International Week for Disabled People
2025 activity programme

DAY	Activity	Age Group	Provider	Location	Time	TO BOOK YOUR SESSION email to
Monday 1st December	Seated Yoga*	18+	Sense	Via Telephone	11:00	Bookable activities - Sense
Tuesday 2nd December	Movement with Imagination *	18+	Sense	Via Telephone	11:00	Bookable activities - Sense
	SEND Basketball	11-19	Bulldog Basketball	Barnet Copthall Leisure Centre Champions Way NW4 1PX	17:00-18:00	info@bulldogsbasketball.club https://barnetyouth.uk/event/Special-Educational-Needs-and-Disabilities-Basketball-Session/6548
From Wednesday 3rd to 9th **Daily** **Three slots a day**	Gym	16+	BETTER	• Barnet Copthall Leisure Centre Champions Way NW4 1PX • Burnt Oak Leisure Centre Watling Avenue HA8 0NP • Finchley Lido Great North Leisure Park Finchley N12 0GL • Hendon Leisure Centre Marble Drive NW2 1XQ	Three slots a day for each centre 10:00-11:00 14:00-16:00	https://www.better.org.uk/leisure-centre/london/barnet https://www.better.org.uk/fab-card-flow

				• New Barnet leisure Centre 1 Lawton Rd EN4 9BS	18:00- 20:00	https://www.better.org.uk/leisure-centre/london/barnet https://www.better.org.uk/fab-card-flow
Wednesday 3rd December	Swimming for fitness, family, and friends	11+ 11-15 years swim test required	BETTER	Barnet Copthall Leisure Centre Champions Way NW4 1PX	9:00- 11:00	https://www.better.org.uk/leisure-centre/london/barnet https://www.better.org.uk/fab-card-flow
	Seated Dance*	18+	Sense	Via Telephone	11:00	Bookable activities - Sense
	Walking Football	16+	BETTER	Burnt Oak Burnt Oak Leisure Centre Watling Avenue HA8 0NP	10:00- 12:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-burnt-oak-leisure-centre/senior-activities
	Table Tennis	16+			12:00- 13:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-burnt-oak-leisure-centre/senior-activities
	Sensory swimming	All Ages	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	13:00- 12:00	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre
	Swimming for Fitness, family, and friends	11+ 11-15 years swim test required	BETTER	Finchley Lido Great North Leisure Park Finchley N12 0GL	12:00- 14:00	https://www.better.org.uk/leisure-centre/london/barnet/finchley-lido-leisure-centre/swimming

	Quiet Gym for a calmer workout environment	16+	BETTER	Barnet Copthall Leisure Centre Champions Way NW4 1PX	14:00-15:00	Book into the gym at reception as its not bookable online
	Athletic	14-24	Saracen Foundation	Stone X Stadium Greenland's Lane NW4 1RL	17:00-18:00	oliviapatten@saracens.net
Thursday 4th December	Swim for fitness	11+ 11-15 years swim test required	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	10:00-11:00	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre/swimming-new-barnet-leisure-centre
	Sensory swimming	4+			13:00-14:00	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre/swimming-new-barnet-leisure-centre
	Seated Pilates*	18+	Sense	Via telephone	11:30	Bookable activities - Sense
	Cricket	18+	Middlesex Cricket, Lord's Cricket Ground	Middlesex Indoor Cricket School East End Road Finchley N3 2TA (the venue is not wheelchair accessible)	12:00-13:00	Matthias.winter@middlesexccc.com Participants must be accompanied by their carers. Limited spaces - first come, first serve!
	Dementia Friendly Swimming	50+	BETTER	Finchley Lido Great North Leisure Park Finchley N12 0GL	12:00-13:00	Book at reception on the day
Friday 5th December	Swim for fitness	11+ 11-15 years		Barnet Copthall Leisure Centre Champions Way NW4 1PX	9:00-11:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-copthall-leisure-centre/swimming

		swim test required				
	Multisport table-tennis, badminton & pickleball	16+	BETTER	Barnet Copthall Leisure Centre Champions Way NW4 1PX	10:00-12:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-copthall-leisure-centre/senior-activities-barnet-copthall-leisure-centre
	Squash (mixed abilities)	18+	Oakleigh Park Lawn Tennis & Squash Club	100 Oakleigh Road North N20 9EZ	10:30-11:30	https://form.jotform.com/253171536457056
	Sensory swimming	4+	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	13:00-14:00	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre/swimming-new-barnet-leisure-centre
	Quiet Gym	16+		Barnet Copthall Leisure Centre Champions Way NW4 1PX	14:00-15:00	Book into the gym at reception as its not bookable online
	Drumming to music*	14+	Sense	Via Zoom	14:00-14:30	Bookable activities - Sense
Saturday 6th December	Exercise Through Dance*	5+	Sense	Via Zoom	11:45	Bookable activities - Sense
	Swim for fitness, friends, and families	11+ 11-15 years swim test required	BETTER	Barnet Copthall Leisure Centre Champions Way NW4 1PX	14:00-15:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-copthall-leisure-centre/swimming

Sunday 7th December	International Day for Disabled People Party	All Ages	Unitas +All FAB partners	76 Montrose Ave, Edgware HA8 0DT	10:00-14:00	Keran Patel Keran.Patel@unitasyouthzone.org
Monday 8th December	Inclusive swimming	All ages	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	11:30-12:20	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre/swimming-new-barnet-leisure-centre
	Sensory swimming	4+			14:00-15:00	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre/swimming-new-barnet-leisure-centre
	Inclusive swimming	All Ages		Barnet Copthall Leisure Centre Champions Way NW4 1PX	16:00-17:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-copthall-leisure-centre/inclusive-barnet-copthall-leisure-centre
Tuesday 9th December	Swim for fitness	11+ 11-15 years swim test required	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	10:00-11:00	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre/swimming-new-barnet-leisure-centre
				Barnet Copthall Leisure Centre Champions Way NW4 1PX	14:00-14:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-copthall-leisure-centre/swimming

*All sessions provided by Sense are for people with complex disabilities.
This timetable continues to be updated to offer more activities throughout October.
For a most up to date timetable please visit https://www.better.org.uk/fab-news-events