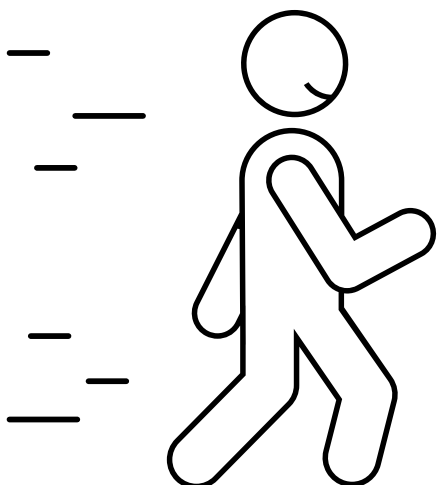
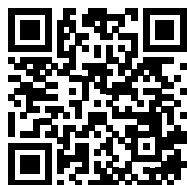


See how many of the following activities you can tick off during 2024.

Let's make 2024 the year that we are more active, together!

Find more activities at www.getactive.io/area/merton



- 1 Learn to ride a bike with cycle training
- 2 Go for a swim during family time at a Merton Leisure Centre
- 3 Use a Kayak at Wimbledon Water Sports Centre
- 4 Walk, cycle or scoot on the school run
- 5 Try a new playground in Merton – *there are over 35 to test out!*
- 6 Get inspired by watching AFC Wimbledon and London Broncos
- 7 See how many skips you can do without stopping!
- 8 Attend a Parkplay session (Canons House starts April)
- 9 Fly a kite in one of the parks. *Top tip: Morden Park has a gentle hill to run down!*
- 10 Register to get updates on fun games with NHS Healthier Families
- 11 Use the outdoor gym at your local park (*young people*)
- 12 Take part in the Daily Mile and see how far you can go this year
- 13 Explore Cannizaro Park and feed the ducks (*leftover peas, sweetcorn or lettuce are great. Leave the bread at home*)
- 14 Join Beavers, Cubs or Scouts
- 15 Get your heart pumping and try an active fitness class at Wimbledon Leisure Centre & Spa
- 16 Play a round of crazy golf at Wimbledon Park
- 17 Play outdoor table tennis in a Merton Park
- 18 Go on a family adventure walk through the woods and take notice of the seasonal changes
- 19 Find your way around Merton using a map – *why not follow the River Wandle?*
- 20 Join a Figges Marsh junior parkrun
- 21 Play tennis at one of the recently refurbished courts – booking may be required
- 22 Check out Change4Life's accessible activity ideas and activities to get inspired
- 23 Take part in an activity at one of our libraries
- 24 Use the QR code to access Merton's Activity Finder. It lists hundreds of free or low-cost activities