



Sports for Leisure

What is this about?

Our Sports for Leisure Enrichment Programme offers a fun, inclusive way for students to stay active and build lifelong healthy habits. Designed for all ability levels, it promotes fitness, wellbeing, and enjoyment through a wide variety of recreational sports. Activities may include badminton, table tennis, basketball, volleyball, circuit training, and team-building games. The focus is on participation, personal enjoyment, and social connection rather than competitive performance. Students develop coordination, confidence, and communication skills in a relaxed, supportive environment. Sessions encourage positive mental health, stress relief, and an active lifestyle outside of academic pressures. Leadership opportunities are available for students interested in helping plan and deliver sessions.

Location?

Croydon Campus, Lower Ground Floor,
Common Room

Day(s) and Timings?

Every Friday at 3pm to 5pm

SCAN ME



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