

## **Online Guide to Free and Low-Cost Sport and Physical Activity in Camden**

Camden has lots of sport and physical activity opportunities so that everyone can be active. This guide provides information and links to different organisations who offer a wide range of activities across Camden. Some of the opportunities are completely free of charge and others are low-cost activities. Please click on the links in the titles and underlined text to be redirected to websites for more information.

### **How to find activities**

The [Camden Sport and Physical Activity Map](#) is an interactive map which will help you find sports and physical activities offered by different organisations in your local area. You can also find more information on Camden council's webpages for sports and leisure including ways to keep active at home for free.

- [Sports and leisure - Camden Council](#)
- [Activities for Children and Young People](#)
- [Keep Active and Healthy](#)

### **London Sport - Get Active**

London Sport have created [Get Active](#) to help you access free and low-cost activities, in your local area or from home. Simply enter your post code into the search box to see the closest activities in your area and for other useful resources.

### **Better Leisure Centre Pay and Play Membership**

A great way to reduce costs to being active in Camden leisure centres is to get a pay and play annual membership. For Camden residents an annual concessionary membership costs £2.90 for children and £5.50 for adults, a standard membership costs £5.35 for children and £40.55 for adults.

This provides access to some free activities and reduces the cost of others in Camden's leisure centres - we've included some ideas below to get you started.

For more information about concessionary and other memberships please visit:

[Better Leisure Camden memberships.](#)

**This guide includes activities for everyone including:**

[Families](#)

[Children and Young People](#)

[Older Adults](#)

[Disabled People](#)

[Women and Girls Only Session](#)

## Activities for Families

### Outdoor Gyms

There are nine Outdoor Gyms in Camden. They are open to everyone (aged over 14) and free to use, with information about how to use the equipment.

- [Cantelowes Gardens](#)
- [Cumberland Market Open Space](#)
- [Kilburn Grange Park](#)
- [Lismore Circus](#)
- [Maygrove Peace Park \(Sidings Community Centre\)](#)
- [Alf Barrett Playground \(Holborn\)](#)
- [Bramber Green \(Kings Cross\)](#)
- [Augustus House](#)
- [Swiss Cottage \(outside of the Sports Centre\)](#)
- [Polygon Open Space](#)

### Wellbeing walks in Camden

Our 7 organised free health walks are relaxed, friendly where you'll meet new people. At each of our walks, there are toilets and benches along the route. Many of our walks finish at cafes for a cuppa and social opportunities.

To find out more information about times and where to meet visit [Wellbeing Walks in Camden](#) or email [walking@camden.gov.uk](mailto:walking@camden.gov.uk)

### 6 Month Free Camden Better Leisure Centre Memberships

Better Leisure, Camden's Leisure Centre operator would like to offer the opportunity for all refugees granted asylum in the UK in the last 12 months **free use of Camden Leisure Centres for 6 months.**

Camden's Leisure centre offer a range of physical activities and wellbeing opportunities. Including gym and fitness, swimming, exercise classes as well as individual sports and wellness activities. All leisure centres are welcoming and have excellent facilities and friendly staff.

There are two types of free memberships available. One membership is for adults (16+ years), a Better Health Centre (off-peak) membership which includes gym, fitness classes, sports facilities and swimming pools. The other membership is for children (under 16 years), a Better Health Centre Junior membership which includes junior gym, junior fitness classes and swimming. All free memberships will last for 6 months from the date of sign up.

To get your membership and to see full details on how to apply visit [Better Leisure Free Refugee Membership](#)

## **Activities for Children and Young People**

### **HAF Camden Active Multi Sports Scheme**

The Holiday Activity Fund (HAF) programme offers children and young people eligible for free school meals, free weekly access to activities and healthy hot meals, in partnership with the Young Camden Foundation (YCF). For more information and to book a place visit: [HAF Young Camden Foundation](#).

