and hope through storytelling and movement and empower our children to become heroes in their own stories.

[Book a slot](#)





EASTER MOCKTAILS AND COCKTAILS OASIS

Take a break from the action and unwind at our bar and social area. Refresh yourself with a delightful array of special Easter mocktails and cocktails carefully crafted for the occasion. Sip, savour, and socialize in a vibrant atmosphere, making this holiday weekend a true celebration.



BOOKING AND AVAILABILITY INFORMATION

- Please note that all workshops are limited in availability, and pre-booking is necessary. To secure your spot or request more information, email info@in2sports.org or DM us on [Instagram](#).
- Also, keep an eye on us on the Canary Wharf App, as we might have some more surprises coming soon for the event.

