The New Age Games Programme

FREE ACTIVITIES for Hackney residents aged 50+

Monday 29 April – Monday 22 July 2024

Day	Activity	Time & Venue
Monday No sessions held on 6 and 27 May	**Yoga for Women**	**10.30am – 11.30am,** The Glasshouse, Springfield Park
	Chair-based activity	**11.00am – 12.00pm,** Frampton Park Baptist Church
	Music movers	**11.15am – 12.15pm,** Britannia Leisure Centre
	Yoga	**12.00 noon – 1.00pm,** The Glasshouse, Springfield Park
Tuesday	**Pilates**	**10.00am – 11.00am, online** Visit **hackney.gov.uk/new-age-games** for further details
	Badminton	**10.30am – 12.30pm,** Britannia Leisure Centre
	Table Tennis	**2.00pm – 3.00pm,** New Kingshold Community Centre No session on 28 May
Wednesday	**Aerobic and tone**	**10.00am – 11.00am,** Kings Hall Leisure Centre
	Tennis	**10.30am – 12.00noon,** Clissold Park Tennis Courts No session on 29 May
	Soca aerobics	**11.30am – 12.30pm,** Kings Hall Leisure Centre
	Chair-based activity	**1.00pm – 2.00pm,** The Salvation Army, Clapton
	Learn to swim for beginners	**2.00pm – 2.45pm,** Kings Hall Leisure Centre
	Pilates	**6.30pm – 7.30pm,** The Salvation Army, Clapton
Thursday	**Fusion-Pilates/yoga for Women**	**10.00am – 11.00am,** Pembury Community Centre No session on 2 May
	Yoga	**11.30am – 12.30pm,** Britannia Leisure Centre
	Water aerobics	**12.30pm – 1.30pm,** Britannia Leisure Centre Registration/pool readiness 12.30pm – 12.40pm
	Chair-based activity	**2.00pm – 3.00pm,** The Salvation Army, Mare Street
Friday No sessions on 31 May	**Water aerobics**	**9.00am – 10.00am,** Clissold Leisure Centre Registration/pool readiness 9.00am – 9.10am
	Tennis	**10.30am – 12noon,** Hackney Downs Park Tennis Courts
Saturday	**Gym** (held inside junior gym)	**9.30am – 10.30am,** Kings Hall Leisure Centre

For further information, please contact **Darren English** on: **020 8356 4897**
or email: **darren.english@hackney.gov.uk** or visit: **hackney.gov.uk/new-age-games**

- **To be eligible to attend the scheme, you must be a Hackney resident aged 50+. Every effort will be made to accommodate attendees, but places are based on a first come, first served basis. Once maximum class numbers are reached no more entries will be permitted.**
- New participants must complete a registration form before attending the scheme. These are available online, from the instructor or from Darren English using the contact details above.
- On arrival at a leisure centre facilitated session, please inform reception that you are here to attend New Age Games (followed by your chosen activity). Participants should follow the guidance of each venue.
- Please arrive 5 minutes before activity is due to start and make your attendance known to the instructor. Do not enter the swimming pool prior to this. Clients who arrive later than the session time, may be refused entry.
- Participants are encouraged to uphold hand hygiene and social distancing. You should seek medical advice from your GP if you are in any doubt about your physical ability to take part in any events. This is reflected in our guidance.

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The New Age Games venues map

Venue		Address	Nearby buses
1	**Britannia Leisure Centre**	Pitfield Street, N1 5FT	76, 149, 242, 243 & 394
2	**Kings Hall Leisure Centre**	39 Lower Clapton Road, E5 0NU	38, 55, 106, 242, 253 & 254
3	**The Salvation Army, Clapton**	122 Lower Clapton Road, E5 0QR	38, 55, 106, 242, 253 & 254
4	**The Salvation Army, Mare Street**	70 Mare Street, E8 4RT	D6, 55, 106, 254 & 277
5	**Clissold Park**	Off Church Street/Green Lanes, N16 9HJ	73, 106, 141, 341, 393 & 476
6	**Clissold Leisure Centre**	63 Clissold Road, N16 9EX	73, 106, 141, 341, 393 & 476
7	**New Kingshold Community Centre**	Ainsworth Road, E9 7JE	D6, 55, 106, 236, 242, 254 & 277
8	**Frampton Park Baptist Church**	Frampton Park Road, E9 7PQ	D6, 55, 106, 236, 242, 254 & 277
9	**Hackney Downs Park**	Downs Park Road, E5 8NP	30, 56, 253, 276 & 488
10	**The Glasshouse, Springfield Park**	The Glasshouse, Springfield Park, E5 9EF (located behind Springfield House, the large white building)	106, 253, 254 & 393
11	**Pembury Community Centre**	1 Atkins Square, Dalston Lane, E8 1FA	30, 55, 56, 106, 242, 253 & 254

Accessibility statement

If you require this document in a different format, please email: **darren.english@hackney.gov.uk**
We will consider your request and aim to get back to you in the next five working days.

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