

# ACCESSIBLE ACTIVITIES IN CAMDEN LEISURE CENTRES



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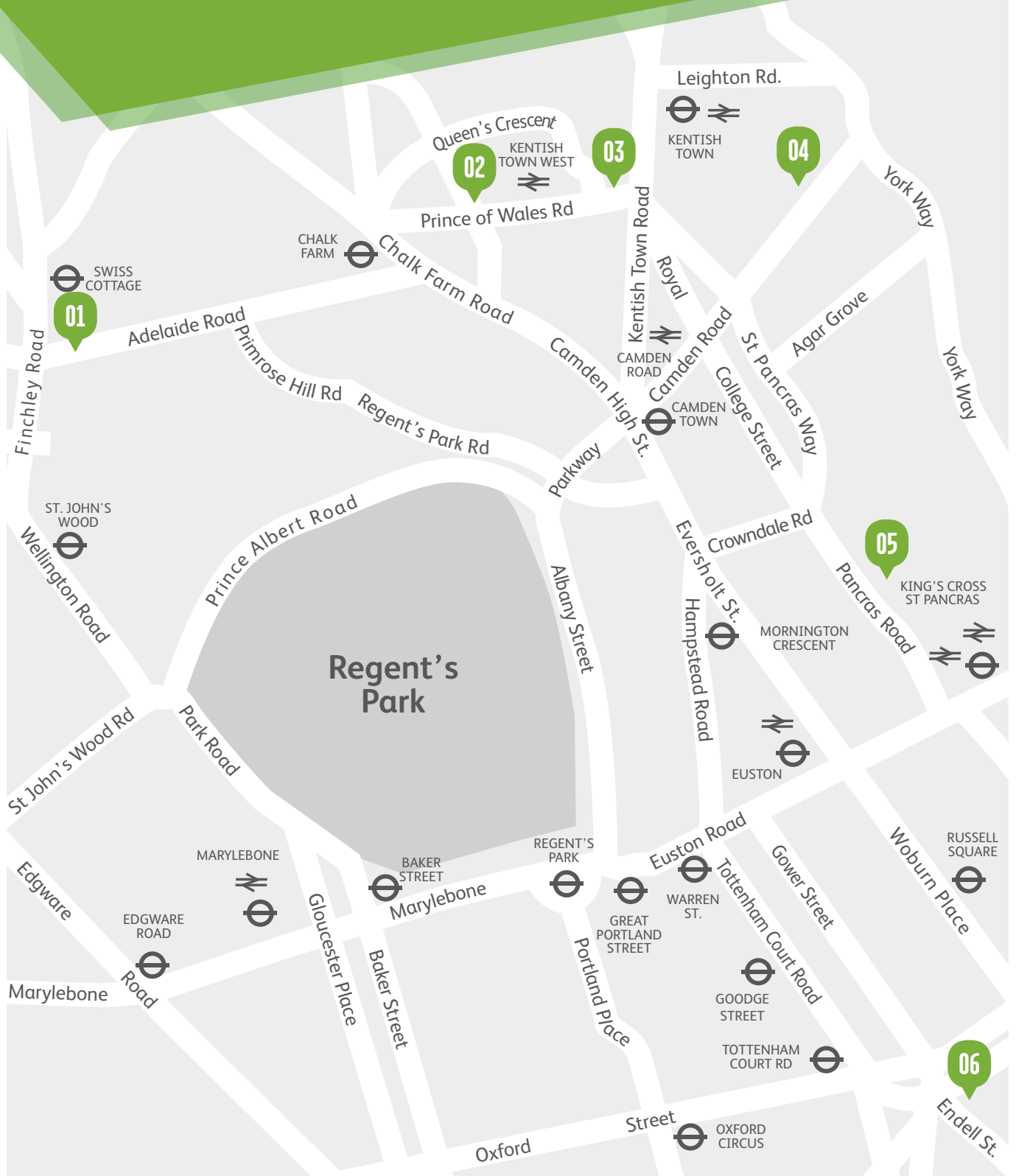
At Camden Leisure Centres, we believe in making activities accessible for everyone. Our facilities are fully inclusive and designed to cater for people of all abilities.

In addition to our regular programming, we offer a range of weekly sessions that are specifically tailored for people with disabilities. These sessions are designed to be safe, fun, and engaging, providing a welcoming environment for all.

