

Sports You Can Try

If the 2012 Games is making you feel athletic, then here are some Olympic sports you can experience for yourself. *By Jo Caird*



ARCHERY

Learn to shoot from 20 yards during a weekend course at **2020 Archery** (28-29 Jul). You'll get six hours of tuition covering everything from shooting, safety and equipment, to the basics of scoring and competing. Alternatively channel your inner Robin Hood at an afternoon beginner session. Course £95, beginner session £20. Booking essential.

The Druid Centre, Druid Street, SE1.

☎ 020 8320 2604. 📧 2020archery.co.uk

📍 London Bridge. Map D9.



CYCLING - TRACK

Have a go at track cycling at **Herne Hill Velodrome**, one of the few remaining venues still standing from London's 1948 Games. Everyone has to do an induction first, regardless of experience. These take place on Saturdays, with under-16s sessions 09.00-10.00 and adult sessions 12.00-13.00. Basic training then takes place 13.00-14.00 on Saturdays for adults and 17.00-18.00 for youngsters. Admission £8 (induction and basic training), under-16s £3.

Burbage Road, SE24. ☎ 020 7737 4647.

📧 hernehillvelodrome.com 📍 Herne Hill. Off map.

TAEKWONDO

Enjoy two free taster sessions at **Taekwondo London**, a club that hosts beginner training sessions on Tuesday (Golden Lane Sport And Fitness) and Thursday (City YMCA) at 19.30-20.45. Group lessons start at £6. Simply email the club first to let them know you'll be attending, at 📧 jake@taekwondo-london.co.uk
Golden Lane Sport And Fitness, Fann Street, EC1 or at the City YMCA, 8 Errol Street, EC1. 📧 taekwondo-london.co.uk
📍 Barbican. Map A8.

JUDO

The Budokwai, Europe's oldest martial arts club, runs beginners' classes on Tuesday and Thursday evenings from 18.30-19.30 and Saturdays from 15.30-16.30. You can attend up to four sessions before joining the club. Children's session also available.

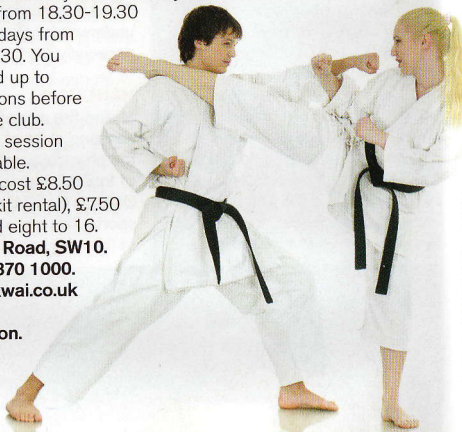
Sessions cost £8.50 (plus £3 kit rental), £7.50 child aged eight to 16.

4 Gilston Road, SW10.

☎ 020 7370 1000.

📧 budokwai.co.uk

📍 South Kensington.
Off map.



OLYMPIC FACT: The Olympic motto 'citius, altius, fortius' means 'swifter, higher, stronger' in Latin

SYNCHRONISED SWIMMING

Learn key swimming skills such as the 'egg-beater kick' and 'sculling' and complete a choreographed routine to music with **Synchronised Swimming Master Classes (18, 25 Jul)** at the luxurious Berkeley Hotel in Mayfair. Group sessions 18.00-19.30. Admission £125 per person includes a Berkeley swimming cap.

Wilton Place, SW1. ☎ 020 7235 6000. 📧 the-berkeley.co.uk
📍 Hyde Park Corner. Map D4.



FENCING

Book one-to-one lessons with an expert known as a 'master' at **London Fencing Club**, which is based at Finsbury Leisure Centre. Non-members pay £22 per 20 minutes, with lessons lasting 20, 40 or 60 minutes. If you want to get to competition level though, you'll need to train for four hours a week.

Norman Street, EC1. ☎ 07951 414409. 📧 londonfencingclub.co.uk
📍 Old Street. Map A8.

MODERN PENTATHLON

Spend a fun-filled weekend trying all five of modern pentathlon's disciplines to get a real feel for the event.

See above for shooting and fencing lessons. Next, practice racing against the clock over four laps at the 50-metre **London Fields Lido** swimming pool (Admission £4.50, child £2.70. London Fields Westside, E8. ☎ 020 7254 9038. 📧 hackney.gov.uk/c-londonfields-lido.htm 📍 London Fields).

Then run halfway around the circumference of Hyde Park before show jumping with a one-hour group lesson at the **Lee Valley Riding Centre** (Admission £32.50, child £25. 71 Lea Bridge Road, E10. ☎ 020 8556 2629. 📧 visitleevalley.org.uk 📍 Clapton).



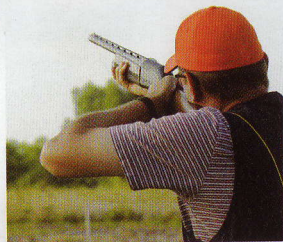
SHOOTING

The **West London Shooting School** has former shooting champions on hand to teach men, women and young people about shooting with shotguns. Learn the Olympic discipline of clay pigeon shooting, or have a go at game shooting. Lessons from £76 per person, per hour.

Sharvel Lane, Northolt, UB5.
☎ 020 8845 1377.

📧 shootingschool.co.uk

📍 South Ruislip, then taxi.
Off map.



WRESTLING

Join in on one of the weekly practice sessions at **London Amateur Wrestlers**, which take place 10.45-13.00 every Saturday.

Adults of all levels, and children from the age of 12 upwards, are welcome. Admission £15.

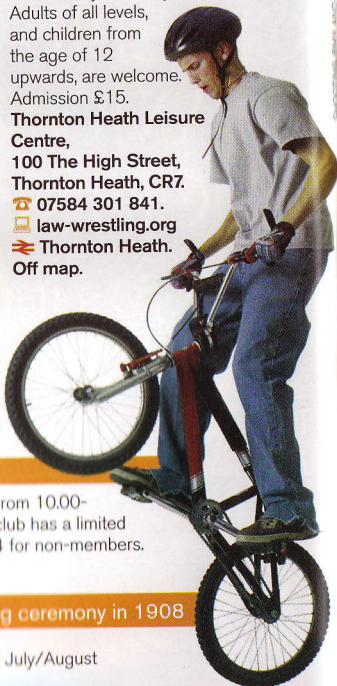
Thornton Heath Leisure Centre,

100 The High Street, Thornton Heath, CR7.

☎ 07584 301 841.

📧 law-wrestling.org

📍 Thornton Heath.
Off map.



CYCLING - BMX

The **Brixton BMX Club** hosts coaching sessions on Saturdays and Sundays from 10.00-12.00 at Brockwell Park BMX track. All levels of ability are welcome and the club has a limited number of bikes and protective kit for newcomers to borrow. Sessions cost £4 for non-members. **Norwood Road, SE24.** 📧 brixtonbmx.com 📍 Herne Hill. Off map.

OLYMPIC FACT: London hosted the first official Olympic opening ceremony in 1908