





Lowestoft Town Council

SPORTS

at Lowestoft Town Council

2025

0330 053 6019

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lowestofttowncouncil.gov.uk

Sports: Lowestoft Town Council

sports_lowestofttowncouncil

Lowestoft Town Council

Hi There!

This is your guide to free sports facilities, sessions and events in Lowestoft, brought to you by Lowestoft Town Council.

Inside you will find a clear and easy-to-navigate overview of everything we have to offer.

Everything within this booklet is FREE - either run or fully-funded by Lowestoft Town Council.

Whether you are looking to try a new activity, stay fit or connect with others, this booklet is here to help you make the most of what's on offer in 2025!

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Did You Know...

Tennis Courts in Lowestoft are FREE?

As part of our ongoing commitment to our free sports policy - we have made our three council-owned tennis sites in town completely free to use. All the courts were recently refurbished in partnership with the LTA and are equipped with smart-gate entry systems.



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Where?



Denes Oval

15 Swimming Pool Rd
Lowestoft
NR32 1UY



Normanston Park

Peto Way
Lowestoft
NR32 3EQ



Kensington Gardens

Kensington Rd
Lowestoft
Nr33 0HY

Did You Also Know...

There are FREE Pickleball Courts in Lowestoft?



Pickleball is one of the fastest-growing sports in the world—and you can experience it at the largest outdoor facility in the East of England, right here in Lowestoft!

Combining elements of tennis, badminton, and table tennis, pickleball is fast-paced, exciting, and easy to learn. Thanks to its smaller court and accessible style of play, many people find it more approachable and enjoyable than tennis.

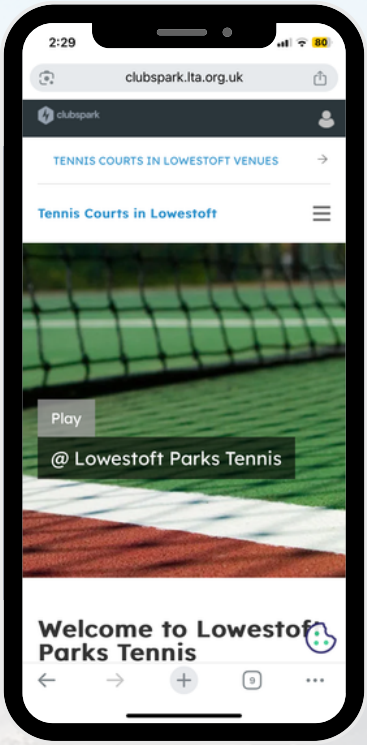
Where?

Denes Oval, 15 Swimming Pool Rd, Lowestoft, Suffolk, NR32 1UY.

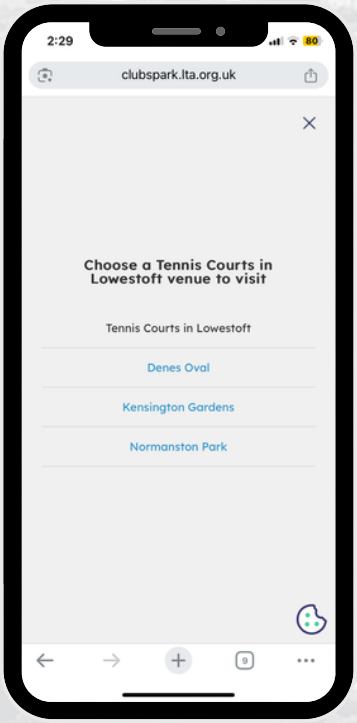
How to Book Your FREE Court

Step 1: Visit the booking site:

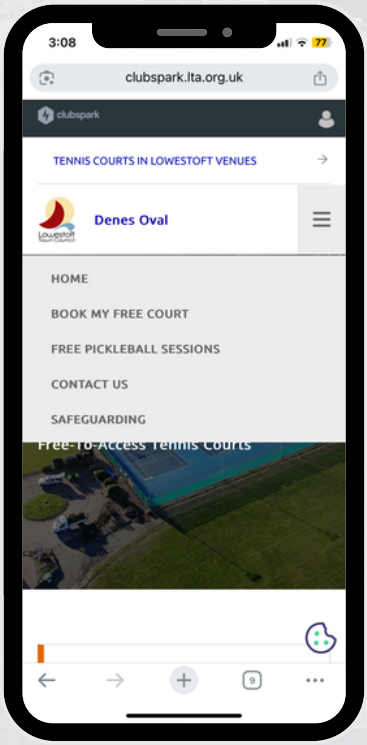
https://clubspark.lta.org.uk/TennisCourtsInLowestoft



