



## Burgess Park Sport and Physical Activity Opportunities

- Sports Centre – Email [SouthwarkLeisureInfo@southwark.gov.uk](mailto:SouthwarkLeisureInfo@southwark.gov.uk)
- Cricket Pitch/Nets - Booking required (See above)
- Rugby Pitch - Booking required (See above)
- Tennis Courts – [Book a court at www.southwark.gov.uk/tennis](http://www.southwark.gov.uk/tennis)
- Running Route: Follow the Butterfly symbols painted on the Pathway. Register with parkrun for weekly time trialled runs.
- BMX National track – [Search BMX at www.southwark.gov.uk/](http://www.southwark.gov.uk/)
- Outdoor Gym
- Fishing Lake – [Search Fishing at www.southwark.gov.uk/](http://www.southwark.gov.uk/)



For more details, please contact [sports@southwark.gov.uk](mailto:sports@southwark.gov.uk)

<u>Organisation</u>	<u>Session Description</u>	<u>Time</u>	<u>Target</u>
Park Run	Timed 5k run around the park	Every Saturday at 9:00am	Adults
Junior Park Run	Timed 2k run around the park	Every Sunday at 9:00am	4 to 14 year olds
Silver Fit	Charity aimed at encouraging wellbeing and fitness for over 45s	Tues 10:30am, Thurs 13:30am	Older Adults 45+
Peckham BMX	The BMX Track London is a national standard BMX race track offering structured coaching sessions	Various sessions throughout the week	Specific open sessions will be available for 6 to 8 years Strider bike session is available for 2 to 5 years
Southwark Council BMX	Rock up and ride	Various sessions throughout the week	8+ years and women only
Rugby Southwark Tigers	Rugby sessions and matches	Various	Junior 6-16

There are also a variety of other sporting and physical activity activities that take place throughout the week throughout the park.



Love Your Park

#ActiveSouthwark

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