



In partnership with The Summer of Food and Fun scheme, Southwark's sport and physical activity team will be running four weeks of FREE activity sessions. We want to help local families to get free, healthy food and enjoy a wide variety of fun sport and physical activities.

This programme is for young people aged 12 to 16
The programme runs from Monday 3 August to Sunday 29 August

For more information, please contact sports@southwark.gov.uk
 Book the sessions here - <https://southwarksport.played.co/>

<u>Session</u>	<u>Time</u>	<u>Where</u>
Beach Volleyball	Monday: 4.30-5.30pm	BOST Marlborough Sports Ground
Horse Riding	Tuesday: 1-2pm	Dulwich Riding School
Boxing	Tuesday: 1.30-2.30pm	London Community Boxing Club
Netball	Tuesday: 4.30-5.30pm	BOST Marlborough Sports Ground
BMX	Wednesday: 11-1pm and 1.30-3.30pm	BMX Track, Burgess Park
Female Only Gym	Wednesday: 10-11am	The Bridge Centre
Inclusive Yoga	Thursday: 3.30-4.30pm	The Lodge Space
Skateboarding	Friday: 10-12pm	White Grounds Skate park
Disability Multi-Sports	Saturday: 1-2pm	GMH Park
Cage Cricket	Saturday: 2-3pm	Central Venture Park
Paddle Boarding	Sunday: 1.30-4pm	Surrey Docks Water Sports Centre
Cage Cricket	Sunday: 2-3pm	GMH Park MUGA