



Physical Activity Resources

Better Gyms

Information can be found on the Better Website:

<https://www.better.org.uk/leisure-centre/london/camden>

You are eligible for a concession to the Better Gym if you are:

- a Camden resident
- a student
- over 55
- in receipt of benefit payments or have a disability

You can also use Better leisure centres without being a member at all.

Better Camden Leisure Centres

- Pancras Square Leisure - 5 Pancras Square, N1C 4AG
- Swiss Cottage Leisure Centre - 4A Adelaide Rd, Camden NW3 3NF
- Talacre Community Sports Centre - Dalby St, Kentish Town, NW5 3AF
- Kentish Town Sports Centre - Grafton Road, NW5 3DU
- Oasis Sports Centre - 32 Endell Street, Covent Garden, WC2H 9AG

Swimming

FREE swimming is available for over 55s at all the above centres apart from Talacre Community Sports Centre, on weekdays between 6:30am-12noon. To access this offer, all you need is to be a **Camden resident** and have a **Pay and Play card** which costs **£5.70 per year**.

If you are interested in swimming but have limited mobility so you aren't able to access the pool easily, there is a PoolPod at Swiss Cottage Leisure Centre and Kentish Town Sports Centre. This is the latest innovation to access the pool in a safe, secure, and friendly manner. Please speak to a member of staff, email camdenpartnership@gll.org or visit www.better.org.uk/lp/pool-pod for more information.

Camden Active

Register online before attending a class <https://camdenactive.camden.gov.uk/register/>

Later life community exercise

- Community exercise vouchers cost **£3 each**.
- **Classes** cost **one voucher** for Camden residents and two vouchers for non-Camden residents (unless otherwise stated)
- Vouchers can be purchased from all Camden libraries, e.g. Camden Town library. You can try your first later life community exercise class for **FREE**.



There's lots of different classes on offer like: Badminton, Healthy Hearts, Seated Exercise, Yoga, Tai Chi and Healthy Bones.

Camden Active Health Team Clinical Referral for Physical Activity (Camden Council)

[Sport and physical activity - Camden Council](#)

Available for patients with conditions such as obesity, diabetes, poor mental health, falls, heart disease, stroke and osteoporosis

Patients are given eight weeks of free physical activity sessions, followed by subsidised sessions if appropriate.

[Keep active and healthy - Camden Council](#)

Outdoor Gyms in Camden

- Open to everyone and **FREE** to use.
- Range of equipment for strength, cardio and toning workouts, and are easy to use.

Located in these parks and open spaces:

- [Alf Barrett Playground \(Holborn\)](#) - Old Gloucester Street Gardens, WC1
- [Bramber Green \(Kings Cross\)](#) - Bramber Green, WC1
- [Canteloves Gardens](#) - Park on Camden Road, NW5
- [Cumberland Market Open Space](#) - Gardens in Cumberland Market, Regents Park Estate, NW1
- [Kilburn Grange Park](#) - Park on Kilburn High Road near Messina Avenue, NW6
- [Lismore Circus](#) - Lismore Community Wood, off Lambie Street, NW5
- [Maygrove Peace Park](#) - Open space in Maygrove Road, NW6
- [Polygon Open Space](#) - Chalton Street Gardens, NW1, next to Plot 10 Centre
- [Swiss Cottage \(outside of the Sports Centre\)](#) - Swiss Cottage Park, Behind 88 Avenue Road, Swiss Cottage, NW3

Camden Health Walks

Call the Active Health Team: 020 7974 4444 or email: walking@camden.gov.uk or visit the walking for Health Website: www.walkingforhealth.org.uk/walkfinder/camden-walks

- Organised by Camden Council
- Led by qualified Walk Leaders
- **FREE** for all to join, including those new to exercise (under 16s please come with an adult)
- No need to book in advance (apart from the Bangladeshi Older Women's Walk and Camden Carers Walk)
- Just wear clothes and shoes comfortable for walking
- **Weekly** walks lasting between 30 and 120 minutes (turn up 10 minutes before the start time)
- Benches and toilets along each route. Several of the routes include a stop for refreshments
- Great opportunity to make new friends and meet new people in a relaxed environment.