



Dulwich Park Sport and Physical Activity Opportunities

- Cricket Nets (Practice only) and Pitches
- 3x11 a side Football Pitch- Booking Required
- 4 Tennis Courts – Free booking at www.southwark.gov.uk/tennis
- Running Route
- Outdoor Table Tennis Tables
- Basketball Courts
- Bowling Green
- Outdoor Gym

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<u>Organisation</u>	<u>Activity</u>	<u>Session Description</u>	<u>Time</u>
Jelly Belly	Fitness	Pre and post-natal support women during pregnancy and after the birth of their baby	Mondays 11am - 12pm Thursdays 10am - 11am Saturdays 9am - 10am
Bodyfit Bootcamp	Fitness	Women only bootcamp	Monday, Wednesday, Friday 9:30am
British Military Fitness	Fitness	To get people of all fitness abilities outdoors training in parks, with motivation provided by military trained instructors	Tuesday 9:30am Thursday 9:30am Saturday 08:30 and 10am
Dulwich Pulse Bootcamp	Fitness	Intensive fitness transformation bootcamp. Open to all fitness levels of both men and women	Monday 6:15-7:15pm Thursday 6:15-7:15pm Saturday 9-10am Sunday 9-10am
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
BMF Walk fit	Walking Fitness	A low impact outdoor workout involving bodyweight exercises mingled with brisk walking	Tuesday, Thursday 9:30am -10:30am Saturday 10:00-11:00am
Pilates Club	Pilates	Pilates in the Frances Peek Community Centre	Thursday 9:30am and 11:30am 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>			

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



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