

The New Age Games Programme

FREE ACTIVITIES for Hackney residents aged

50+



Scan for info

Tuesday 6 May – Saturday 26 July 2025

Day	Activity	Time & Venue
Monday No sessions on 26 May	Beginner/intermediate swimming lessons	9.45am – 10.30am, Kings Hall Leisure Centre
	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
	Tai Chi	12.00 noon – 1.00pm, New Kingshold Community Centre
Wednesday	Aerobic and tone	10.00am – 11.00am, Kings Hall Leisure Centre
	Tennis	10.30am – 12.00 noon, Clissold Park Tennis Courts The session on 21 May is to be held at Hackney Downs No session on 28 May
	Soca aerobics	11.30am – 12.30pm, Kings Hall Leisure Centre
	Chair-based activity	1.00pm – 2.00pm, The Salvation Army, Clapton
	Pilates	6.30pm – 7.30pm, The Salvation Army, Clapton
Thursday	Fusion-Pilates/yoga for Women	10.00am – 11.00am, Pembury Community Centre
	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 30 May	Water aerobics	9.00am – 10.00am, Clissold Leisure Centre Registration/pool readiness 9.00am – 9.10am
	Tennis	10.30am – 12 noon, Hackney Downs Park Tennis Courts
Saturday	Gym (held inside junior gym)	9.30am – 10.30am, Kings Hall Leisure Centre

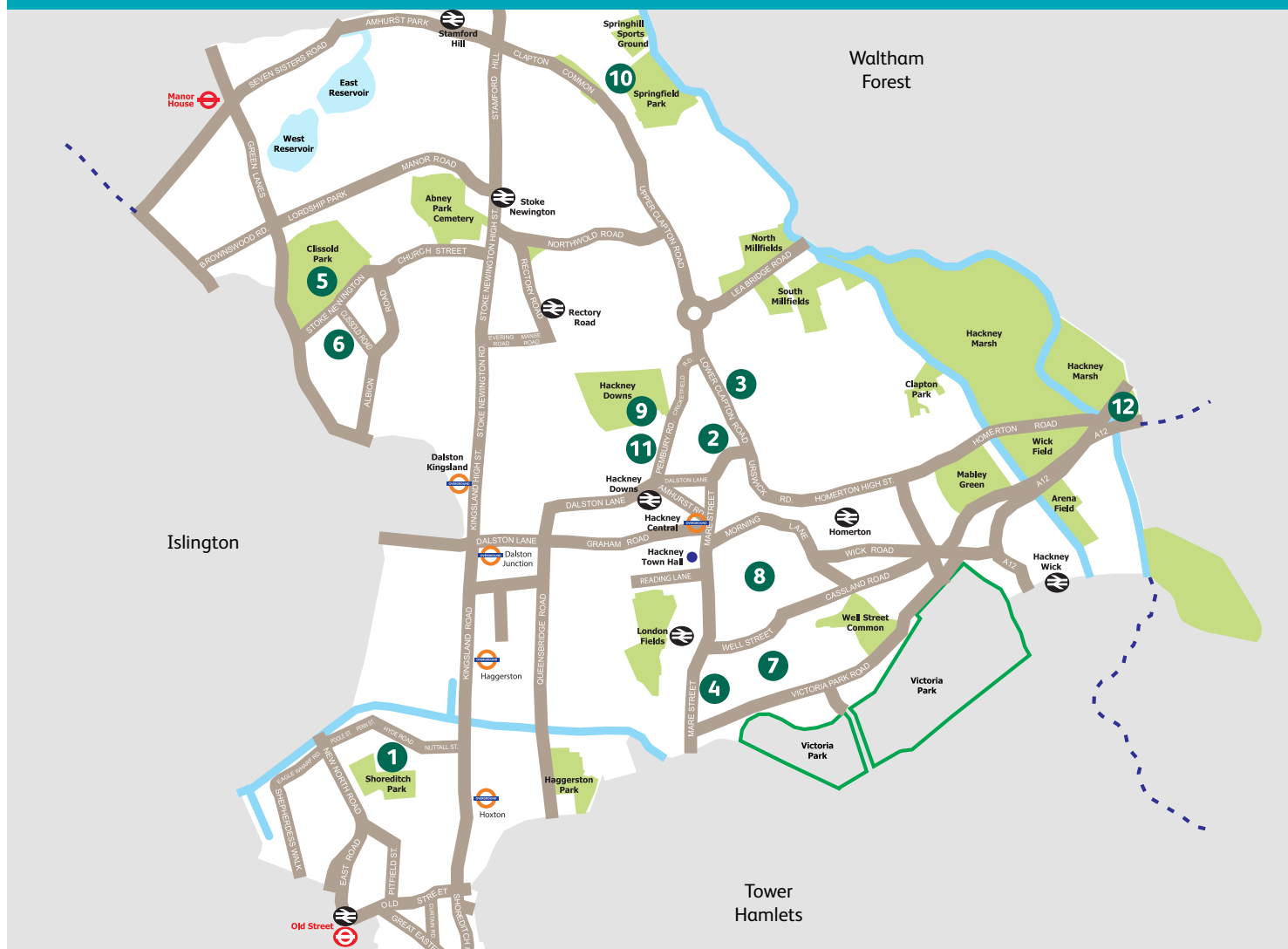


For further information, please contact **Darren English** on: **020 8356 4897**

or email: NewAgeGames@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 start 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.

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 Kingshild 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, 106, 253, 254, 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
12	Lee Valley Tennis and Hockey Centre	Queen Elizabeth Olympic Park, Leadmill Lane, London E20 3AD	W15, 276 & 308

Accessibility statement



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