For more information on our inclusive activities, please visit [better.org.uk](https://www.better.org.uk) or email [camden@gll.org](mailto:camden@gll.org)



# WHERE ARE CAMDEN LEISURE CENTRES?



## 01. SWISS COTTAGE LEISURE CENTRE

4a Adelaide Road, London NW3 3NF

### Opening hours:

Monday – Friday: 6am – 10pm

Saturday – Sunday: 8am – 6pm

Swimming Pools • Gym • Spa Experience • Studios  
Outdoor Football Pitch • Soft Play • Squash

**Email:** [swiss.cottage@gll.org](mailto:swiss.cottage@gll.org)

**Web:** [better.org/swiss-cottage](http://better.org/swiss-cottage)

**Train:** South Hampstead



**Tube:** Swiss Cottage (Jubilee Line)

**Bus:** 31, C11, 13, 46, 113, 187, 268, 603

**Bikes:** Nine bicycle racks available

## 02. TALACRE COMMUNITY SPORTS CENTRE

Dalby Street, Kentish Town, London NW5 3AF

### Opening hours:

Monday – Friday: 9am – 10pm

Saturday: 8:45am – 6pm

Sunday: 8:45am – 8pm

Treetops • Sports Hall • Gymnastics Hall  
7-A-Side Astro turf Pitch • Studio

**Email:** [talacre@gll.org](mailto:talacre@gll.org)

**Web:** [www.better.org.uk/talacre](http://www.better.org.uk/talacre)

**Train:** Kentish Town, Kentish Town West



**Tube:** Kentish Town (Northern Line)

**Bus:** 46, 393, 88, 134, 214, 393, 24, 27, 31

**Bikes:** Bicycle racks available

## 03. KENTISH TOWN SPORTS CENTRE

Grafton Road, Kentish Town, London NW5 3DU

### Opening hours:

Monday – Friday: 6:30am – 10:00pm

Saturday – Sunday: 8:00am – 6:00pm

Gym • Studios • Swimming Pools

**Email:** [kentish.town@gll.org](mailto:kentish.town@gll.org)

**Web:** [www.better.org.uk/kentish-town](http://www.better.org.uk/kentish-town)

**Train:** Kentish Town, Kentish Town West



**Tube:** Kentish Town (Northern Line)

**Bus:** 46, 393, 88, 134, 214, 393, 24, 27, 31

**Bikes:** Bicycle racks available

## 04. CANTELOWES GARDENS

234 Camden Rd, London NW1 9AE

### Opening hours:

Monday – Thursday: 11am – 9pm

Friday – Sunday: 7:45am – 9pm

Floodlit Artificial Football Pitch

**Email:** talacre@gll.org

**Web:** www.better.org.uk/talacre

**Train:** Camden Road, Kentish Town, Kentish Town West



**Tube:** Kentish Town (Northern Line)

**Bus:** 29, 253, 390, 274

**Parking:** Street parking is available

**Bikes:** Bicycle racks available

## 05. PANCRAS SQUARE LEISURE

5 Pancras Square, Kings Cross, London N1C 4AG

### Opening hours:

Monday – Friday: 6:30am – 10pm

Saturday – Sunday: 8am – 8pm

Fitness Centre • Studios • Swimming Pools  
Sauna and Steam Room

**Email:** pancras.square@gll.org

**Web:** www.better.org.uk/pancras-square

**Train:** King's Cross, St Pancras International



**Tube:** King's Cross St. Pancras (Victoria, Northern, Piccadilly, Metropolitan, Circle, Hammersmith and City)

**Bus:** 46, 214, 63, 259, 390, 91, 476, 73, 17, 91, 30

**Bikes:** Bicycle racks available

## 06. OASIS SPORTS CENTRE

32 Endell Street, West End, London WC2H 9AG

### Opening hours:

Monday – Friday: 6:30am – 10pm

Saturday – Sunday: 9:30am – 6pm

Gym • Swimming • Squash • Studios • Sauna

**Email:** oasis@gll.org

**Web:** www.better.org.uk/oasis



**Tube:** Tottenham Court Road (Northern and Central Line), Holborn (Central and Piccadilly Line)

**Bus:** 1, 8, 14, 19, 38, 176, 98, 55

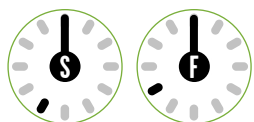
**Bikes:** Bicycle racks available

# SWIMMING



**TUESDAY**

**AT SWISS COTTAGE LEISURE CENTRE**



**Time:** 7pm – 8pm

- Suitable for all people with a disability
- A swimming session delivered by Starfish Swimming Club
- The sessions take place in the learner pool

