

The New Age Games Programme

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

Monday 13 September 2021 to Saturday 19 March 2022

(no sessions from 12 December - 16 January)

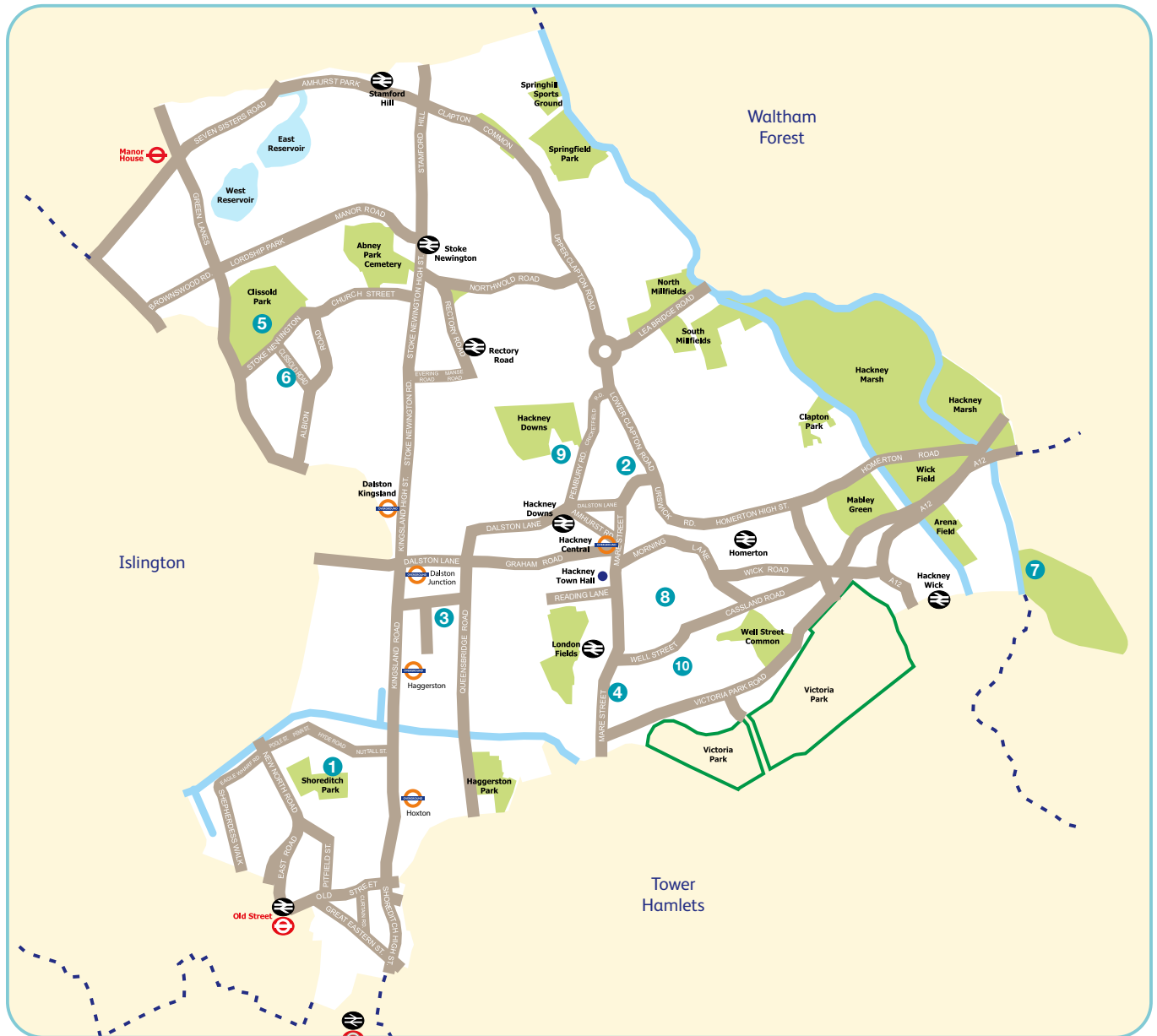
Day	Activity	Time & Venue
Monday	Chair-based activity	10.30am – 11.30am, Frampton Park Baptist Church
	Music movers	11.15am – 12.15pm, Britannia Leisure Centre
	Yoga	12.00 noon – 1.00pm, Britannia Leisure Centre
Tuesday	Pilates	10.00am - 11.00am, online visit hackney.gov.uk/new-age-games for further details.
	Badminton	10.30am – 12.00noon, Britannia Leisure Centre
	Move-ability (for people with mobility issues only)	12.30pm – 1.30pm, Britannia Leisure Centre (no session to be held on 18 January)
	Table tennis	2.00pm – 3.30pm, New Kingshold Community Centre
	Archery	2.15pm – 3.45pm, Queensbridge Sports & Community Centre (starts 18 January 2022)
Wednesday	Tennis	10.30am – 12.00noon, Clissold Park Tennis Courts (no session held on 27 October and 16 February)
	Soca aerobics	11.30am – 12.30pm, Kings Hall Leisure Centre
Thursday	Aerobic and tone	9.45am – 10.45am, Kings Hall Leisure Centre
	Pilates	11.30am – 12.30pm, Britannia Leisure Centre
	Indoor tennis (own tennis racquet required)	12.00noon – 1.30pm, Lee Valley Tennis Centre
	Water aerobics	12.30pm – 1.30pm, Britannia Leisure Centre
	Chair-based activity	2.00pm – 3.00pm, The Salvation Army (Mare Street)
Friday	Water aerobics	9.15am - 10.00am, (registration at 9am) Clissold Leisure Centre
	Tennis	10.30am – 12noon, Hackney Downs Park Tennis Courts (no session held on 29 October and 18 February)
Saturday	Gym	9.30am – 10.30am, Kings Hall Leisure Centre (inside junior gym)

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

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 strongly encouraged to uphold hand hygiene and social distancing. Also to wear a mask in situations which are busy or where people are enclosed together. This is reflected in our scheme guidance.

The New Age Games venues map



Venue addresses and nearby buses

1

Britannia Leisure Centre

Pitfield St, London, N1 5FT

Buses: 149, 242, 243 & 394

6

Clissold Leisure Centre

63 Clissold Road, London, N16 9EX

Buses: 73, 106, 141, 341, 393 & 476

2

Kings Hall Leisure Centre

39 Lower Clapton Road, London, E5 0NU

Buses: 38, 55, 106, 242, 253 & 254

7

Lee Valley Tennis and Hockey Centre

Eton Manor, Queen Elizabeth Olympic Park, Leadmill Lane, London E20 3AD

Buses: W15, 276 & 308

3

Queensbridge Sports & Community Centre

30 Holly Street, London E8 3XW

Buses: 38, 67, 76, 236, 242 & 243

8

Frampton Park Baptist Church

Frampton Park Road, E9 7PQ

Buses: D6, 55, 106, 236, 242, 254 & 277

4

The Salvation Army

70 Mare Street, London E8 4RT

Buses: D6, 55, 106, 254 & 277

9

Hackney Downs Park

Downs Park Road, London E5 8NP

Buses: 30, 56, 253, 276 & 488

5

Clissold Park

Off Church St/Green Lanes, London N16 9HJ

Buses: 73, 106, 141, 341, 393 & 476

10

New Kingshold Community Centre

49 Ainsworth Road (off Well Street), London E9 7LP

Buses: D6, 55, 106, 236, 242, 254, 277 & 394