

60+ BETTER ACTIVITIES

BARNET LEISURE CENTRES

Last updated: 7th December 2023

<u>Barnet Copthall Leisure Centre</u>				
Activity	Day	Time	Location	Booking info
Older adults swim	Monday - Friday	12:00 – 14:00	Competition pool	Better app or website
Short Mat Bowls	Monday	13:00 – 14:00	Sports hall	
Multi-sports	Wednesday	12:00 – 14:00		
Multi-sports	Friday	10:00 – 12:00		
Body conditioning basics	Monday	10:15 – 11:15	Studio	
Basic functional	Monday	12:45 – 13:45		
Basic box fit	Tuesday	12:30 – 13:00		
Basic ballet fit	Tuesday	12:30 – 13:30		
Social dance	Thursday	12:30 – 13:30		
Body conditioning basics	Friday	10:15 – 11:15		
Better Balance	Tuesday	13:30 – 14:30	Studio	Email (need GP referral)

<u>Burnt Oak Leisure Centre</u>				
Activity	Day	Time	Location	Booking info
Women only Walking netball	Tuesday	14:00 – 15:00	Sports hall	Better app or website
Multi-sports	Thursday	12:00 – 15:00		
Walking football	Wednesday	10:00 – 12:00	3G Astro-turf football pitch	

<u>Hendon Leisure Centre</u>				
Activity	Day	Time	Location	Booking info
Yoga basics	Monday	11:00 – 12:00	Studio	Better app or website
	Tuesday	11:00 – 12:00		
Zumba basics	Sunday	10:00 – 11:00	Sports hall	
Senior's badminton	Thursday	10:00 – 11:00		
Pickleball	Tuesday	12:00 – 14:00		

Finchley Lido Leisure Centre

Activity	Day	Time	Location	Booking info
Older adult swim	Monday	10:00 – 12:00	Main pool	Better app or website
	Tuesday	09:30 – 10:45		
	Thursday			
	Friday	09:00 – 11:00		
	Sunday			

New Barnet Leisure Centre

Activity	Day	Time	Location	Booking info
Older adult swim	Monday	14:30 – 15:30	Main pool	Better app or website
	Tuesday			
	Wednesday			
	Thursday			
	Friday			