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# Senior Activities

## Senior Citizen Free Swim

Older people can swim for free if they are an OAP, all they need to do is fill out a Free Swimming Application form for over 60's and return it to reception.

## B.Active Card

If you are interested in using more activities that we provide at Willesden Sports Centre than the ones we provide for free for Senior Citizens, then why not join up for a B.Active Card, where you would receive a 40% discount. Please ask at reception for further details or an application form.



[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)



## 50+ Fitness Classes

**50+ Aerobics** – Low impact aerobics for young spirits in 50+ bodies.

**Aqua** – Low impact exercise class in the swimming pool that is suitable for all levels as an overall body toning class.

DAY	TIME	ACTIVITY
Monday	13.30 – 15.00	50+ Aerobics
Wednesday	12.30 – 13.30	Aqua (50yrs+)
Wednesday	13.30 – 15.00	50+ Aerobics
Friday	12.30 – 13.30	Aqua (50yrs+)

## Active Life Programme

A great way to meet new friends and keep fit at the same time. Times and activities are stated below.

DAY	TIME	ACTIVITY
Monday	11.30 – 13.00	Badminton/Table Tennis
Wednesday	11.30 – 13.30	Badminton/Table Tennis
Friday	10.30 – 11.30	Healthy Walk
Friday	13.00 – 15.00	Badminton/Table Tennis

## 50+ Swim

Enjoy a leisurely swim during the times stated below. This is a nice way to relax in the afternoon.

DAY	TIME	ACTIVITY
Monday	15.00 – 16.00	Gentle Swim (main pool)
Friday	15.00 – 16.00	Gentle Swim (main pool)

**For all prices, please refer to our Price List which can be found at reception.**





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## Swimming Lessons – Courses

**Age:** 60+

**Cost:** Free. A 60+ free swimming registration form must be completed.

DAY	TIME	DATE
<b>January – April 2010</b>		
Tuesdays	08.00 – 08.30	12 January to 30 March (excluding 16 February)
	08.30 – 09.00	12 January to 30 March (excluding 16 February)
Thursdays	08.00 – 08.30	14 January to 1 April (excluding 18 February)
	08.30 – 09.00	14 January to 1 April (excluding 18 February)
<b>April – July 2010</b>		
Tuesdays	08.00 – 08.30	27 April to 20 July (excluding 1 June)
	08.30 – 09.00	27 April to 20 July (excluding 1 June)
Thursdays	08.00 – 08.30	29 April to 22 July (excluding 3 June)
	08.30 – 09.00	29 April to 22 July (excluding 3 June)

## Swimming Lessons – Drop In Sessions

**Age:** 60+

**Cost:** Free. A 60+ free swimming registration form must be completed.

DAY	TIME	DATE
<b>January – March 2010</b>		
Wednesdays	12.00 – 12.30	13 January to 31 March (excluding 17 February)
	12.30 – 13.00	13 January to 31 March (excluding 17 February)
	13.00 – 13.30	13 January to 31 March (excluding 17 February)
<b>April – July 2010</b>		
Wednesdays	12.00 – 12.30	21 April to 21 July (excluding 2 June)
	12.30 – 13.00	21 April to 21 July (excluding 2 June)
	13.00 – 13.30	21 April to 21 July (excluding 2 June)





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## RNID 'type talk'

Please call the facility dialling 18001 plus the full telephone number (including area code) to operate a telephone relay service for people with impaired hearing or speech. Visit: [www.typpetalk.org](http://www.typpetalk.org)

The information in this leaflet can be made available in large print, audio tape, Braille and in a variety of languages on request. Please contact the site for further details.

## How to find us...

For more details on cycle, bus and train routes please see our Green Travel Plan.

**Bus routes:** 6, 52, 187, 206, 226 & 302.

**Nearest train station:** Kensal Rise, Willesden Junction, Willesden Green, Dollis Hill.

**Cycle routes:** 45 & 47.



**Willesden Sports Centre**  
Donnington Road, Willesden,  
London NW10 3QX

**020 8955 1120**

[willesden@harpersfitness.co.uk](mailto:willesden@harpersfitness.co.uk)

Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.



Willesden Community Sports Ltd

Willesden Sports Centre operated by Willesden Community Sports Ltd, and managed by Leisure Connection, on behalf of Brent Council.

10/11/09 16506