

## NEW AGE GAMES - HACKNEY'S SPORTS PROGRAMME FOR 50+



[New Age Games](#) is a free sport and physical activity programme for Hackney residents aged 50 and over. It can help users increase and sustain exercise to recommended levels, which contribute to a healthy lifestyle.

It also offers a great way of learning new skills and socialising. Activities include water aerobics, pilates, yoga, soca aerobics, tennis, badminton, chair-based activities and more.

The New Age Games programme will return between Tuesday, 3 May

- Saturday, 23 July 2022. Please be aware that tennis at Clissold Park (Wednesday, 27 April 2022) and Hackney Downs Park (Friday, 29 April 2022) start a week before the rest of the schedule and will also finish a week prior.

No sessions will take place on Thursday, 2 and Friday, 3 June 2022 due to the Queen's Jubilee - Bank Holiday.

The [timetable](#) is also available as a PDF to be shared, as well as the [registration form](#).

For further assistance, contact Darren English by email or call 020 8356 4897.