

DSActive Football Sessions in London Area

Borough	Club	Venue	Postcode	Day	Start	End	Price	Ages	Gender
Wandsworth	AFC Wimbledon	Southfields Community Academy, Aspire Center	SW18 5JU	Saturday	12:30	13:30	£3	5+	Female
Islington	Arsenal and North London United	Arsenal Hub, 56 Benwell Road	N7 7BA	Monday	17:30	18:30	£3	5+	All
Ealing	Brentford	Brentside School Sports Hall	W7 1JJ	Thursday	18:30	20:00	£3	8+	All
Greenwich	Charlton	Charlton Athletic FC, Training Ground	SE9 2JR	Saturday	13:00	14:00	Free	5-12	All
Greenwich	Charlton	Charlton Athletic FC, Training Ground	SE9 2JR	Saturday	13:00	14:30	Free	13+	All
Croydon	Crystal Palace	Monks Hill Sports Centre	CR2 8HD	Wednesday	18:00	19:00	£4	5+	All
Kingston	Fulham	Fulham FC, Training Ground	KT3 6PT	Friday	18:00	19:00	£5	5-11	All
Kingston	Fulham	Fulham FC, Training Ground	KT3 6PT	Friday	18:00	19:30	£5	12+	All
Southwark	Millwall	Millwall FC, Lions Center	SE16 3LD	Saturday	14:30	15:30	Free	10-25	All
Southwark	Millwall	Millwall FC, Lions Center	SE16 3LD	Saturday	13:30	14:30	Free	5-9	All
Hammersmith & Fulham	QPR	Phoenix Academy	W12 0RQ	Monday	18:00	19:00	*Free	5+	All
Brent	QPR	The Village School	NW9 0JY	Tuesday	17:00	18:00	*Free	5+	All
Hillingdon	QPR	Uxbridge College	UB8 1NQ	Wednesday	17:00	18:00	*Free	5+	All
Hammersmith & Fulham	Fulham & QPR	Ravenscourt Park	W6 0TJ	Tuesday	18:00	19:30	£5	5+	All

Key Words *FREE = QPR Membership fee for this season (2017-2018) is £45 per person and can attend as many QPR DSActive Football Sessions over that season.

DActive Tennis Sessions in London Area

Borough	Sessions	Venue	Postcode	Day	Start	End	Price	Ages	Information
Ealing	Ealing	Actonian Sports Club	W5 4LL	Friday	18:00	19:00	£4-6	5+	£4 for members & £6 for non-members
Greenwich	Greenwich	Shooters Hill	SE18 3DA	Wednesday	17:30	18:30	£5	5+	
Lewisham	Millwall FC	Mayow Park	SE26 4SS	Mondays	17:00	18:00	**Free	5+	Dates are School term only.
Westminster	QPR Paddington Rec	Paddington Recreation Ground	W9 1PD	Wednesday	17:00	18:00	£3	5+	Starting 6 th June 2018 till 25 th July 2018
Wandsworth	Fulham FC, Roehampton	National Tennis Center	SW15 5JQ	Tuesday	18:00	19:00	£5	5+	Dates are School term only
Kingston	Surbiton	Surbiton Racket & Fitness Center	KT5 8JT	Saturday	12:00	12:45	£5	8+	

Key Words FREE** = Millwall Membership fee is in six week blocks. The membership includes free tennis goodie bag and six tennis sessions within each block. The membership cost is £25 per person per block (in advance) but there is a £10 refund when 1st session has been attended

DSActive Athletics Summer Camp 2018 in London

Sessions	Venue	Postcode	Days	Dates	Start	End	Price	Age	Information
DSActive Multi-Skills Athletics Camp (Summer 2018)	Tooting and Mitcham Utd FC, Imperial Fields, Bishopford Road, Morden	SM4 6BF	Wednesday & Thursday	July: 25 th & 26 th August: 1 st , 2 nd , 8 th , 9 th , 15 th , 16 th , 22 nd , 23 rd , 29 th , 30 th	10:00	15:00	£15 per person per day	5+	Please bring lunch & drinks for the whole day.

For more information and to book your place please contact [Emma O'Connor](mailto:emma.oconnor@downs-syndrome.org.uk) from DSActive Team: via email emma.oconnor@downs-syndrome.org.uk or via telephone 0333 1212 300

DSActive Athletics Sessions in London Area

Borough	Sessions	Venue	Postcode	Day	Start	End	Price	Ages	Information
Newham	Newham & Essex Beagles	Indoor Athletics Hub, Newham Leisure Centre, Prince regents lane	E13 8SD	Wednesday	4:30PM	5:30PM	*£3	5+	Starts on 19 th September 2018. Will be running in school term.

Key Words * = There will be membership fee for each member for 2018-2019

Further Information on Sports

For further information / enquiries / ideas or setting up a new sports sessions or club, please contact [Emma O'Connor](mailto:emma.oconnor@downs-syndrome.org.uk); via email emma.oconnor@downs-syndrome.org.uk or telephone 0333 1212300