

GET ACTIVE

Wandle Valley



is happening right now throughout
Croydon, Merton, Sutton and Wandsworth



GET ACTIVE

Wandle Valley

Most of our activities are free and if not it's only £1! Come along, join our friendly activators and:

- Meet new people
- Be social
- Learn something new
- Reach your goals
- Go at your own pace!

Which one is right for you?

Beginners
exercise

Never joined a group before? Want to get back into it, join a Forever Fit or Beginners Exercise Class.

Fit
FAMILIES

Led walks, jogs, runs and cycles for you and your family throughout Croydon, Merton, Sutton and Wandsworth.

Forever
Fit

Join one of our Forever Fit sessions in your local park today. These easy-going sessions for people over 50 years of age range from healthy walks to yoga and seated exercise all at your own level.

CLUB
150

Club 150 is all about people who are 14-25. Come along, make friends and reach your goals. Join the movement and get inspired today.

How to book

- For the majority of our activities you can just turn up on the day
- For some of the activities we might ask you to book here:
www.wandlevalleypark.co.uk/activewandle

Activities in Croydon

Fit
FAMILIES

3+  FREE

Golf in the Park – Wandle Park

10:00am | SUNDAY | WEEKLY | NO BOOKING

Golf but not as you know it! Soft play, sticky balls and crazy golf style fun!

Forever
Fit

40+ FREE

Walking Football – Wandle Park

12:00pm | SUNDAY | WEEKLY | NO BOOKING

FREE walking football for all abilities

Beginners
exercise

18+ FREE

Wandle Absolute Beginners Running – Wandle Park

19:00pm | THURSDAY | WEEKLY | BOOKING ADVISED

A beginners run, if you can run 10-20 minutes continuously, this isn't the run for you.

Beginners
exercise

ALL FREE

Beginners Exercise – Duppas Hill

18:30pm | THURSDAY | WEEKLY | BOOKING ADVISED

Fun and social for those who want to get back to exercise or are new to exercise.

ONE OFF EVENTS THIS YEAR

Wandle Park Sports Festival

6TH AUGUST

Lots of activities like pickleball, family fun golf and more for you and your family to enjoy, we'll be there talking about Get Active Wandle Valley!

Wandle September Bike Ride

9TH SEPTEMBER

Join us for lots of cycling and walking in Morden Hall Park, free smoothies, free bike marking and bike maintenance.



Forever
Fit

40+ FREE

Pickleball – Waddon Leisure Centre & Wandle Park

10:00am | FRIDAY | SATURDAY | WEEKLY | NO BOOKING

Extremely popular with older men and women who used to play other sports like tennis, squash and badminton. Free pickleball at Wandle Park.*

*Session takes place at Waddon Leisure Centre, September - April.

Activities in Merton

Forever
Fit

40+ FREE

Healthy Walk & Forever Fit – Ravensbury Park

09:45am | WEDNESDAY | WEEKLY | NO BOOKING

A FREE health walk, followed by a chat and a coffee at the idyllic Ravensbury Park, plus learn to use the outdoor gym.

Forever
Fit

40+ FREE

Healthy Walk & Forever Fit – Mostyn Gardens

13:00pm | TUESDAY | WEEKLY | NO BOOKING

A FREE lunchtime walk, ideal for beginners. Meet our instructors in the park every week.

CLUB
150

14-18 FREE

Cast in the Park – Fly Fish the Wandle

VARIOUS DATES | WEEKLY | BOOKING ADVISED

This is fishing 101 – no equipment needed, come and practice something new with our instafamous coaches!*

*Check the website for exact dates and locations.

Forever
Fit

40+ FREE

Yoga – Morden Hall Park

11:00am | SUNDAY | WEEKLY | BOOKING ADVISED

Stressful week? Unwind with yoga in the beautiful Morden Hall Park for just under one hour every weekend.

CLUB
150

14-18 FREE

BMX – Merton BMX Track

19:00pm | FRIDAY | WEEKLY | BOOKING ADVISED

Something new, bikes provided, learn to ride like the pros. Check the website for exact dates and locations.

Forever
Fit

40+ FREE

Walking Football – Mostyn Gardens

19:00pm | THURSDAY | WEEKLY | BOOKING ADVISED

FREE walking football for all abilities.

Beginners
eXercise

18+ FREE

BMEExercise (womens only) – Merton BMX Track

18:30pm | THURSDAY | WEEKLY | NO BOOKING

Womens beginners BMX sessions, all equipment provided.

Beginners
eXercise

18+ FREE

Give Running a Go! – Morden Hall Park

18:30pm | WEDNESDAY | WEEKLY | BOOKING ADVISED

This isn't a continuous run, it's better! A free, weekly walk-to-run class, all abilities welcomed. Meet at Phipps Bridge Tram Stop.

