

# The New Age Games Programme

**FREE ACTIVITIES** for Hackney residents aged **50+**

**Monday 12 September 2022 to Saturday 18 March 2023**

(no sessions held from 11 December - 15 January)

Day	Activity	Time & Venue
Monday	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
Tuesday	Pilates	10.00am - 11.00am, <b>online</b> visit <a href="http://hackney.gov.uk/new-age-games">hackney.gov.uk/new-age-games</a> for further details.
	Badminton	10.30am - 12.30pm, Britannia Leisure Centre
Wednesday	Aerobic and tone	10.00am – 11.00am, Queensbridge Sports & Community Centre (session will move to Kings Hall Leisure Centre on 12 October)
	Tennis	10.30am – 12.00noon, Clissold Park Tennis Courts (class will be held on 7 September, but no sessions will be held on 26 October & 15 February)
	Soca aerobics	11.30am – 12.30pm, Queensbridge Sports & Community Centre (session will move to Kings Hall Leisure Centre on 12 October)
	Chair-based activity	2.00pm – 3.00pm, Britannia Leisure Centre (no session to be held on 18 January)
Thursday	Fusion-Pilates/yoga (Women only)	10.00am – 11.00am, Pembury Community Centre
	Pilates	11.30am – 12.30pm, Britannia Leisure Centre (no session will be held on 13 October)
	Indoor tennis (own tennis racquet required)	12.00noon – 1.30pm, Lee Valley Tennis Centre
	Water aerobics	12.30pm – 1.30pm, Britannia Leisure Centre (registration/pool readiness 12.30 - 12.40pm)
	Chair-based yoga	2.00pm – 3.00pm, The Salvation Army (Mare Street)
Friday	Water aerobics	9.00am - 10.00am, Clissold Leisure Centre (registration/pool readiness 9.00 - 9.10am)
	Tennis	10.30am – 12noon, Hackney Downs Park Tennis Courts (class will be held on 9 September but no sessions will be held on 28 October & 17 February)
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](mailto:darren.english@hackney.gov.uk) or visit: [hackney.gov.uk/new-age-games](http://hackney.gov.uk/new-age-games)

Please arrive 5 minutes before activity is due to start and make your attendance known to the instructor. Do not enter swimming pool prior to this. Clients who arrive later than the session time, may be refused entry.

- ▶ 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 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.
- ▶ Participants are encouraged to uphold hand hygiene and social distancing at sessions. 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.

# The New Age Games venues map



	Venue	Address	Buses
1	<b>Britannia Leisure Centre</b>	Pitfield St, London, N1 5FT	76, 149, 242, 243 & 394
2	<b>Kings Hall Leisure Centre</b>	39 Lower Clapton Road, London, E5 0NU	38, 55, 106, 242, 253 & 254
3	<b>Queensbridge Sports and Community Centre</b>	30 Holly Street, London, E8 3XW	38, 67, 76, 236, 242 & 243
4	<b>The Salvation Army</b>	70 Mare Street, London, E8 4RT	D6, 55, 106, 254 & 277
5	<b>Clissold Park</b>	Off Church St/Green Lanes, London, N16 9HJ	73, 106, 141, 341, 393 & 476
6	<b>Clissold Leisure Centre</b>	63 Clissold Road, London, N16 9EX	73, 106, 141, 341, 393 & 476
7	<b>Lee Valley Tennis and Hockey Centre</b>	Eton Manor, Queen Elizabeth Olympic Park, Leadmill Lane, London, E20 3AD	W15, 276 & 308
8	<b>Frampton Park Baptist Church</b>	Frampton Park Road, London, E9 7PQ	D6, 55, 106, 236, 242, 254 & 277
9	<b>Hackney Downs Park</b>	Downs Park Road, London, E5 8NP	30, 56, 253, 276 & 488
10	<b>The Glasshouse</b>	The Glasshouse Springfield Park, London, E5 9BE (located behind Springfield House, the large white building)	106, 253, 254 & 393
11	<b>Pembury Community Centre</b>	1 Atkins Square, Dalston Lane, London, E8 1FA	30, 55, 56, 106, 242, 253 & 254