For more information please call **0208 868 9386 (Michael)**



**WEDNESDAY**

**AT KENTISH TOWN SPORTS CENTRE**



**Time:** 1pm – 1.50pm

- Suitable for adults with disabilities
- This session takes place in the Grafton Pool
- \* **This session is Free with a membership**

Email [camden@gll.org](mailto:camden@gll.org)



**Time:** 6pm – 7pm

- Suitable for all people with a disability
- A swimming session delivered by Fleetwell Swimming Club
- The sessions take place in the Grafton Pool

For more information please call **07773 267 505 (Lynda)**



## FRIDAY

### AT KENTISH TOWN SPORTS CENTRE



**Time:** 7pm – 8pm

- Suitable for adults with disabilities
- This session takes place in the Grafton Pool
- \* This session is Free with a membership

Email [camden@gll.org](mailto:camden@gll.org)

## SATURDAY

### AT PANCRAS SQUARE LEISURE



**Time:** 3pm – 4pm

- Suitable for adults with disabilities
- This session takes place in the Main Pool
- \* This session is Free with a membership

Email [camden@gll.org](mailto:camden@gll.org)

# GYM SESSIONS

## FOR THOSE WITH A PHYSICAL IMPAIRMENT

AT PANCRAS SQUARE LEISURE



### THURSDAY



**Time:** 11.30am – 1.30pm

- Suitable for adults with a physical disability
- The sessions take place in the gym
- \* This session is Free with a membership

Email [camden@gll.org](mailto:camden@gll.org)

### FRIDAY



**Time:** 1.30pm – 3.30pm

- Suitable for adults with a physical disability
- The sessions take place in the gym
- \* This session is Free with a membership

Email [camden@gll.org](mailto:camden@gll.org)





# MULTISPORTS

AT TALACRE COMMUNITY SPORTS CENTRE



**MONDAY**



**Time:** 7pm – 8pm

- For adults with a disability
- The session takes place in the sports hall
- \* This session is Free with a membership

Email [camden@gll.org](mailto:camden@gll.org)

**FRIDAY**



**Time:** 12pm – 1pm

- For adults with a disability
- The session takes place in the sports hall
- \* This session is Free with a membership

Email [camden@gll.org](mailto:camden@gll.org)

# AVAILABLE MEMBERSHIPS

## ALL INCLUSIVE

For those that want unlimited access to swimming, gym workouts, and fitness classes, as well as racquet court bookings, an all-inclusive membership is for you.

The all-inclusive memberships provides unlimited swim, gym, and fitness classes at any Better centre in the UK for people with a disability – **£10.70/month**

There is also a concessionary rate for those without a disability wanting to access activities in Camden – **£32.50/month**

Eligibility includes:

- National Disabled Identification Card ID Card (DID)
- Disability Personal Independence (PIP) Payment
- Disability Employment & Support Allowance
- Freedom Bus Pass (Yellow)

## PAY & PLAY MEMBERSHIPS

Pay & Play memberships grant members discounted entry to activities within your local Camden centre, including swim, gym, fitness classes, and racquet bookings.

Adult .....	<b>£46.30</b>
Adult Concessionary .....	<b>£5.90</b>
Junior.....	<b>£6.15</b>
Junior Concessionary .....	<b>£3.05</b>

This membership is a one-off annual fee.



# YOUR WEEKLY ACTIVITY TIMETABLE

	Morning	Afternoon	Evening
MONDAY			<b>Multisports</b> at Talacre Community Sports Centre see page 9
TUESDAY			<b>Swim</b> at Swiss Cottage Leisure Centre see page 6
WEDNESDAY		<b>Swim</b> at Kentish Town Sports Centre see page 6	<b>Swim</b> at Kentish Town Sports Centre see page 6
THURSDAY	<b>Gym</b> at Pancras Square Leisure see page 8		
FRIDAY		<b>Multisports</b> at Talacre Community Sports Centre see page 9  <b>Gym</b> at Pancras Square Leisure see page 8	<b>Swim</b> at Kentish Town Sports Centre see page 7
SATURDAY		<b>Swim</b> at Pancras Square Leisure see page 7	
SUNDAY			



For more information on our inclusive activities, please visit [better.org.uk](https://better.org.uk) or email [camden@gll.org](mailto:camden@gll.org)



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