ONE OFF EVENTS THIS YEAR

Phipps Bridge International Day

24TH JUNE 2017

Lots of activities for you and your family to enjoy, we'll be there talking about Get Active Wandle Valley!

Wandle September

9TH SEPTEMBER 2017

Join us for lots of cycling and walking in Morden Hall Park, free smoothies, free bike marking and bike maintenance.

Beginners
exercise

ALL FREE

Beginners Exercise - Wandle Park, Colliers Wood

18:30pm | TUESDAY | WEEKLY | BOOKING ADVISED

Fun and social for those who want to get back to exercise or are new to exercise.



Activities in Sutton

Fit
FAMILIES



Wandle Wheelers – Westcroft to Morden Hall Park

10:00am | SUNDAY | WEEKLY THROUGHOUT JUNE
BOOKING REQUIRED

A family cycle ride for all abilities.

Fit
FAMILIES



Golf in the Park – Beddington Park

10:00am | SATURDAY | WEEKLY | NO BOOKING

Golf but not as you know it! Soft play, sticky balls and crazy golf style fun!

Forever
Fit



Healthy Walk & Forever Fit - Beddington Park

09:15am | MONDAY | WEEKLY | NO BOOKING

Low impact, easy-going activities for those over 40. Start with a healthy walk around the beautiful Beddington Park. Plus, learn to use the outdoor gym.

Beginners
exercise



Wandle Daytime Beginners Runs – St Helier

10:00am | WEDNESDAY | WEEKLY | NO BOOKING

Meet at St Helier open space, a FREE daytime run for beginners who have never run before. Learn to run at your own pace.

ONE OFF EVENTS THIS YEAR

St Helier Festival

24TH JUNE 2017

Lots of activities for you and your family to enjoy, we'll be there talking about Get Active Wandle Valley!

Carshalton Environmental Fair

28TH AUGUST 2017

Lots of activities for you and your family to enjoy, we'll be there talking about Get Active Wandle Valley!

Wandle September

9TH SEPTEMBER 2017

Join us for a free, led ride from Sutton to Morden Hall Park using the Wandle Trail. Free coffee and cake for anyone who goes on the ride!

Forever
Fit



Forever Fit – The Riverside Centre in association with Crystal Palace FC

14:00pm | TUESDAY | WEEKLY | NO BOOKING

A FREE low-impact, easy going exercise class with Crystal Palace Foundation, great for those who want to get back into exercise or are just starting out.

Fit
FAMILIES



Wandle Wheelers – Westcroft to Deen City Farm

10:00am | SUNDAY | 25TH JUNE
BOOKING REQUIRED

A family cycle ride for all abilities.

Activities in Wandsworth

Fit
FAMILIES



Family Touch Tennis – King George’s Park

14:00pm | SATURDAY | WEEKLY | BOOKING ADVISED

Our touchtennis sessions really are for everyone. Touchtennis is great fun and can be enjoyed when playing with mixed abilities and players of all ages.

Fit
FAMILIES



Archery – King George’s Park and the Aspire Centre*

12:00pm | SUNDAY | WEEKLY | NO BOOKING

Beginners Archery for families and children, we have soft equipment and real bows for those who want to give it a go!

*Takes place indoors (Aspire Centre from September - April)

Forever
Fit



Forever Fit Tennis – King George’s Park

11:30am | THURSDAY | WEEKLY | BOOKING ADVISED

Our touch tennis sessions really are for everyone. touchtennis is great fun and can be enjoyed when playing with mixed abilities and players of all ages.

Beginners
exercise



Beginners Exercise – King Georges Park

18:30pm | THURSDAY | WEEKLY | BOOKING ADVISED

Fun and social for those who want to get back to exercise or are new to exercise.

ONE OFF EVENTS THIS YEAR

Get Active Wandsworth Festival

15TH JULY 2017 – 12-5PM

Free activities and healthy lifestyle advice for you, families and friends. We'll be there talking about Get Active Wandle Valley!

Wandle September

9TH SEPTEMBER 2017

Join us for a free, led ride from Croydon to Morden Hall Park using the Wandle Trail. Free coffee and cake for anyone who goes on the ride!

Beginners
exercise



Wandle Wheelers – King Georges Park

10:00am | FRIDAY | WEEKLY

BOOKING ADVISED

A gentle, traffic-free ride for beginners and those who want to get into cycling. We can provide bikes and helmets on request.

Beginners
exercise



Beginners Running – Wandsworth Common (ladies only)

06:30am | TUESDAY | WEEKLY

BOOKING ADVISED | LADIES ONLY

This ladies only class takes place every Tuesday at Wandsworth Common.

