

LAMBETH AND SOUTHWARK BASED ACTIVITIES

There are a variety of classes available for you to attend across the area. Below is a list of local walks, aqua based activities and general exercise classes. Whilst we try to update this list frequently, it is subject to change so, please check details before attending.



WALKS

<p>Activity: Pregnancy Walking Group</p> <p>Where: Jubilee Children's Centre, Tulse Hill. SW2 2JE When: Tuesdays at 12:30-13:15 Cost: Free Parking: No Crèche: No Buses: 2, 415, 432 E: danielle.erridge@nhs.net</p>	<p>Activity: Pregnancy Walking Group</p> <p>Where: Liz Atkinson Children's Centre, 9 Mostyn Rd, London. SW9 6PH When: Mondays at 12:15-13:00 Cost: Free Parking: No Crèche: No Buses: 3, 59, 159, 133 E: deborah.ricketts@gstt.nhs.uk</p>
<p>Activity: Walking Group - Healthy Lifestyles Exercise Programme</p> <p>Where: Kennington Park Cafe, 4 St Agnes Place, Kennington. SE11 4BE When: Wednesdays at 13:30-14:00 and 14:00-14:30 Cost: Free Parking: No Crèche: No T: 0207 926 0761 (Andrea Kesler) E: healthylifestyles@lambeth.gov.uk</p>	<p>Activity: Advanced Walking Group - Healthy Lifestyles Exercise Programme</p> <p>Where: Brockwell Lido, Brockwell Park, Dulwich Rd. SE24 OPA When: Tuesdays at 11:00-12:00 Cost: Free Parking: No Crèche: No Buses: 3, 37, 68, 201, 468 T: 0207 926 0761 (Andrea Kesler) E: healthylifestyles@lambeth.gov.uk</p>



SWIMMING & WATER BASED ACTIVITIES

<p>Activity: Water Workout (pregnant women welcome)</p> <p>Where: Brixton Recreational Centre, 27 Brixton Station Road. SW9 8QQ When: Mondays and Wednesdays at 12:00, Tuesdays at 10:00 and Fridays at 18:30 Cost: Free for members or £8.40 for non members. For monthly membership options, contact the centre directly. Parking: No Crèche: £ 2.90 per hour. Child must be registered and crèche booked in advance by calling 0207 062 0466 Buses: 59, 109, 113, 333, 159, 3, 118, 45 T: 020 7095 5100 W: http://www.better.org.uk/leisure/brixton-recreation-centre</p>	<p>Activity: Swimming</p> <p>Where: Brixton Recreational Centre, 27 Brixton Station Road. SW9 8QQ When: Weekdays 07:00–22:00, Weekends 08:00–20:00 (Women only on Fridays 18:30-19:30) Cost: Free for members or £4.30 for non members. For monthly membership options, contact the centre directly. Parking: No Crèche: £ 2.90 per hour. Child must be registered and crèche booked in advance by calling 0207 062 0466 Buses: 59, 109, 113, 333, 159, 3, 118, 45 T: 020 7095 5100 W: http://www.better.org.uk/leisure/brixton-recreation-centre</p>
<p>Activity: Water Workout (pregnant women welcome)</p> <p>Where: Streatham Leisure Centre, 384 Streatham High Road. SW16 6HX When: Wednesdays 12:00-12.45 Cost: Free for members or £8.40 for non members. For monthly membership options, contact the centre directly. Parking: 60p per hour Crèche: Mondays – Fridays, 09:00-12:30. £3.20 per hour. Child must be registered and crèche booked in advance by calling 020 8677 5758 Buses: 50, 57, 109, 118, 133, 159,201, 250, 255, 319, 333, P13 T: 020 8677 5758 W: http://www.better.org.uk/leisure/streatham-ice-and-leisure-centre</p>	<p>Activity: Swimming</p> <p>Where: Streatham Leisure Centre, 384 Streatham High Road. SW16 6HX When: Weekdays 06:00–22:00, Weekends 08:00–19:00 Cost: Free for members or £4.30 for non members. For monthly membership options, contact the centre directly. Parking: 60p per hour Crèche: Mondays – Fridays, 09:00-12:30. £3.20 per hour. Child must be registered and crèche booked in advance by calling 020 8677 5758 Buses: 50, 57, 109, 118, 133, 159,201, 250, 255, 319, 333, P13 T: 020 8677 5758 W: http://www.better.org.uk/leisure/streatham-ice-and-leisure-centre</p>

