


The New Age Games 2019 Programme

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

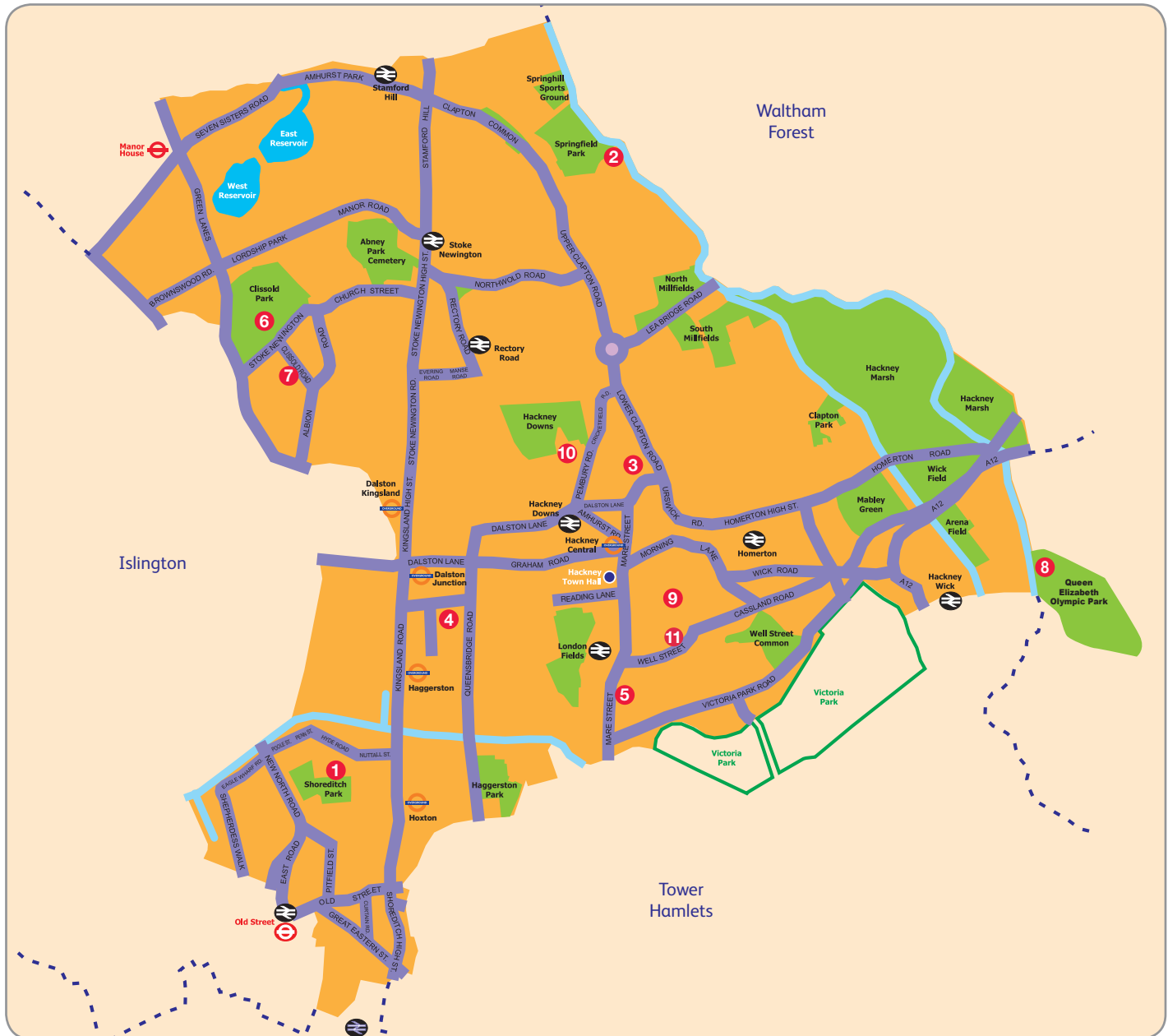
Monday 9 September to Saturday 7 December 2019