Wandle Trail

The Trail Code

Shared use paths away from the road help many people make their everyday journeys safely and they are also important for leisure. Many people including young, elderly and disabled people benefit from shared paths, which provide valuable opportunities to travel in a traffic-free environment, and to relax, unwind and play.

Walks

The Regional Park's green spaces and Wandle Trail offers lots of opportunities for walks, why not join us at Beddington Park or Ravensbury Park for a 45 minute easy-going and social walk? We stop for a coffee too!

A walk from Morden Hall Park to Colliers Wood Station will take you just 30 minutes. If you did this just five times a week, you'd reach your target of 150 minutes!

10,000 steps per day is just under half of the Wandle Trail and equates to about 5 miles, that's like walking from East Croydon Station to Morden Hall Park!



Wandle Trail

Trail top tips



Share the space

Be considerate to other users



Drop your pace

Slow down in good time



Pedestrians go first

Let people walking have priority



Be careful on junctions



Keep your dogs under control

and put them on a lead in narrow spaces

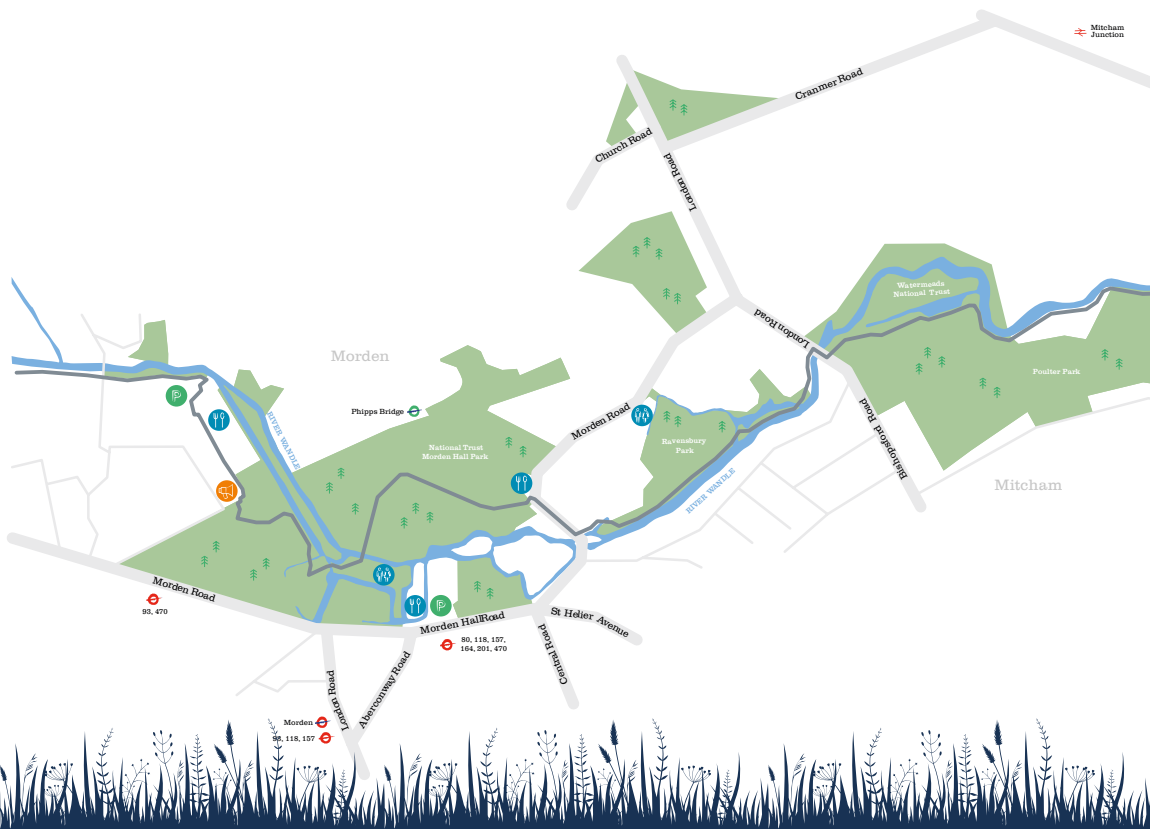


Don't drop litter



Be visible to others

Have lights on your bike, wear bright clothing, have a bell to sound





Wandle Park
407, 410



Duggan Hill
Waddon



Waddon Ponds



The Grange & Gardens



Beddington Park



Waddon Park



The Grove

ham
stone

Carshalton

Beddington

Hackbridge

Carshalton

prod. and

prod. and

197, 151

prod. and

prod. and

prod. and

235
127
127
407

For more
information
visit:

www.wandlevalleypark.co.uk/activewandle

 getactive@wandlevalleypark.co.uk

 [@wandlevalley](https://twitter.com/wandlevalley)

 www.wandlevalleypark.co.uk

