

Fact Sheet

Sports and Leisure Activities in Islington



This fact sheet lists a selection of local sports clubs and teams. The information included about each club is not exhaustive. For full details please contact the club directly.

This fact sheet has been produced by

Islington Central Reference Library
2 Fieldway Crescent
London N5 1PF
E: centralref.library@islington.gov.uk
T: 020 7527 6931
F: 0207527 6939
W: www.islington.gov.uk/libraries

December 2011

Aquaterra Leisure Centres and Sports Facilities in Islington

Archway Leisure Centre,

MacDonald Road,
N19 5DD.

T: 020 7281 4105

W: www.aquaterra.org/archway-leisure-centre.aspx

Archway has a fun leisure pool with a wave machine, water run, water jets and spa pools. The two storey Premier Gym has views over the leisure and spa pools. In addition to the wave and water jet features the pool also accommodates lane swimming.

Cally Pool,

229 Caledonian Road,
N1 0NH.

T: 020 7278 1890

W: www.aquaterra.org/cally-pool.aspx

Cally Pool's layout makes it the perfect pool location for lane swimming and swimming lessons.

Finsbury Leisure Centre,

Norman Street,
EC1V 3PU.

T: 020 7253 2346

W: www.aquaterra.org/finsbury-leisure-centre.aspx

Finsbury Leisure Centre has three outdoor floodlit football pitches, a large multi-purpose sports hall, 45 station gym, two exercise studios, squash and badminton courts.

Highbury Pool,

Highbury Crescent,
N5 1RR.

T: 020 7704 2312

W: www.aquaterra.org/highbury-pool-and-fitness-centre.aspx

Highbury Pool is one of North London's most popular public fitness facilities. As well as swimming, it has a Premier Gym.

Ironmonger Row Baths,

Ironmonger Row,
EC1V 3QF.

T: 020 7253 4011

The building is now closed for refurbishment and will reopen in spring 2012.

For the latest updates and information, visit www.islington.gov.uk/irb

Islington Tennis Centre,

Market Road,
N7 9PL.

T: 020 7700 1370

W: www.aquaterra.org/islington-tennis-centre.aspx

You don't have to be a member to play tennis here. There are six indoor and two outdoor floodlit tennis courts. Includes a Premier Gym, tennis courses and coaching and racket restringing.

Market Road Football Pitches,

Market Road,
N7 9PL.

T: 020 7700 1370

W: www.aquaterra.org/market-road-football-pitches.aspx

Two full-size pitches marked for 11-a-side and 5-a-side.

Rosemary Gardens Football Pitches,

Southgate Road, N1.

T: 020 7700 1370

W: www.aquaterra.org/rosemary-gardens-football-pitch.aspx

Pitch is ideal for 6 and 7-a-side.

Sobell Leisure Centre,

Hornsey Road,
N7 7NY.

T: 020 7609 2166

W: www.aquaterra.org/sobell-leisure-centre.aspx

Sobell Leisure Centre is a large multi-purpose sports centre offering all kinds of activities, including ice skating and senior citizen activities. It also has a Premier Gym.

Useful Websites

Access to sports

c/o Sobell Leisure Centre

T: 020 7686 8812

<http://www.accesstosports.org.uk/>

Community led sports development programme. Website lists lots of venues for various sports.

Sport Islington website

W: <http://sportislington.co.uk/>

A one stop shop about sport in Islington, with information on:

- Local sports clubs
- Funding for sports clubs and individuals
- Coaching courses and training for club coaches or prospective coaches
- Resources for club development
- Local sports news

If you would like join Sport Islington, email sportislington@islington.gov.uk.

American Football

London Blitz

c/o Robin Pierce, Chairman,
Hornsey Gate,
Endymion Road, N4.

T: 07787 276981

W: <http://londonblitz.com/>

Athletics

UK Athletics

W: <http://www.uka.org.uk/>

Since its inception in 1999, UK Athletics, the national governing body for athletics, is responsible for the development and management of the nation's favourite Olympic and Paralympic sport.

City Hash House Harriers

W: <http://www.cityhash.org/index.html>

This hash running group runs every Tuesday night at 7.00 pm from a London pub.

Finsbury Park Track and Gym,

Hornsey Gate,
Endymion Road, N4.

T: 020 8802 9139

W: http://www.haringey.gov.uk/index/community_and_leisure/leisurecentres/leisure-centres/finsbury_park.htm

This public sports facility has a track gym for all ages with changing rooms and showers. See web site for full details.

