

ACCESSIBLE ACTIVITIES IN CAMDEN LEISURE CENTRES



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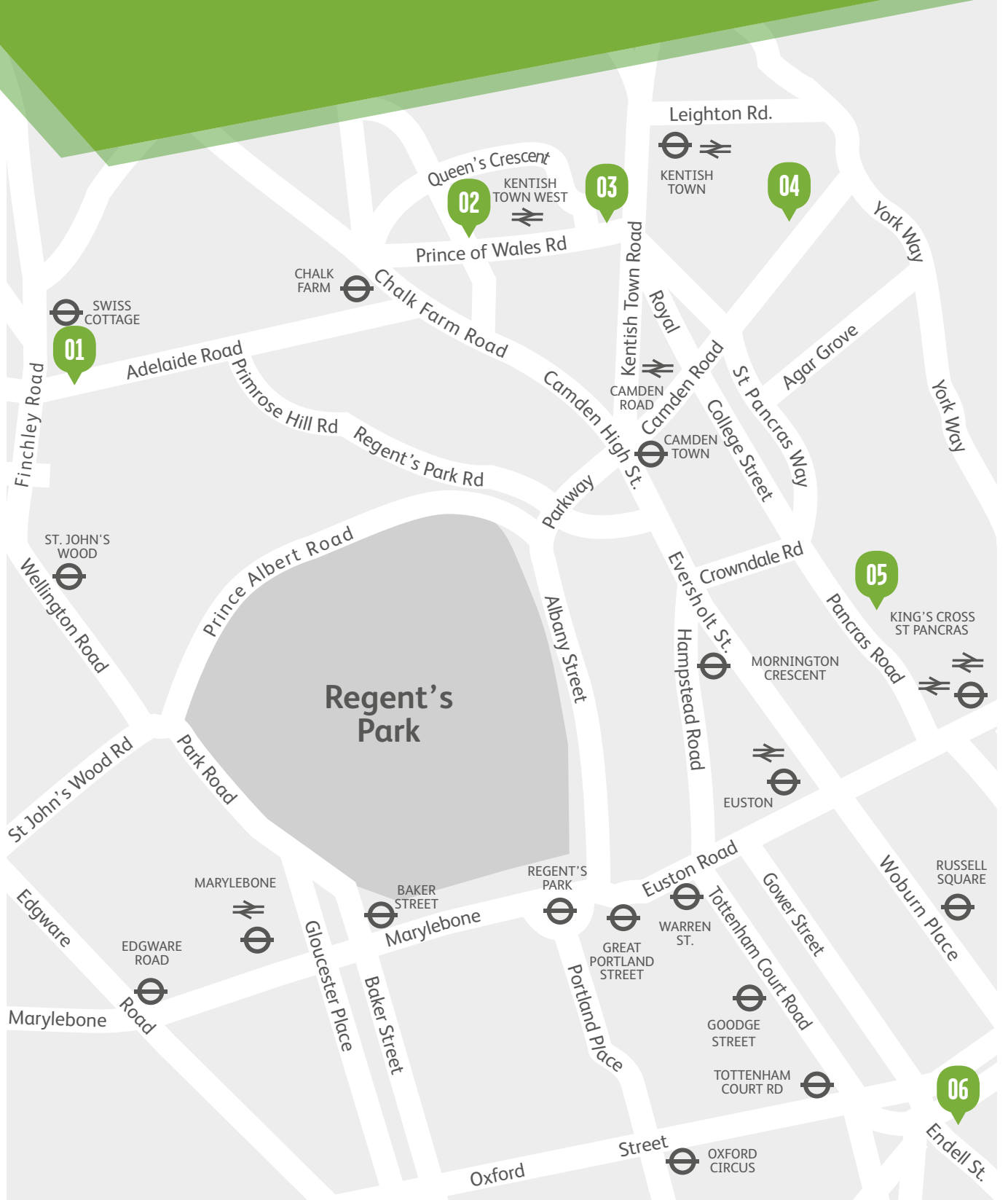
At Camden Leisure Centres, we believe in making activities accessible for everyone. Our facilities are fully inclusive and designed to cater for people of all abilities.

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



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

Web: 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

Web: 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

Web: 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

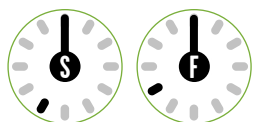
Bikes: Bicycle racks available

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



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

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

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

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



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

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

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	£46.30
Adult Concessionary	£5.90
Junior.....	£6.15
Junior Concessionary	£3.05

This membership is a one-off annual fee.



YOUR WEEKLY ACTIVITY TIMETABLE

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



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



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London SE18 6SX. Inland Revenue Charity no: XR43398