BETTER WITH AGE
Activities for ages 60 or over

Day	Centre	Activity	Time	Cost
Monday	All pools	Free Swimming	09:00-16:00	FREE
	Chingford Leisure Centre	Aqua Aerobics	10:00-11:00	£5.15
	Waltham Forest Feel Good Centre	Senior Short Tennis	11:00-13:00	£3.35
	Leytonstone Leisure Centre	Aqua Aerobics	12:15-13:00	£5.15
Tuesday	All pools	Free Swimming	09:00-16:00	FREE
	Waltham Forest Feel Good Centre	Senior Badminton	10:00-12:00	£3.35
	Leyton Leisure Centre	Female Only Aqua Aerobics	10:30-11:15	£5.15
	Walthamstow Leisure Centre	Aerobics Basics	10:30-11:30	£5.15
	Walthamstow Leisure Centre	Senior Table Tennis	11:00-13:00	£2.60
	Leytonstone Leisure Centre	Aqua Aerobics	12:00-13:00	£5.15
Wednesday	All pools	Free Swimming	09:00-16:00	FREE
	Chingford Leisure Centre	Aqua Aerobics	10:00-11:00	£5.15
	Score Leisure Centre	Social Pickleball	11:00-13:00	£3
	Score Leisure Centre	Walking Football	11:00-12:00	FREE
	Leyton Leisure Centre	Seated Exercise	11.30-12.30	£5.15
	Chingford Leisure Centre	Senior Table Tennis	11:30-13:00	£2.95
	Leyton Leisure Centre	Aqua Aerobics	12:00-12:45	£5.15
Thursday	All pools	Free Swimming	09:00-16:00	FREE
	Chingford Leisure Centre	Aqua Aerobics	10:00-11:00	£5.15
	Waltham Forest Feel Good Centre	Walking Football	10:30-11:30	£4
	Leytonstone Leisure Centre	Aqua Aerobics	12:00-13:00	£5.15
	Waltham Forest Feel Good Centre	Aqua Aerobics	12:15-13:00	£5.15
Friday	All pools	Free Swimming	09:00-16:00	FREE
	Score Leisure Centre	Social Pickleball	10:00-12:00	£3
	Chingford Leisure Centre	Aqua Aerobics	10:00-11:00	£5.15
	Waltham Forest Feel Good Centre	Short Mat Bowls	10:30-12:30	£3.35
	Chingford Leisure Centre	Circuits Basics	11:30-12:30	£5.15
	Waltham Forest Feel Good Centre	Senior Short Tennis	12:00-14:00	£3.35
	Chingford Leisure Centre	Senior Table Tennis	12:30- 14:00	£2.95
Saturday	All pools	Free swimming	14:00-close	FREE
	Walthamstow Leisure Centre	Social Pickleball	11:00-12:00	£3
Sunday	All pools	Free swimming	14:00-close	FREE
	Walthamstow Leisure Centre	Social Pickleball	12:00-13:00	£3

Free off-peak swimming is for 60+ Pay and Play members which costs £11.80 for the whole year.

Better