

BETTER COMMUNITY SPORT PROGRAMME

April 2024

The Better Community Sport programme is delivered in partnership with Royal Borough of Greenwich to provide physical activity & sport in the community.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Walking Netball 11:45am-12:45pm FREE New Charlton Community Centre, 217 Maryon Rd, London SE7 8DB	Yoga 9:45am-10:45am £2 Trinity Community Centre, 265 Burrage Road, Plumstead, SE18 7JW	Mums Pilates 11:30am-12:30pm FREE Discovery Children's Centre, Battery Rd, London SE28 0JN	Play Netball 9:30am - 10:30am £2 Kidbrooke Sport MUGA, Kidbrooke Village, London SE3 9EX	Older Adults Keep Fit 10:00am-11:00am FREE Caribbean Social Forum Online: Zoom	Park Run 9:00am-10:00am FREE Sutcliffe Park, Eltham Rd, London SE9 5LW
Fun & Fitness 1:00pm-2:30pm Referral though Oxleas Waterfront Leisure Centre, Woolwich High Street, London SE18 6DL	Seated Pilates 12:15pm-1:15pm FREE The Moorings, Titmuss Ave, London SE28 8BH	Chair Based Exercise 1pm-2pm £2 Slade Community Hall Pendrell Street, SE18 2PQ	Legs, Bums and Tums 9:30am-10:30am £2 Discovery Children's Centre Battery Rd, London SE28 0JN	Parent and Baby Workout 10:00am-11:00am FREE The Nest, Cygnet Square , Thamesmead, SE2 9UH	Park Run 9:00am-10:00am FREE Charlton Park, Charlton Park Road, Charlton SE7 8DZ
Football 4:30pm-5:30pm FREE Coldharbour Leisure Centre, Chapel Farm Rd, London SE9 3LX	Chair Based Exercise 12:30pm-1:15pm £2	Chair Based Exercise 2:00pm-3:00pm FREE	Chair Based Exercise 10:00am-11:00am £1 Bentham House, 2-4 Station Way, Woolwich Arsenal, SE18 6FJ	Ladies Only Badminton 7:00pm - 8:00pm £2 Waterfront Leisure Centre, Woolwich High Street, London SE18 6DL	Park Run 9:00am-10:00am FREE Thames Path, James Clavell Square, Woolwich, SE18 6ST
	Basketball 4:00pm-6:00pm £2 Thamesmere Leisure Centre Thamesmere Dr, London SE28 8RE	Table Tennis 6:30-7:30pm £2 Waterfront Leisure Centre, Woolwich High Street, London SE18 6DL	Seated Pilates 11:45am-12:30pm FREE The Nest, Cygnet Square, SE2 9UH		Frame Running 11am-1:30pm £3 Sutcliffe Park Sports Centre Eltham Rd, London SE9 5LW
	Play Netball 7:30pm-8:30pm £3 Shooters Hill Sixth-form college Red Lion Lane, London SE18 4LD	Back 2 Netball 7:30pm-8:30pm £2 Waterfront Leisure Centre, Woolwich High Street, London SE18 6DL	Power Chair Football 4:30pm-6:30pm FREE Waterfront Leisure Centre, Woolwich High Street, London SE18 6DL		Unique Cycling 1:15pm - 3:00pm 1st session £FREE then £2 for members or £4 Sutcliffe Park Sports Centre Eltham Rd, London SE9 5LW

For more information on the programme, please email: RBGSportdevelopment@gll.org

 [@gllsportsdev_rbg](https://www.instagram.com/gllsportsdev_rbg) better.org.uk/greenwich-sport-development

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