London Heathside Running and Athletics Club,

Hornsey Gate,
Endymion Road, N4.

E: secretary@londonheathside.org.uk.

W: www.londonheathside.org.uk/

Community athletics club that welcomes runners and athletes of all standards and ages. For full details of venues and events see the website.

Badminton

Badminton England

W: <http://www.badmintonengland.co.uk/homepage.asp>

Badminton England is the sport's governing body in England.

London Badminton Clubs

W: <http://www.londonbadminton.co.uk/>

Website dedicated to promoting badminton in London.

Finsbury Badminton Club,

c/o Finsbury Leisure Centre.

T: 020 7253 2346

E: FBCquests@gmail.com.

W: www.finsbury-badminton.co.uk/

New members welcome: Sundays 6-8 pm. Club has 2 teams: Finsbury A (Tuesday, 8-10 pm) and Finsbury B (Sunday 6-8 pm).

Finsbury Leisure Centre

T: 020 7253 2346

W: <http://www.aquaterra.org/finsbury-leisure-centre/badminton>

Six courts available for 'Pay and Play'. See website for details of facilities and times of sessions.

Premier League 4 Sport,

St Mary Magdalene Academy,

Liverpool Rd, N7 8PG.

T: 020 7697 0123

F: 7700 4218

W: http://smmacademy.org/our_academy/page/premier_league_4_sport_initiative/

Aims to encourage young people's participation in Olympic sports, including badminton. See website for details.

Sobell Leisure Centre,

T: 020 7609 2166

W: <http://www.aquaterra.org/sobell-leisure-centre/badminton>

Twelve courts available for play and pay. See web site for more details.

Sobell Badminton Club

W: <http://www.sobellbadmintonclub.com/>

See website for details of membership and cost. There is also a Junior Badminton Club, with coached sessions on Saturday mornings open to juniors aged 5 to 19 years.

Baseball and Softball**British Baseball Federation**

W: <http://www.britishbaseball.org/page/show/267545-british-baseball-federation/>

The national governing body for baseball within the UK.

Baseball Softball UK

W: <http://www.baseballsoftballuk.com/>

BSUK is the developmental agency for baseball and softball in the UK.

London Meteors, Finsbury Park (corner of Green Lanes and Endymion Road).

W: <http://www.londonmeteors.co.uk/INDEX>

There are two softball diamonds (one for youth players and one for seniors) and a baseball diamond.

North London Baseball Association.
E: kevind@northlondonbaseball.com
W: <http://www.northlondonbaseball.com/>
Caters for girls and boys.

Basketball

English Basketball Association
W: www.englishbasketball.co.uk/
Mission is 'to govern and enhance the sport of basketball in England'.

Finsbury Leisure Centre,
T: 020 7253 2346
W: <http://www.aquaterra.org/finsbury-leisure-centre/basketball>
Sports hall that can accommodate both basketball and indoor football.

Islington Panthers Basket Ball Club
T: 020 7686 8812
E: info@islingtonpanthersbasketballclub.co.uk.
W: <http://islingtonpanthers.co.uk/>
Free training sessions at Sobell Centre for various age groups.

Premier League 4 Sport,
St Mary Magdalene Academy,
Liverpool Rd, N7 8PG.
T: 020 7697 0123
F: 7700 4218
W: http://smmacademy.org/our_academy/page/premier_league_4_sport_initiative/
Holds sessions at Highbury Grove and Elthorne Park.

Sobell Leisure Centre,
T: 020 7686 2363
W: <http://www.aquaterra.org/sobell-leisure-centre/basketball>
Pay and Play booking slots for 55 minutes. See website for more details.

Bowling

Rowans Ten Pin Bowl,
10 Stroud Green Rd, Finsbury Park,
N4 2DF.
T: 020 8800 1950
F: 8809 3350
E: info@rowans.co.uk.
W: <http://www.rowans.co.uk/>
As well as bowling, offers other facilities, including table tennis and party bookings.

Bowls

Arsenal in the Community runs a bowls team, originally for the over 60s but more recently for younger members as well. Matches are played at the Emirates stadium and on some Islington Estates.

Contact: Mark Antoniewicz:

E: mantoniewicz@arsenal.co.uk

W: <http://www.arsenal.com/the-club/community/bowls>

Finsbury Square Park,

Finsbury Square,
EC2.

