The New Age Games Programme

FREE ACTIVITIES for Hackney residents aged 50+

7 September – 5 December 2026

Scan for info

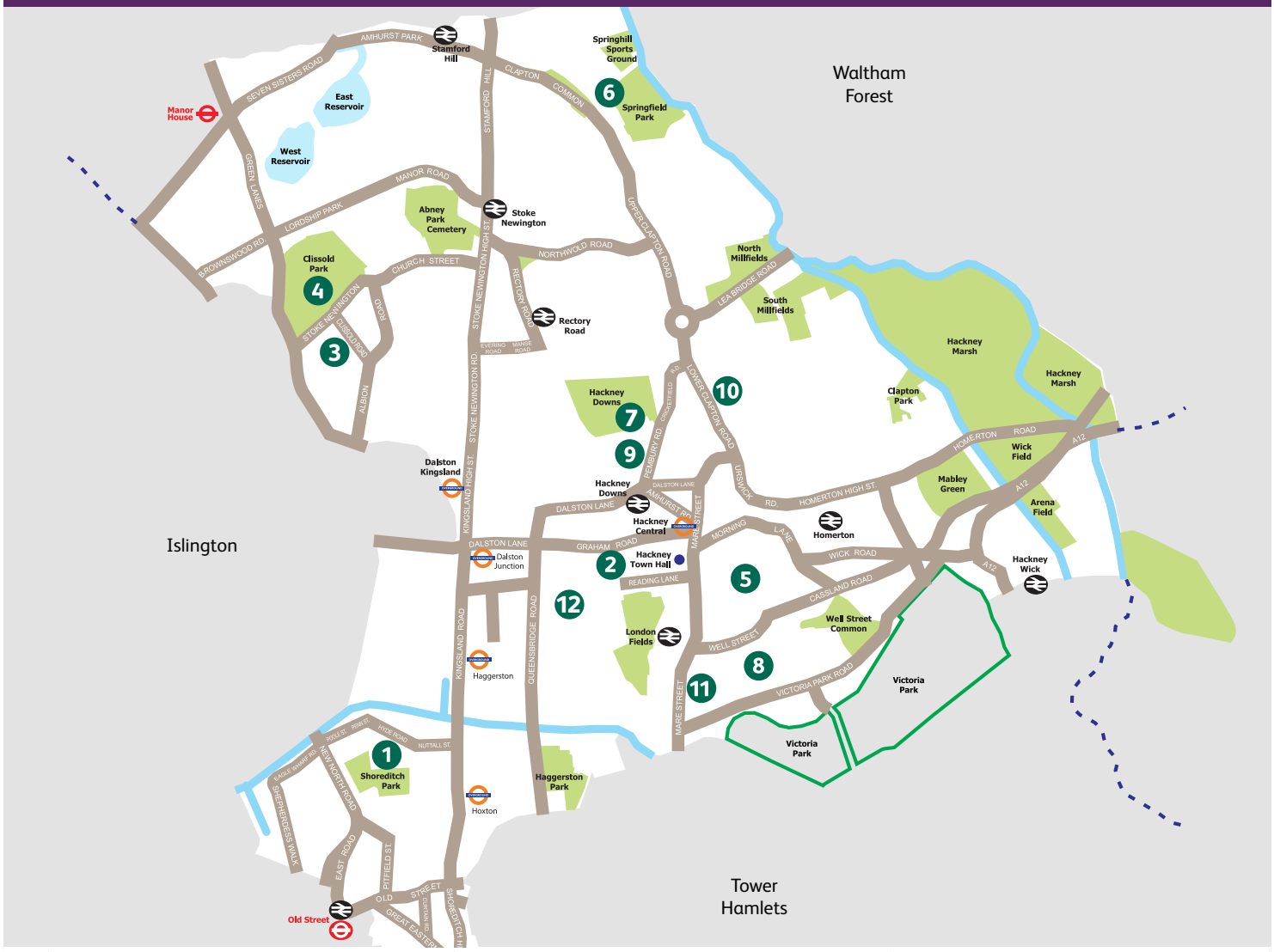
Day	Activity	Time & Venue
Monday	**Yoga for women**	**10.30am – 11.30am,** The Glasshouse, Springfield Park No session on 21 September
	Chair-based activity	**11.00am – 12.00pm,** Frampton Park Baptist Church
	Music movers	**11.15am – 12.15pm,** Britannia Leisure Centre
	Yoga	**12.00 noon – 1.00pm,** The Glasshouse, Springfield Park No session on 21 September
Tuesday	**Beginner/intermediate swimming lessons**	**9.00am – 9.45am,** Clissold Leisure Centre No session on 27 October
	Pilates	**10.00am – 11.00am, online** Visit **hackney.gov.uk/new-age-games** for further details
	Badminton	**10.00am – 12.00pm,** Britannia Leisure Centre
	Tai Chi	**12.00 noon – 1.00pm,** New Kingshold Community Centre
Wednesday	**Aerobic and tone**	**10.00am – 11.00am,** Queensbridge Sport and Community Centre
	Tennis	**10.30am – 12.00 noon,** Clissold Park Tennis Courts No session on 28 October
	Soca aerobics	**11.30am – 12.30pm,** Queensbridge Sport and Community 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
	Strength & conditioning	**11.30am – 12.30pm,** Britannia Leisure Centre
	Water aerobics	**12.30pm – 1.30pm,** Britannia Leisure Centre Registration/pool readiness 12.15pm – 12.35pm
	Chair-based activity	**2.00pm – 3.00pm,** The Salvation Army, Mare Street
	Body conditioning	**6.00pm – 7.00pm,** New Kingshold Community Centre
Friday No sessions on 30 October	**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**	**Saturday 9.30am – 10.30am,** Christopher Addison House

