

The New Age Games Programme

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

Tuesday 3 May to Saturday 23 July 2022

(no sessions held on 2 & 3 June)

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, online visit hackney.gov.uk/new-age-games for further details.
	Badminton	10.30am - 12.30pm, Britannia Leisure Centre
	Archery	2.15pm – 3.45pm, Queensbridge Sports & Community Centre
Wednesday	Aerobic and tone	10.00am – 11.00am, Kings Hall Leisure Centre
	Tennis	10.30am – 12.00noon, Clissold Park Tennis Courts (class will be held on 27 April, but no sessions will be held on 1 June and 20 July)
	Soca aerobics	11.30am – 12.30pm, Kings Hall Leisure Centre
	Move-ability (for people with mobility issues only)	2.00pm – 3.00pm, Britannia Leisure Centre (no session to be held on 25 May)
Thursday	Fusion-Pilates/yoga (Women only)	10.00am – 11.00am, Pembury Community 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 (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 29 April, but no sessions will be held on 22 July)
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 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	Britannia Leisure Centre	Pitfield St, London, N1 5FT	76, 149, 242, 243 & 394
2	Kings Hall Leisure Centre	39 Lower Clapton Road, London, E5 0NU	38, 55, 106, 242, 253 & 254
3	Queensbridge Sports & Community Centre	30 Holly Street, London E8 3XW	38, 67, 76, 236, 242 & 243
4	The Salvation Army	70 Mare Street, London E8 4RT	D6, 55, 106, 254 & 277
5	Clissold Park	Off Church St/Green Lanes, London, N16 9HJ	73, 106, 141, 341, 393 & 476
6	Clissold Leisure Centre	63 Clissold Road, London, N16 9EX	73, 106, 141 341, 393 & 476
7	Lee Valley Tennis and Hockey Centre	Eton Manor, Queen Elizabeth Olympic Park, Leadmill Lane, London E20 3AD	W15, 276 & 308
8	Frampton Park Baptist Church	Frampton Park Road, E9 7PQ	D6, 55, 106, 236, 242, 254 & 277
9	Hackney Downs Park	Downs Park Road, London E5 8NP	30, 56, 253, 276 & 488
10	The Glasshouse	The Glasshouse Springfield Park, London, E5 9BE (located behind Springfield House, the large white building)	106, 253, 254 & 393
11	Pembury Community Centre	1 Atkins Square, Dalston Lane, London E8 1FA	30, 55, 56, 106, 242, 253 & 254