T: 020 7628 2982

Park has a 6 rink grass bowling green, open between 8am and dusk, May to December.

Boxing

Amateur Boxing Association of England

W: www.abae.co.uk/

National governing body for boxing. Has information about clubs registered with it.

Angel Amateur Boxing Club,

Islington & Finsbury Youth Club,
Owen's Row,
St John St, EC1V 7DD.

T: Bill Cross 07954 784740 or 7272 7550 (Gym) or Scott Dowsett 07854 689360.

E: wcc14182@blueyonder.co.uk or angelboxing@live.co.uk.

Ages 7-20. Meet at the Gym on Tue/Thurs evenings.

FighterFit Boxing,

The Lion Boxing Gym,
140 Pitfield Street, N1 6JR.

W: <http://fighterfit.com/>

Boxing classes & personal training for men & women. No bookings, experience or memberships needed when coming to classes.

Islington Boxing Club,

20 Hazelville Road, N19 3LP.

T: 07920 280 230

E: islingtonboxingclub@hotmail.com

W: <http://www.islingtonboxingclub.org/>

This long established boxing gym run by volunteers offers boxing sessions for the whole community.

Times Amateur Boxing Club,

York Way Community Centre,
York Way Ct, Copenhagen St, N1 0BY.

T: 020 7278 4182

E: info@timesabc.org.uk.

W: www.timesabc.org.uk/

Club's main focus is to support young people of all backgrounds and sporting standards. See website for full details.

Canoeing

British Canoe Union

W: www.bcu.org.uk/

Set up in 1936 to send a team to the Berlin Olympics, the British Canoe Union (BCU) is the lead body for canoeing and kayaking in the UK.

Islington Boat Club,

16-34 Graham Street, N1 8JX.

T: 020 7253 0778

E: paulanderson@islingtonboatclub.com

W: www.islingtonboatclub.com/

The charity provides mainly water-based activities and offers certified training in kayaking, sailing and power-boating etc.

Regents Canoe Club,

16-34 Graham Street, N1 8JX.

E: web@regentscanoecub.co.uk.

W: www.regentscanoecub.co.uk/

Ages 16+. White-water racing and canoeing, slalom, Canadian canoeing, polo, surfing and marathon. Monday: 6:30-8:30pm; Thursday: 7-9 pm.

Capoeira

London School of Capoeira Heranca (Tollington Park),

Units 1 & 2 Leeds Place,

Tollington Park, N4 3RF.

W: <http://www.londonschoolofcapoeira.com/>

See the website for details of classes.

Climbing

Sobell Leisure Centre

T: 020 7686 2363

W: <http://www.aquaterra.org/sobell-leisure-centre/climbing>

Has a range of climbing walls to suit every level.

Cricket

England & Wales Cricket Board

W: <http://www.ecb.co.uk/>

The single national body for all cricket in England and Wales.

Islington Cricket Club

T: 029 8809 0022

Coaching and matches for 8-13 year olds.

Pacific Cricket School,

Turle Road, N4.

W: <http://www.pacificcc.co.uk/>

North London club. Usually puts out two sides at the weekends.

Cycling

British Cycling

W: www.britishcycling.org.uk/

British Cycling is the national governing body for cycling in Great Britain, the Isle of Man and the Channel Islands.

Finsbury Park Cycling Club,

E: info@finsburyparkcc.org

W: www.finsburyparkcc.org/

Founded in 1883 and in continuous existence ever since. Members can enjoy most branches of cycling, from club based racing to week end rides. For more information, consult the website.

Islington Council: Cycling

W: <http://www.islington.gov.uk/transport/cycling/>

Islington Council offers free cycle training to everyone who lives, works or studies in the borough. Click on link for more information.

For further information about cycle training in Islington, please contact: David Shannon, Cycling Officer

T: 020 7527 4082 **E:** david.shannon@islington.gov.uk

London Phoenix Cycling Club

E: membership@londonphoenix.co.uk

W: <http://www.londonphoenix.co.uk/>

Varied events include road and mountain biking and women's cycling.

London Road Club,

16C Loraine Road, N7 6EZ.

T: Mobile:07968162128; Evening: 020 7727 1484

E: info@londonroadclub.com or jb@burlandtm.com.

W: www.londonroadclub.com/

Offers many cycling events including ones abroad.

Look Mum No Hands,

Club Commercial,

49 Old Street, EC1V 9HX.

T: 020 7253 1025; Workshop: 020 7490 3928

E: info@lookmumnohands.com.