<p>Activity: Water Workout (pregnant women welcome)</p> <p>Where: Clapham Leisure Centre, 141 Clapham Manor Street. SW4 6DB When: Wednesdays 07:45- 08:30 and Fridays 12:30-13:15 Cost: Free for members or £8.40 for non members. For monthly membership options, contact the centre directly. Parking: No Crèche: No Buses: 50, 88, 155, 322, 345, 137, 417, 35, 37 T: 020 7627 7900 W: http://better.org.uk/leisure/claphamleisurecentre</p>	<p>Activity: Swimming</p> <p>Where: Clapham Leisure Centre, 141 Clapham Manor Street. SW4 6DB When: Weekdays 06:30–22:00, Weekends 08:00–19:00 Cost: Free for members or £4.30 for non members. For monthly membership options, contact the centre directly. Parking: No Crèche: No Buses: 50, 88, 155, 322, 345, 137, 417, 35, 37 T: 020 7627 7900 W: http://better.org.uk/leisure/claphamleisurecentre</p>
<p>Activity: Water Workout (pregnant women welcome)</p> <p>Where: West Norwood Health and Leisure Centre, 25 Devane Way, West Norwood. SE27 0DF When: Tuesdays 12:30 -13:20, Wednesdays 07:45-08:35 and Fridays 12:10-13:00 Cost: Free for members or £8.40 for non members. For monthly membership options, contact the centre directly. Parking: No Crèche: No Buses: 2, 68,196,315, 322,432,468, X68 T: 0208 761 1159 W: http://www.better.org.uk/leisure/west-norwood-health-and-leisure-centre</p>	<p>Activity: Swimming</p> <p>Where: West Norwood Health and Leisure Centre, 25 Devane Way, West Norwood. SE27 0DF When: Weekdays 06:30–22:00, Weekends 08:00–17:00 (Women only on Tuesdays 12:30-13:15) Cost: Free for members or £4.30 for non members. For monthly membership options, contact the centre directly. Parking: No Crèche: No Buses: 2, 68,196,315, 322,432,468, X68 T: 0208 761 1159 W: http://www.better.org.uk/leisure/west-norwood-health-and-leisure-centre</p>