Step 2: Choose your site

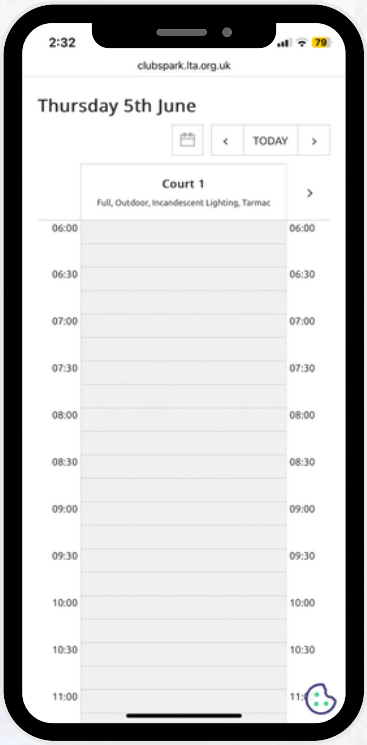


Step 3: Choose 'book my free court'



How to Book Your FREE Court

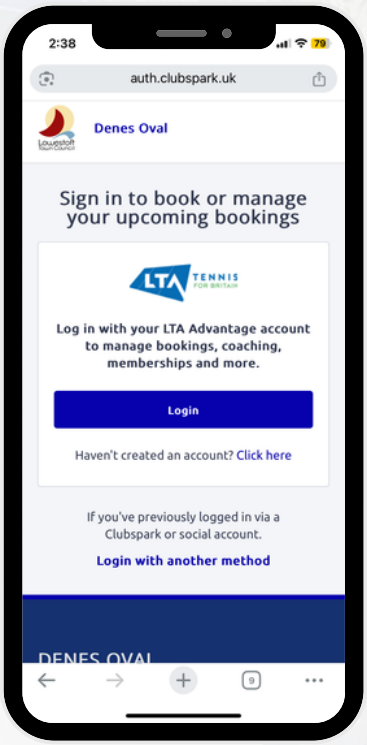
Step 4: Choose your date



Step 5: Choose your court and time



Step 6: Sign into your LTA account/Register and then follow the systems instructions to complete your booking!



We Also Offer FREE Tennis and Pickleball Sessions

Discover the Joy of Tennis and Pickleball – For Free!

We're thrilled to offer a variety of **FREE** tennis and pickleball sessions tailored for all ages and skill levels.

Whether you're picking up a racket for the first time or mastering your skills, everyone is welcome!

Each session is led by our expert Sports Development Officer and includes all the equipment you'll need—just bring your enthusiasm! Best of all, there's no cost to join.

Bookings Page

Booking is quick and easy:

- Visit our Microsoft Bookings Page
- Select your preferred session
- Check the details (time, what to expect, and T&Cs)
- Secure your spot!

Don't miss out—reserve your place today and get ready to play!

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Barclays Free Parks Tennis

Every Saturday Morning, 9am-10am

at Normanston Park

Join our free parks tennis sessions — open to all ages, abilities, and skill levels! Whether you come alone, with friends, or family, it's all about having fun and getting active.

Coming soon....







Wednesday Social Tennis Mornings

9.30am

Intermediate to Advanced Tennis (16+)

For players with slightly more experience

10.30am

Beginner to Intermediate Tennis (16+)

Ideal if you're new to tennis, getting back into it.

11.30am

Fun Tennis for Home Ed Kids (Aged 6-14)

All about learning through play! These sessions focus on enjoyment, skill-building, and staying active.



Pickleball Thursdays

4pm

Family Pickleball

Perfect for families looking to have fun on court and try pickleball

5pm

Introduction to Pickleball

A great way to discover pickleball for all abilities and ages (16+)

6pm

Improvers Pickleball (16+)

Designed as a follow on session to keep you playing and having fun!

FREE SUMMER SPORTS SESSIONS



- *Running within the school summer holidays across Lowestoft - all for FREE!*
- *Delivered by local stakeholders*
- *Fully funded by Lowestoft Town Council*

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FREE SUMMER SPORTS SESSIONS

Pickleball & Multi-Sports

What sports will be played?

Pickleball - Tennis - Putting

What dates are the sessions?

22 July, 19 August, 26 August

For what ages?

8 - 15 Year Olds

How much?

Completely FREE

What time and where?

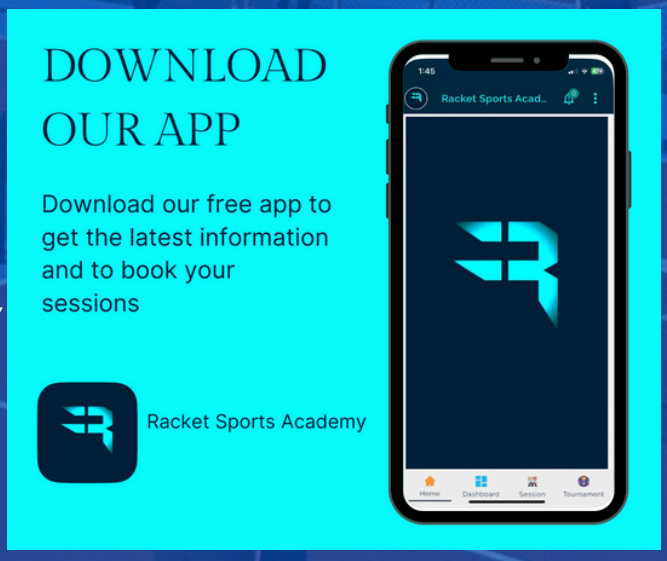
12:30 PM - 3:00 PM at Denes Oval

How to book?