W: www.lookmumnohands.com/

Has café-bar and workshop. Runs basic maintenance courses, exhibitions. Online shop.

Dance

Cuban Rhum Jungle,

70 Exmouth Market, EC1R 4QP.

T: 07950 260976

E: info@cubanrhunjungle.com

W: http://www.cubanrhunjungle.com/classes_club.html

Salsa classes for beginners through to advanced, professional level.

Dancebuzz,

T: 020 8350 3053

E: hello@dancebuzz.co.uk

W: <http://www.dancebuzz.co.uk>

Offers a variety of dance classes in venues across London. Taster classes are offered.

The Factory Dance & Fitness,

407 Hornsey Road, N19 4DX.

W: <http://www.factorylondon.com/>

Salsa, ballroom dancing.

Highbury Pool & Fitness Centre

T: 020 7704 2312

W: <http://www.aquaterra.org/highbury-pool-and-fitness-centre/dance>

Offers capoeira, street dancing and belly dancing.

Islington Tennis Centre

W: <http://www.aquaterra.org/islington-tennis-centre/dance>

Offers street dancing, belly dancing and salsa in air conditioned, sprung floored studio.

Platform,

Hornsey Road Baths,

260 Hornsey Road,

N7 7QT.

T: 020 7527 1838

W: <http://platformislington.org.uk/>

Platform is Islington Council's new arts venue for young people. The former Hornsey Road Baths has been transformed and includes dance studios and a cafe. Offers lots of different dance classes throughout the year, including hip hop and contemporary dance.

Saddler's Wells Connect,

Rosebery Avenue,

EC1R 4TN.

T: 020 7863 8198

W: <http://www.saddlerswells.com/page/>

Offers various dance opportunities from youth dance to a programme for over 60s.
See website for details.

Sobell Leisure Centre

T: 020 7609 2166

W: <http://www.aquaterra.org/sobell-leisure-centre/dance>

Offers street dancing, salsa and belly dancing in air conditioned studios. For classes and prices check website.

Studio LaDanza,

89 Holloway Road, N7 8LT.

T: 020 7700 3770

E: mail@studioladanza.co.uk.

W: <http://www.studioladanza.co.uk/>

Dancing school that offers variety of dance classes including salsa and ballroom dancing.

Disability Sports

English Federation of Disability Sport

W: <http://www.efds.co.uk/>

The national body responsible for developing sport for disabled people in England.

Diving/Sub Aqua Clubs

Clidive,

1-11 Ironmonger Row Baths,
London, EC1V 3QF.

T: 07968 418 935.

W: <http://www.clidive.org/>

British Sub Aqua Club (BSAC) branch organises 80-90 days of diving for its members in the UK and abroad. See website for more details.

Fencing

British Fencing

W: www.britishfencing.com/

Official website for the organization governing Olympic fencing in Britain.

Fighting Fit Fencing Club,

2 Cottage Road,
Caledonian Road, N7 8AT.

T: 020 8368 7834 (Head Office)

E: admin@fightingfitfencing.com

Classes for all levels.

London Fencing Club,

c/o Finsbury Leisure Centre.

W: www.londonfencingclub.co.uk/

See website for details of classes and venues.

Salle Paul Fencing Club

T: Kasia 07702009416

E: info@sallepaul.co.uk.

W: <http://www.sallepaul.co.uk/>

Football

The Football Association

W: www.thefa.com/

The governing body of the game in England.

Football in Islington

http://www.islington.gov.uk/Leisure/Sports/active_islington/football.asp

This link gives a useful listing of the places and organizations where you can play football in Islington:

- **Access-to Sports** for young people
- **All Nations Football League**
- **Arsenal in the Community** for young people. **Gunners in Islington** offer sessions for young girls and boys
- **Arsenal Ladies Football Club**
- **Camden and Islington Midweek Youth Football League** involves a number of football clubs that play in Islington
- **DNL RedBACKS Football Club** for women and girls
- **Finsbury Leisure Centre**
- **Football Development** has information about football opportunities including sessions for young people
- **Football in Islington** lists Islington parks where you can play football
- **Holloway School Sports Pitches** for block bookings
- **Islington Mid-Week Football League** involves a number of football clubs that play in Islington
- **Market Road Football Pitches**
- **Pro Touch Soccer Academy**
- **Rosemary Gardens Football Pitch**
- **Saddlers Sports Centre**
- **Sobell Leisure Centre**

- **Street League** offers football and education to young people. Sessions are held at Market Road and Paradise Park
- **Whittington Park Football Pitch**
- **William Tyndale Football Pitch**

Gym/Gymnastics/Weight training

There are gyms at all the Islington Council Leisure Centres: See Page 2 for contact details.

