**Suffering from exam stress!**

**Free Game Sessions starting during exam season can help you to take a break and de-stress. Just turn up and play.**

**Park Play sessions Spring/Summer 2016 for 14-25 year olds**

**Park Hill Park, Barclay Road starts April 19th:**

Tuesday 5-6pm Football delivered by CPFC Foundation

Wednesday 6-7pm Basketball delivered by Croydon Elite

From May Thursday 5-6pm Cage Cricket 6-7pm (11-14 yr olds), 7-8pm (14-25 yrs) with Surrey Cricket

**Thornton Heath Recreation Ground: Melfort Road**

Starts April 21st Thursday 5-6pm Football delivered by CPFC Foundation

**Streatham Croydon Rugby Club: 157 Brigstock Road, Thornton Heath**

Cricket Sessions starting from May 29th Sundays 9.30-11.30am

Summer Fitness Sessions starting Tuesday 10th May 7-8.30pm

**Indoor sessions**

**Harris Academy Crystal Palace**

From April 24th Girls Basketball Sessions Sunday 3-4.30pm

Ongoing

**Thornton Heath Leisure Centre, 100 High St.**

Back2Netball Monday 6-7pm with Issy from Kinetic Foundation

Gym & Swim at Fusion Lifestyle Centres in Croydon (range of times available 16+)

**Sir Philip Game Centre, Morland Ave:**

 Multisport: Football, gym and basketball delivered by Solid Rock Academy

Thursday 6.30-7.30pm