



AUTUMN ACTIVITIES IN THE ALEXANDRA AND AINSWORTH PARK

This autumn come and join one or more of our FREE activities in the Park.

It is an opportunity to get some exercise, meet people, enjoy the open air and rediscover the restored A&A beautiful park.

Classes and activities are all free, just turn up and join in!



Community Cricket Sessions

Just turn up and join in, have fun, play Cricket!

Open to all levels of players regardless of experience.

Every Friday from 4.30 pm to 5.30pm at the 'Bowl'

For more information

<http://www.lovecamden.org/events/outdoor/community-cricket-sessions>

Birds of Bray

Join us on **Wednesday 28 October 2015** at the 'Bowl' from 10.30am-3pm - all welcome.

Did you know that owls can rotate their heads and necks as much as 270 degrees? Come and see these amazing birds this autumn at Alexandra Road Park and don't miss the chance to get a photo with them on your shoulder or hand.

For more information contact:

Jenny Kurktchieva
07784353045

Jenny.Kurktchieva@camden.gov.uk





Photography in Alexandra Road Park

Every Thursday from 1.30pm

This free course is for anyone who would like to learn to make better use of their digital camera to take photos, while exploring the newly re-opened Alexandra Road Park!

We will look at different ways of sharing photos such as posting on Facebook and uploading to a small course website. The course is aimed at beginners, so you don't need any previous experience of digital photography, although basic computer skills would be helpful.

For more information visit <http://www.shakonline.co.uk/> or contact:

John Boyle
020 7372 702, email johnboyle@shakonline.co.uk



The 'Bowl'

FREE FITNESS CLASSES

Boot Camp

Every Saturday at 10 am at the 'Bowl'

This class is a calorie burning and muscle toning class.

BOOKING: Please reserve you place at: <http://www.ourparks.org.uk/borough/alexandra-park-ainsworth-estate>.

For more information visit: <http://www.ourparks.org.uk/>

Pilates

Every Saturday at 11:00 am at the 'Bowl'

Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture whilst shaping toning muscles. Please bring your own mat to session

MAXIMUM NUMBER OF ATTENDEES: 30

BOOKING: Please reserve you place at: <http://www.ourparks.org.uk/borough/alexandra-park-ainsworth-estate>.

For more information visit: <http://www.ourparks.org.uk/>



Camden Green Gym at Alexandra Road Park On Thursdays every 4 Weeks

Next date: Thu 24th Sep 15 **10:45am- 2 pm**

For further dates <http://www.lovecamden.org/events/outdoor/camden-green-gym-alexandra-road-park>

The Conservation Volunteers carry out voluntary conservation work, designed to benefit Camden's green spaces and to improve the overall fitness and wellbeing of volunteers. We meet at a variety of parks, nature reserves and green spaces in the borough of Camden on Tuesdays and Thursdays from 10.45am-2pm.

All welcome, no booking necessary and free refreshments provided.

See more at: <http://www.projectdirt.com/project/10876/#sthash.GEawJg71.dpuf> or call Peter Hutchings on 07769642395 or email gg-camden@tcv.org.uk