

# 60+ BETTER ACTIVITIES

## BARNET LEISURE CENTRES

| Barnet Cophall Leisure Centre |                 |               |                  |  |
|-------------------------------|-----------------|---------------|------------------|--|
| Activity                      | Day             | Time          | Location         | Booking info                             |
| Older adults swim             | Monday - Friday | 12:00 – 14:00 | Competition pool | Better app or <a href="#">website</a>    |
| 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 |                  |  |
|                               |                 |               |                  | <a href="#">Email (need GP referral)</a> |

| Burnt Oak Leisure Centre   |           |               |                              |                                       |
|----------------------------|-----------|---------------|------------------------------|---------------------------------------|
| Activity                   | Day       | Time          | Location                     | Booking info                          |
| Women only Walking Netball | Tuesday   | 14:00 – 15:00 | Sports hall                  | Better app or <a href="#">website</a> |
| Multi-Sports               | Thursday  | 12:00 – 15:00 |                              |                                       |
| Walking Football           | Wednesday | 10:00 – 12:00 | 3G Astro-turf football pitch |                                       |

| Hendon Leisure Centre |          |               |             |                                       |
|-----------------------|----------|---------------|-------------|---------------------------------------|
| Activity              | Day      | Time          | Location    | Booking info                          |
| Yoga basics           | Monday   | 11:00 – 12:00 | Studio      | Better app or <a href="#">website</a> |
|                       | 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 <a href="#">website</a> |
|                              | 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 <a href="#">website</a> |
|                  | Tuesday   |               |           |                                       |
|                  | Wednesday |               |           |                                       |
|                  | Thursday  |               |           |                                       |
|                  | Friday    |               |           |                                       |