Hockey

Hockey in England

<http://www.englishockey.co.uk/>

The national governing body for hockey in England.

Premier League 4 Sport,

St Mary Magdalene Academy,
Liverpool Road, N7 8PG.

W: http://smmacademy.org/our_academy/page/premier_league_4_sport_initiative/

T: 020 7697 0123

F: 7700 4218

St Mary Magdalene Academy: Monday, 3.45-5.15pm; Canonbury: Wednesday, 4-5 pm; Rosemary Gardens: Thursday, 4-5 pm.

Ice Skating

National Ice Skating Association of UK Ltd

W: www.iceskating.org.uk

Sobell LeisureCentre,

T: 020 7609 2166

F: 7700 3094

Offers public skating sessions each week. Also offers Learn to Ice Skate classes. To book a session call 07812 148557.

Martial Arts

Aikido

Aikido of London

c/o Finsbury Leisure Centre

Has space that is available for hire to independent clubs that specialize in martial arts. Currently home to the Open Aikido Association.

Judo

Finsbury Judo Club, c/o Finsbury Leisure Centre

T: 0771 2453709

E: sutw@hotmail.com.

W: <http://www.finsburyjudoclub.co.uk/>

Junior Judo (4-14yrs): Sat 10 am-12 noon.

Senior Judo (15yrs+): Wednesday 7-8.30pm

Premier League for Sport,

St Mary Magdalene Academy,

Liverpool Road, N7 8PG.

T: 7697 0123

F: 7700 4218

W: http://smmacademy.org/our_academy/page/premier_league_4_sport_initiative/

Judo sessions on Tuesdays at Central Foundation school, 3.45-5.15pm; see website for more details.

Sobell Judo Club,

c/o Sobell Sports Centre

T: 020 607 1607 or 0771 489 7381

W: <http://sobelljudoclub.com/index.php>

Classes for all ages.

Ju-Jitsu

Highbury Jitsu Club,

Sotheby Mews Day Centre, N5 2UT.

E: highburyjitsu@gmail.com

W: www.highburyjitsu.org.uk

The Junior Club is open to young people, ages 8-18 as well as those who are 18+.

Beginners are welcome and the first session is free.

Karate

Sobell Karate Club,

c/o Sobell Sports Centre

T: 07957 630463

E: info.sobellkarate@gmail.com

W: <http://www.sobellkarate.com/index.htm>

Affiliated to the International Shotokan Karate Federation (ISKF – England).

Kung Fu

Fujian White Crane Kung Fu

c/o C: David Courtney Jones.

T: 07958 980 280

E: davecj@fwckungfu.com

W: <http://www.fwckungfu.com/club/City+&+Islington/>

Traditional Chinese martial arts. Contact the club for details of centres and classes.

UK Lam Family Hung Kuen Kung Fu School,

139 Fonthill Road, N4 3HF.

T: 07518 348904

W: www.ukgungfu.com

Various martial arts classes taught by qualified coaches

Tae Kwondo

Green Light Taekwondo,

Hargrave Park School,

51 Bredgar Road, Archway, N19 5BS.

c/o Mr David Francis Licorish

T: 020 7274 1235

E: dlic40@hotmail.com.

Training session: Friday 6.45-7.45 pm.

Highbury Taekwon- Do Club,

Elizabeth House,

2 Hurlock Street, N5 1ED.

T: 07921 775109

W: <http://www.highburytkd.com/>

Thursdays 6:30-7:30pm (5-16 year olds); Thursdays 7:30-9pm (Adults).

Netball

All England Netball Association Limited

W: www.England-netball.co.uk

Acts as the national governing body for the game and works to keep netball at the forefront of women's sport.

Islington All Nations Netball,

Highbury Fields, N5)

E: Phil (Tues) phil@theallnations.com; Sarah (Wed) sarah@theallnations.com.

W: www.theallnations.com/

Matches at 6.45, 7.30 or 8.15 pm. (weeknights).

Sobell Leisure Centre

T: 020 7609 2166

W: <http://www.aquaterra.org/sobell-leisure-centre.aspx>.