<p>Activity: Water Workout (pregnant women welcome)</p> <p>Where: Camberwell Leisure Centre Fusion, Artichoke Place, off Camberwell Church Street. SE5 8TS</p> <p>When: Tuesdays 19:00-20:00</p> <p>Cost: Free for members or £8.40 for non members. For monthly membership options, contact the centre directly.</p> <p>Parking: £1 for 3 hours</p> <p>Crèche: No</p> <p>Buses: 12, 35, 40, 42, 45, 68, 148, 171, 176, 345, 436</p> <p>T: 0844 893 3888</p> <p>W: www.fusion-lifestyle.com/centres/camberwell_leisure_centre</p>	<p>Activity: Swimming</p> <p>Where: Camberwell Leisure Centre Fusion, Artichoke Place, off Camberwell Church Street. SE5 8TS</p> <p>When: Weekdays 06:30–22:00, Weekends 08:00–17:30 (Women only on Tuesdays 18:00-22:00)</p> <p>Cost: Free for members or £4.30 for non members. For monthly membership options, contact the centre directly.</p> <p>Parking: £1 for 3 hours</p> <p>Crèche: No</p> <p>Buses: 12, 35, 40, 42, 45, 68, 148, 171, 176, 345, 436</p> <p>T: 0844 893 3888</p> <p>W: www.fusion-lifestyle.com/centres/camberwell_leisure_centre</p>
<p>Activity: Water Workout (pregnant women welcome)</p> <p>Where: Peckham Pulse Healthy Living Centre, 10 Melon Way. SE15 5QN</p> <p>When: Mondays 10:00-11:00 and 19:00-20:00, Tuesdays 07:00-08:00 and 10:00-11:00, Wednesdays 11:00-12:00, Thursdays 19:00-20:00 and Fridays 11:00-12:00</p> <p>Cost: Free for members or £8.40 for non members. For monthly membership options, contact the centre directly.</p> <p>Parking: No</p> <p>Crèche: No</p> <p>Buses: 12, 37,63,136,148,171,312,345,363,381,436,468,X68</p> <p>T: 0844 893 3888</p> <p>W: www.fusion-lifestyle.com/centres/Peckham_Pulse_Healthy_Living_Centre</p>	<p>Activity: Swimming</p> <p>Where: Peckham Pulse Healthy Living Centre, 10 Melon Way. SE15 5QN</p> <p>When: Weekdays 07:00–22:00, Weekends 07:00–20:00 (Women only on Mondays and Fridays 11:00-12:00)</p> <p>Cost: Free for members or £4.30 for non members. For monthly membership options, contact the centre directly.</p> <p>Parking: No</p> <p>Crèche: No</p> <p>Buses: 12, 37,63,136,148,171,312,345,363,381,436,468,X68</p> <p>T: 0844 893 3888</p> <p>W: www.fusion-lifestyle.com/centres/Peckham_Pulse_Healthy_Living_Centre</p>



GENERAL EXERCISE CLASSES, YOGA AND PILATES

<p>Activity: Ante Natal and Pre Natal Pilates</p> <p>Where: West Norwood Health and Leisure Centre, 25 Devane Way, West Norwood. SE27 0DF</p> <p>When: Mondays 13:15-14:15</p> <p>Cost: Free for members or £8.40 for non members. For monthly membership options, contact the centre directly.</p> <p>Parking: No</p> <p>Crèche: No</p> <p>Buses: 2, 68,196,315, 322,432,468, X68</p> <p>T: 0208 761 1159</p> <p>W: www.better.org.uk/leisure/west-norwood-health-and-leisure-centre</p>	<p>Activity: Pregnancy Yoga</p> <p>Where: Brockwell Lido, Brockwell Park, Dulwich Rd. SE24 0PA</p> <p>When: Wednesdays 15:00-16:30, Sunday 16:00-17:15 and 17:15-18:30</p> <p>Cost: £10</p> <p>Parking: Limited availability</p> <p>Crèche: No</p> <p>Buses: 3, 37, 68, 201, 468</p> <p>W: http://www.fusion-lifestyle.com/centres/Brockwell_Lido</p>
<p>Activity: Tai Chi (pregnant women welcome - GP Referral)</p> <p>Where: Ferndale and Sports Centre, Nursery Road, Brixton. SW9 8BP</p> <p>When: Thursdays 13:30-15:00</p> <p>Cost: £1.00</p> <p>Parking: Yes</p> <p>Crèche: No</p> <p>Buses: 2,3,35,45,109,118,133,250,333,345,432</p> <p>T: 0207 926 0761 (Andrea Kesler)</p> <p>E: healthylifestyles@lambeth.gov.uk</p> <p>W: http://www.better.org.uk/venues/ferndale-community-sports-centre</p>	

ADDITIONAL INFORMATION

LAMBETH LEISURE CENTRE'S: <http://www.lambeth.gov.uk/leisure-parks-and-libraries/map-of-leisure-centres>

SOUTHWARK LEISURE CENTRE'S: http://www.southwark.gov.uk/info/200087/sports_and_leisure/919/leisure_centres