For further information, please contact **Leisure, Parks and Green Spaces** 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. Our guidance reflects this.**
- New participants must complete a registration form before attending the scheme. These are available online, from the instructor or from Leisure, Parks and Green Spaces.
- 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.
- You should seek medical advice from your GP if you are in any doubt about your ability to take part in any events.

BETTER the feel good place
HACKNEY TENNIS
Frampton Park Baptist Church
THE SALVATION ARMY
Hackney

The New Age Games venues map



Venue		Address	Nearby buses
1	**Britannia Leisure Centre**	Pitfield Street, N1 5FT	76, 149, 242, 243 & 394
2	**Christopher Addison House**	72 Wilton Way, E8 1BJ	38, 55, 106, 236, 242, 253, 254, 276, 277, 394 & W15
3	**Clissold Leisure Centre**	63 Clissold Road, N16 9EX	73, 106, 141, 341, 393 & 476
4	**Clissold Park**	Off Church Street/Green Lanes, N16 9HJ	73, 106, 141, 341, 393 & 476
5	**Frampton Park Baptist Church**	Frampton Park Road, E9 7PQ	D6, 55, 106, 236, 242, 254 & 277
6	**The Glasshouse, Springfield Park**	The Glasshouse, Springfield Park, E5 9EF	106, 253, 254 & 393
7	**Hackney Downs Park**	Downs Park Road, E5 8NP	30, 56, 106, 253, 254, 276 & 488
8	**New Kingshold Community Centre**	Ainsworth Road, E9 7JE	D6, 55, 106, 236, 242, 254 & 277
9	**Pembury Community Centre**	1 Atkins Square, Dalston Lane, E8 1FA	30, 55, 56, 106, 242, 253 & 254
10	**The Salvation Army, Clapton**	122 Lower Clapton Road, E5 0QR	38, 55, 106, 242, 253 & 254
11	**The Salvation Army, Mare Street**	70 Mare Street, E8 4RT	D6, 55, 106, 254 & 277
12	**Queensbridge Sport and Community Centre**	30 Holly St, London E8 3XW	55, 56, 149, 242, 243, 149, 394

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.

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