There are full size indoor netball courts in the main arena.

Pilates

London Buddhist Centre,
72 Holloway Road, N7 8JG.

T : 020 7700 1177

F: 020 7700 3535

E: info@northlondonbuddhistcentre.com.

W: www.northlondonbuddhistcentre.com/

Mon-Fri 12-7.00pm. Sat 11 am-2.30 pm.

Pilates HQ,

17 Islington High Street, 4th Floor, N1 9LQ.

T: 020 7812 1132

E: info@pilateshq.co.uk.

W: <http://www.pilateshq.co.uk/>

Group and one-to-one classes. Combines traditional pilates exercises with resistance training to tone and strengthen the body. See website for details of classes.

Sobell Leisure Centre

T: 020 7686 2363.

W: <http://www.aquaterra.org/sobell-leisure-centre.aspx>

Website gives timetable of exercise classes, including pilates.

Rambling

North London Rambling Club

E: countrywalkers@yahoo.com

W: www.northlondonramblingclub.org.uk/

Easy to moderate walks (6 -15+ miles), on Saturdays and some week days.

Ramblers Association – North East London Group,

2nd Floor, Camelford House,

87-90 Albert Embankment, London SE1 7TW.

T: 020 7339 8500

F: 020 7339 8501

W: www.nelr.co.uk.

The Group aims to offer a walk on each Saturday of the year except over Christmas.

Rugby

All Nations Touch Rugby

T: 07876 573 006 (Phil)

E: phil@theallnationsfootball.com

W: <http://www.allnationsfootball.com/>

Touch Rugby in Finsbury Park.

City Rugby Club

E: captain@cityrugby.co.uk.

W: <http://www.cityrugby.co.uk/>

The club trains on one evening a week in City Road.

Squash

Finsbury Leisure Centre

T: 020 7253 2346

W: <http://www.aquaterra.org/finsbury-leisure-centre/squash>

There are courts available for 'pay and play'. More competitive players may wish to join the squash league. Offer junior coaching courses, and adult coaching is available on Club night, Fridays 6 - 8pm.

Sobell Leisure Centre

T: 020 7686 2363

W: <http://www.aquaterra.org/sobell-leisure-centre/squash>.

There are 6 squash courts and bookings can be made 7 days in advance (members) and 5 days (non-members)

Swimming

Amateur Swimming Association

W: www.britishswimming.org/

Everything you need to know about British swimming

For a list of Aquaterra's swimming pools in Islington see Page 2, or go to: www.islington.gov.uk/Leisure/Sports/170.asp

Table Tennis

Finsbury Leisure Centre

T: 020 7253 2346

W: <http://www.aquaterra.org/finsbury-leisure-centre/table-tennis>

One tennis table available for pay and play.

Finsbury Table Tennis Club

c/o Fabien Mauroy

T: 075 382 455 23

W: <http://www.finsburyttclub.co.uk/>

Sessions at Finsbury Leisure centre: Friday: 6-9 pm £5; Sunday: 4-7 pm £5.00.

Teams play in Central London Table Tennis League.

Mildmay Community Table Tennis Club,

Mildmay Community Centre,

Woodville Road, N16 8NA.

c/o John Kessie

T: 07956 931 042

E: info@mildmaycttc.org.uk.

W: www.mildmaycommunityttc.org/

Meets Wednesdays from 4-6pm.

Premier League 4 Sport,

St Mary Magdalene Academy,
Liverpool Road, N7 8PG.

W: http://smmacademy.org/our_academy/page/premier_league_4_sport_initiative/

T: 020 7697 0123

F: 7700 4218.

Wednesday: Highbury Grove: 4.30-6 pm; William Ellis: 4.30-5.30pm; Thursday:
Haverstock: 4.30-5.30pm; Friday: St Aloysius: 4.30-6 pm.

Sobell Leisure Centre

T: 020 7686 2363.

W: <http://www.aquaterra.org/sobell-leisure-centre.aspx>.

Pay and play booking slots are 35 minutes.

Tennis

Lawn Tennis Association

W: www.lta.org.uk

Finsbury Park,

Endymion Road, N4 1EQ.

Seven all-weather public tennis courts.

Highbury City Tennis Club c/o Rob Achille.

T: 020 7700 1370

E: rob.achille@aquaterra.org.

Children aged 5-15 years. No booking required. Play on Highbury Fields tennis courts or Islington Tennis Centre with a qualified coach.