Book via the 'RSA' App.

By who?

Delivered by Coach Emily at Racket Sports Academy and fully funded by Lowestoft Town Council.



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RSA
Racket Sports Academy
Where Passion Drives Performance

FREE SUMMER SPORTS SESSIONS CRICKET

What sport will be played?

Cricket

What dates?

- *25 July*
- *1 , 8, 15, 22, 29 August*

Age groups and time?

4-6 Years Old - 1pm till 1.45pm

7-9 Years Old - 2pm till 2.45pm

10-13 Years Old - 3pm till 3.45pm

How much and where?

Completely FREE and at Denes Oval

By who?

Delivered by Lowestoft Town Cricket Club and fully funded by Lowestoft Town Council.

How to book?

Book via Google Forms - using the link below:

https://docs.google.com/forms/d/e/1FAIpQLSf9QySlaLlIYTk9VCco6vbuNEy6PFa8XaqqI1Zw3gnwOVGwpQ/viewform

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POINT·DU·JOUR

FREE SUMMER SPORTS SESSIONS

Multi-Sports

What sports will be played?

Football, Cricket, Dodgeball, Frisbee and Tag Games.

How much and how to book?

Completely FREE and no booking required - just turn up and play!

By who?

Delivered by Catch22: Suffolk Positve Futures and fully funded by Lowestoft Town Council.

Session details:

Normanston Park from 10:00 AM till 12:00 PM on the 24 July, 31 July, 7 August and 14 August.

Rosedale Park from 1:00 PM till 3:00 PM on the 24 July & 31 July.

Clarkes Lane from 1:00pm till 3:00pm on the 7 August and 14 August.

Open to all ages between 9 and 16 years old.

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catch 22

FREE SUMMER SPORTS SESSIONS

Football

What sports will be played?

Football.

How much and how to book?

Completely FREE and book via the link below:

..https://docs.google.com/forms/d/e/1FAIpQLSdcHAYP2UEO3WyZmFy2a3VG1WxEjhPwR9XPiM6yghyd4uYYAg/viewform

By who?

Delivered by Lowestoft Town Football Club and fully funded by Lowestoft Town Council.

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LOWESTOFT TOWN FOOTBALL CLUB

Session details:

Normanston Park on the 23 July and 30 July

Rosedale Park on the 6 August and 13 August.

Clarkes Lane on the 20 August and 27 August.

7-10 year olds: 10:00 till 10:45 AM

10-12 year olds: 11:00 till 11:45 AM

12-14 year olds: 12:00 till 12:45 PM

Free Circuit Training Sessions



Our current sessions are at full capacity.

However, we are looking at starting more sessions up so please express your interest by emailing or messaging us on Instagram or Facebook

admin@lowestofttowncouncil.gov.uk

Box-Up



Free Sports Equipment

New Box-Up Locker Now Available at Denes Oval.

We're excited to introduce a newly installed Box-Up locker at Denes Oval, providing free access to tennis and pickleball equipment for all visitors.

Getting started is simple: just download the Box-Up app, create an account, and begin your equipment rental — all at no cost.

This new addition means you can now enjoy top-quality sports equipment alongside the state-of-the-art facilities already available at Denes Oval.

Whether you're a regular player or trying something new, everything you need is just a few taps away.



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Barclays Big Tennis Weekends

Coming This August

We have two Big Tennis Weekends coming this August. They will involve a range of free tennis taster sessions at your local parks.

Make sure to follow our social media pages for the latest updates and booking information!



Cricket Nets

Exciting News – Our New Cricket Nets Are Now Complete

Fully Funded by Lowestoft Town Council







We are proud to announce the completion of our brand-new, fully enclosed three-lane cricket net facility — a major investment in the future of our local cricket community.

This state-of-the-art training area has been designed to support players of all ages and abilities, providing a safe and professional environment to develop and refine their skills.

It's already been a pleasure to see Lowestoft Town Cricket Club making excellent use of the facility, and even more rewarding to watch the next generation of cricketers enjoying every moment.

We are committed to supporting grassroots cricket and creating opportunities for young players to grow and thrive.

For updates on public access times and community sessions, please follow our social media pages or get in touch with us.

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Other Free Facilities



Putting Green

Set in the beautiful location of Denes Oval, our free-to-use Putting Green offers a nine-hole course for your enjoyment during the Summer months.

All the equipment is available from outside the Denes Oval Cricket Pavilion.



Skate Park

Normanston Park is the home of Skating in Lowestoft.

The skate park is a great location for beginners and experienced skaters and a great way to meet new people and get active.

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Other Free Facilities



Bowls Green

Our free-to-use Bowl Green is located at Kensington Gardens.

These facilities are free-to-use during the Bowls Season with equipment available from the Grounds Team.



Gym Equipment

Need somewhere to work on your fitness in the outdoors? Our outdoor gym facilities are perfect for this.

Located in Normanston Park and Whitton Green, our outdoor gym equipment offers a variety of free facilities.

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Have any ideas for events, sessions or facilities you'd like to see? Please get in touch with us.

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