



Dulwich Park Sport and Physical Activity Opportunities

- Cricket Nets/Pitches - Booking at <https://www.everyoneactive.com/centre/southwark-outdoor-sports-facilities/>
- 3x11 a side Football Pitch- Booking required (Link above)
- 4 Tennis Courts – Booking at www.southwark.gov.uk/tennis
- Running Route
- Outdoor Table Tennis Tables
- Basketball Courts
- Bowling Green
- Outdoor Gym

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For more details, please contact sports@southwark.gov.uk

Organisation	Activity	Session Description	Time
Jelly Belly	Fitness	Pre and post-natal support women during pregnancy and after the birth of their baby	Various times throughout the week
Bodyfit Bootcamp	Fitness	Bootcamp fitness	Wednesday, Friday, Saturday 9:30am
British Military Fitness	Fitness	To get people of all fitness abilities outdoors training in parks, with motivation provided by military trained instructors	Various times throughout the week
Dulwich Pulse Bootcamp	Fitness	Intensive fitness transformation bootcamp. Open to all fitness levels of both men and women	Various times throughout the week
Dulwich Park Runners	Running club	Range of ages and abilities just need to enjoy running in a friendly, informal atmosphere.	Tuesday and Thursdays 7:30pm All ages
Parkrun	5K	It is a 5km run - it's you against the clock	Saturday 9am
Pilates Club	Pilates	Pilates in the Frances Peek Community Centre	Thursday 9:30am and 10:30am Friday 9:30am - 10:30am
<p>There are also a variety of other sporting and physical activity activities that take place throughout the week throughout the park</p>			