Highbury Fields,

Baalbec Road, N5 1QN 11.

All weather, floodlit public courts.

Islington Tennis Centre,

Market Road, Islington, N7 9PL.

W: <http://www.aquaterra.org/islington-tennis-centre.aspx>.

Eight acrylic, floodlit courts.

Trampolining

Sobell Leisure Centre,

T: 020 7686 2363

<http://www.aquaterra.org/sobell-leisure-centre/trampolining>

See website for times of drop-in sessions for different age groups.

Triathlon

British Triathlon Association

W: www.britishtriathlon.org/

Tri London,

Cally Pool,

T: 020 7278 1890

W: www.aquaterra.org/cally-pool.aspx

Regular swim, bike and run sessions. TriLondon meets regularly at the Cally, holding two 6am training sessions and one evening session every week. New members are always welcome. For more information visit their website or email:

E: membership@trilondon.com

W: www.trilondon.co.uk/

Volleyball

English Volleyball Association

W: www.volleyballengland.org/

Official site for volleyball in England.

Premier League 4 Sport, St Mary Magdalene Academy, Liverpool Road, N7 8PG.

W: http://smmacademy.org/our_academy/page/premier_league_4_sport_initiative/

T: 020 7697 0123

Monday: IAMS: 3.30-5 pm; Wednesday: Camden School for Girls and BSix College: 4.30-6 pm; Thursday: Holloway: 3.30-5 pm.

Sobell Leisure Centre

T: 020 7686 2363

W: <http://www.aquaterra.org/sobell-leisure-centre.aspx>.

Offers flexible volleyball opportunities with three or four badminton court areas available for hire with a volleyball net.

Walking

Central London Outdoor Group

E: membership@clogweb.org.uk.

W: www.clogweb.org.uk.

Outdoor activities and also a social club. Walking and climbing trips, day walks and weekends away. Meet on second Thursday of month.

Yoga

Factory Gym & Dance Centre,

407 Hornsey Road, N19 4DX.

T: 020 7272 1122.

W: <http://www.factorylondon.com/>

Offers classes in Hatha and Astanga yoga.

Islington Yoga,
142 Upper Street, N1 1QY.
T: 020 7704 6796

London Buddhist Centre,
72 Holloway Road, N7 8HG.
T : 020 7700 1177
F: 020 7700 3535.
E: info@northlondonbuddhistcentre.com.
W: www.northlondonbuddhistcentre.com/
Classes in meditation, based on Buddhism, and yoga. Monday-Friday 12-7.30pm.
Saturday 11 am-3 pm.

Sobell Leisure Centre
T: 020 7686 2363.
W: <http://www.aquaterra.org/sobell-leisure-centre.aspx>.

Yoga Base,
255-7 Liverpool Rd, N1 1LX
T: 020 7609 3030
E: info@yogabase.org
W: <http://www.yogabase.org.uk>
Offers a variety of daily yoga classes.

Whilst every attempt has been made to ensure the information included in this fact sheet is accurate, we cannot accept responsibility if an organisation no longer exists or if information has changed.

Islington Library & Heritage Services

Archway Library
T: 020 7527 7820

Hamlyn House, Highgate Hill N19 5PH
E: archway.library@islington.gov.uk

Central Library
T: 020 7527 6900

2 Fieldway Crescent N5 1PF
E: centrallending.library@islington.gov.uk

Finsbury Library
T: 020 7527 7960

245 St John Street EC1V 4NB
E: finsbury.library@islington.gov.uk

John Barnes Library
T: 020 7527 7900

275 Camden Road N7 0JN
E: johnbarnes.library@islington.gov.uk

Lewis Carroll Library
T: 020 7527 7936

166 Copenhagen Street N1 0ST
E: lewiscarroll.library@islington.gov.uk

Mildmay Library
T: 020 7527 7880

21-23 Mildmay Park N1 4NA
E: mildmay.library@islington.gov.uk

N4 Library
T: 020 7527 7800

26 Blackstock Road N4 2DW
E: n4.library@islington.gov.uk

North Library
T: 020 7527 7840

Manor Gardens N7 6JX
E: north.library@islington.gov.uk

South Library
T: 020 7527 7860

115-117 Essex Road N1 2SL
E: south.library@islington.gov.uk

West Library
T: 020 7527 7920

Bridgeman Road N1 1BD
E : west.library@islington.gov.uk