

# Sports You Can Try

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

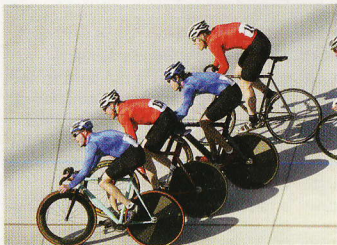
## SHOOTING

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](http://shootingschool.co.uk) 🚗 ➡ South Ruislip, then taxi. Off map.

## CYCLING – TRACK

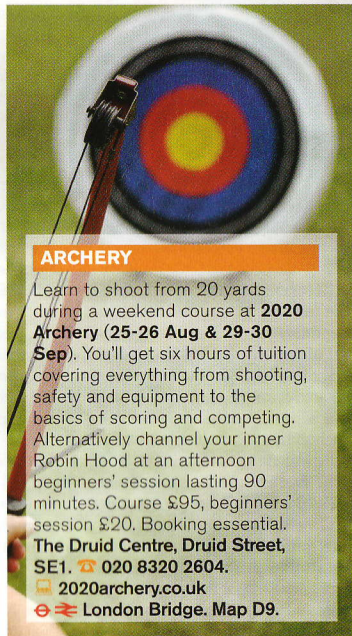


Have a go at track cycling at **Herne Hill Velodrome**, one of the few remaining venues still standing from London's 1948 Games. Everyone has to do an induction first, regardless of experience.

These take place

on Saturdays, with under-16s sessions from 09.00-10.00 and adult sessions from 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](http://hernehillvelodrome.com) 🚗 ➡ Herne Hill. Off map.



## ARCHERY

Learn to shoot from 20 yards during a weekend course at **2020 Archery (25-26 Aug & 29-30 Sep)**. 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 beginners' session lasting 90 minutes. Course £95, beginners' session £20. Booking essential.

**The Druid Centre, Druid Street, SE1.** ☎ 020 8320 2604.

📍 [2020archery.co.uk](http://2020archery.co.uk)

🚗 ➡ London Bridge. Map D9.

**PARALYMPIC FACT:** The Paralympic motto, introduced in Athens in 2004, is 'spirit in motion'

## EQUESTRIAN

Learn to ride one-on-one, or as part of a group, at the **Lee Valley Riding Centre** (lessons from £16.20 per half hour, child from £13.60). You'll master mounting, walking, trotting and more. For an additional challenge, why not try jumping? The centre has an indoor arena, as well as two flood-lit outdoor arenas, so lessons take place whatever the weather. **Lea Bridge Road, E10.** ☎ 020 8556 2629. 📧 [visitleevalley.org.uk](http://visitleevalley.org.uk) 📍 Clapton. Off map.

## TENNIS

Whether you are a keen spectator, an aspiring tennis star or just want to have a go at improving your game, then a few drop-in lessons will not go amiss. The **Islington Tennis Centre** offers sessions for all abilities. There is no need to bring a racket or a partner as both will be provided. Three-hour and two-hour match plays cost £9.50 and £7.30 respectively. Coached sessions are £9.50.

**Market Road, N7.** ☎ 020 7700 1370.

📧 [aquaterra.org/islington-tennis-centre](http://aquaterra.org/islington-tennis-centre)

📍 Caledonian Road. Off map.

## 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 sessions 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](http://budokwai.co.uk) 📍 South Kensington. Off map.



## MODERN PENTATHLON

Considered one of the real tests of endurance and skill, this event is well worth recreating. So spend a fun-filled weekend trying all five of the Olympic modern pentathlon's disciplines to get a real feel for the event.

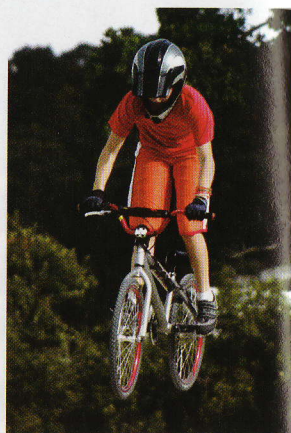
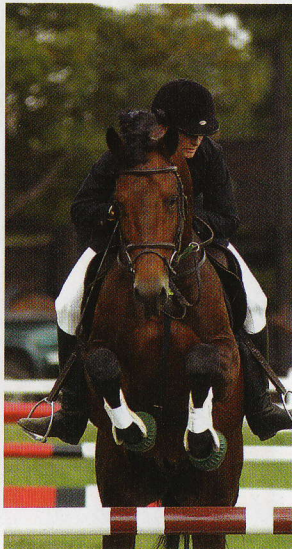
See p. 14 and right for shooting and fencing lessons. Next, practice racing against the clock over four laps at the 50-metre **London Fields Lido** swimming pool. Admission £4.50, child £2.70.

**London Fields Westside, E8.**

☎ 020 7254 9038. 📧 [hackney.gov.uk/c-londonfields-lido.htm](http://hackney.gov.uk/c-londonfields-lido.htm)

📍 London Fields.

Then run halfway around the circumference of Hyde Park before enjoying a spot of show jumping with a one-hour group lesson at the **Lee Valley Riding Centre** (See address above, lessons £32.50, child £25).



## CYCLING - BMX

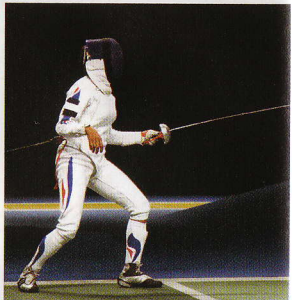
The **Brixton BMX Club** hosts coaching sessions on Saturdays and Sundays from 10.00-12.00 at Brockwell Park BMX track. All levels of ability are welcome and the club has a limited number of bikes and protective kit for newcomers to borrow. Sessions cost £4 for non-members.

**Norwood Road, SE24.**

📧 [brixtonbmx.com](http://brixtonbmx.com) 📍 Herne Hill.

Off map.

## FENCING



Book one-to-one lessons with an expert known as a 'master' at the **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 414 409. 📧 [londonfencingclub.co.uk](http://londonfencingclub.co.uk) 📍 Old Street. Map A8.

**PARALYMPIC FACT:** 2,300 team officials will be in attendance at the London 2012 Paralympics