	Activity	Time & Venue	Activity	Time & Venue
Monday	Music movers	11.15am – 12.15pm <i>Britannia Leisure Centre</i>	Yoga	12.00 noon – 1.00pm <i>Britannia Leisure Centre</i>
	Chair-based activity	12.00 noon – 1.00pm <i>Frampton Park Baptist Church</i>	Archery	2.15pm – 3.45pm <i>Queensbridge Sports & Community Centre</i>
Tuesday	Yoga	9.00am – 10.00am <i>Kings Hall Leisure Centre</i>	Fit to tone	12.45pm – 1.30pm <i>Britannia Leisure Centre</i> (registration at 12.30pm)
	Badminton	10.30am – 12.00 noon <i>Britannia Leisure Centre</i>	Table tennis	2.00pm – 3.30pm <i>New Kingshold Community Centre</i>
Wednesday	Tennis	10.30am – 12.00 noon <i>Clissold Park Tennis Courts</i>	Soca aerobics	10.45am – 11.45am <i>Kings Hall Leisure Centre</i>
Thursday	Aerobic and tone	9.30am – 10.30am <i>Kings Hall Leisure Centre</i>	Pilates	12.00 noon – 1.00pm <i>Britannia Leisure Centre</i>
	Indoor tennis	10.30am – 12.00 noon <i>Lee Valley Tennis Centre</i>	Steady chair-based activity	1.30pm – 2.15pm <i>The Salvation Army</i> (Mare Street)
	Move-Ability (for people with mobility issues only)	Thursday, 3.30pm – 4.30pm <i>Clissold Leisure Centre</i>	Chair-based activity	2.30pm – 3.15pm <i>The Salvation Army</i> (Mare Street)
Friday	Water aerobics	9.45am – 10.30am (registration at 9.30am) <i>Clissold Leisure Centre</i> (held left-side of pool)	Cycling and learn to cycle (not on road & bike provided)	11.00am – 12.30pm <i>The Leaside Trust</i> (border of Springfield Park)
	Tennis	10.30am – 12 noon <i>Hackney Downs Park Tennis Courts</i>	Yoga	1.00pm – 2.00pm <i>Britannia Leisure Centre</i>
Saturday	Gym	9.30am – 10.30am <i>Kings Hall Leisure Centre</i> (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 yourself known to the instructor. Do not enter swimming pool prior to this. Clients who arrive later than the session start time, may be refused entry.

- ▶ 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 scheme. These are available from the instructor or from Darren English using the contact details above. Alternatively download or use contact details above. This form must be presented to the tutor prior to the session start.
- ▶ 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).

The New Age Games venues map



Venue addresses and nearby buses

- | | | | | | |
|---|---|--|--|--|--|
| <p>1</p> <p>Britannia Leisure Centre
40 Hyde Road,
London N1 5JU
Buses: 242, 149,
394, 76, 141,
271 & 21</p> | <p>2</p> <p>Springfield Park/
The Leaside Trust
Spring Lane,
London
E5 9HQ
Buses:
254 & 253</p> | <p>3</p> <p>Kings Hall Leisure Centre
39 Lower Clapton
Road, London
E5 0NU
Buses: 38, 48, 55,
106, 253,
254 & 242</p> | <p>4</p> <p>Queensbridge Sports & Community Centre
30 Holly Street,
London E8 3XW
Buses: 38, 67, 76,
236, 242 & 243</p> | <p>5</p> <p>The Salvation Army
70 Mare Street,
London
E8 4RT
Buses: 48, 254,
106,
D6, 55 & 277</p> | <p>6</p> <p>Clissold Park
Off Church St/
Green Lanes,
London
N16 9HJ
Buses: 476, 73,
341, 141 & 393</p> |
| <p>7</p> <p>Clissold Leisure Centre
63 Clissold Road,
London
N16 9EX
Buses: 476, 73,
341, 141, 393 & 106</p> | <p>8</p> <p>Lee Valley Tennis and Hockey Centre
Eton Manor, Queen Elizabeth Olympic Park, Leadmill Lane,
London E20 3AD
Buses: 475, 276,
308 & W15</p> | <p>9</p> <p>Frampton Park Baptist Church
Frampton Park Road,
E9 7PQ
Buses: 236, 55, 48,
242, 254, 106,
277 & D6</p> | <p>10</p> <p>Hackney Downs Park
Downs Park Road,
London E5 8NP
Buses: 30, 56, 488,
253 & 276</p> | <p>11</p> <p>New Kingshold Community Centre
49 Ainsworth Road
(off Well Street),
London E9 7LP
Buses: 236, 55, 48,
242, 254, 106, 277,
D6, 277, & 394</p> | |