



What can I do at the park?



Walking



Running



Bowls*



Tennis



Children's Play Area



Basketball

* Restrictions may apply – please contact the local bowling club for more information



Oadby & Wigston
BOROUGH COUNCIL



**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING



Activities for Families



ispy

What can you spot in the park?

- Somewhere to recycle
- Something yellow
- The tallest thing
- A bench
- Railings
- Something made of wood
- A sign
- Lamp post
- A twig



Simon Says

Simon Says is a great game that can be played anywhere! One person is Simon (or you can use any name you like) and everyone else has to listen carefully to what Simon asks you to do.

If Simon asks you to do something ("Simon says hop on one foot"), you need to do it. If Simon doesn't ask then you don't need to do it ("pat your head"). Get the request wrong and you are out of the game.

Simon Says...

- Play air guitar
- Hop like a frog
- Curl up small

Activities for Adults

Tennis

Tennis isn't just for Wimbledon, so grab your racket and head down to the courts for a game. Tennis great fun and is accessible for all ages and skill levels. Alongside improving your cardio fitness tennis also works on muscle strength and flexibility and brings social benefits as well.

If you are new to tennis or not sure where to start the LTA have produced a handy online guide for getting into to the game.

Visit <https://www.lta.org.uk/play-compete/getting-started/adult-tennis/> for more information, advice and different programmes running close to you.

Distance around the park

0.18 miles or 0.29 kilometres

Address

Oadby Court , Oadby, LE2 4DF

Bus Stops

31E, 40, AD1, AD2

(Please note bus provisions may change, please check with local providers)

Parking

There is a free car park available at the park. Time restrictions apply.
(Please check restrictions when parking)

Facilities

- No public facilities are available.
- No café available onsite, but local businesses are around the park.

[Google map location](#)

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