### **Camden Sport and Physical Activity Team**

The Camden sport and physical activity team provide fun and different activities for children and young people during term-time and school holidays at Talacre Community Sports Centre, Canteloves Sports Pitch and Kilburn Grange. Activities include gymnastics, trampolining, football, basketball, volleyball, mini-tennis, table tennis. All activities are led by qualified coaches. Prices vary per activity and are greatly reduced with a Better pay and play annual membership.

#### **For more information:**

- [School Holiday Activities](#)
- [Term-time activities](#)

Example programmes include:

### **Young Women and Girls Football Programme**

Weekly after school training sessions for girls aged 5-16 years old, take place in a fun and enjoyable environment, focused on developing player's fundamental skills and creating the foundation for a lifelong love of football. New players welcome. The first session is free.

#### **Locations:**

- Talacre Community Sports Centre, NW5 3AF
- Canteloves Gardens Sports Pitch, Camden Road, NW5 2AP

For information phone: 0207 974 6294 or email [kirsty.pealling@camden.gov.uk](mailto:kirsty.pealling@camden.gov.uk)

### **Friday Night Project**

Friday Night Project(FNP) takes place on the first Friday of every month at Talacre Community Sports Centre, from 7:45pm - 10pm and is free.

FNP is for 12 to 17 year olds to get active, socialise with their friends and have fun in a safe, supportive and neutral environment. Activities such as football, trampolining, basketball, boxing, dodgeball and more.

For more information email: [Shaun.Taylor@camden.gov.uk](mailto:Shaun.Taylor@camden.gov.uk) or phone 020 7974 3927.

### **Kids Swim for a Quid**

Kids Swim for a Quid returns to Camden Better Leisure centres. Access swimming for £1 when attending a Swim for All session at one of the swimming pools at Camden Better Leisure. This offer is available to all children under 16 years old, every Saturday and Sunday before 10am. During the school holidays this offer is available every day before 10am.

A Better Pay & Play membership or Full Better membership will be required to take part in the Kids Swim for a Quid offer.

For more information on membership and how to get started visit [Kids Swim for a Quid](#).

### **Arsenal In The Community**

Arsenal in The Community led by professional Arsenal coaches host free weekly football sessions for children and young people under 18 years old at Peckwater Estate Astro-turf football pitch and Fleet Primary School 3G Artificial pitch.

All sessions are free to attend and open to both boys and girls Under 18 years old.

For more information on dates and times and on how to register visit [Arsenal In The Community Webpage](#) or email [jironside@arsenal.co.uk](mailto:jironside@arsenal.co.uk)

### **Kilburn Grange Multi-Sport Session**

Get involved with free fun multi-sport sessions that take place at Kilburn Grange Park MUGA (Multi Use Games Area) with your friends on a weekly basis.

For children aged 10 to 16 years old every Monday and Wednesday from 5pm – 7pm. Activities such as Football, Cricket, Basketball and many more fun games and friendly competition to keep you active and entertained.

For more information visit [Kilburn Grange Multi-sport session webpage](#) or email [Shaun.Taylor@camden.gov.uk](mailto:Shaun.Taylor@camden.gov.uk)

For more information on all our children's sports courses, or to book your child's place, you can visit Talacre Community Sports Centre reception, phone: 0207 974 8754 or email [sportsdevelopment@camden.gov.uk](mailto:sportsdevelopment@camden.gov.uk)

### **Soft Play Rascals – Swiss Cottage Better Leisure Centre**

Fun soft play environment complete with a maze of slides, tunnels, ball pits and swings for children up to the age of 11 years old.

Drop-in sessions: 9am – 6pm Monday to Friday and 9am – 1pm on the weekend.

[Book online](#) or in person at Swiss Cottage leisure centre

### **Soft Play Treetops – Talacre Community Sports Centre**

Treetops soft play gives children the freedom to play and use their imagination in a

pecially-built maze of ball pits, slides and rope swings. Drop-in sessions are available throughout the week

Drop-in sessions: 9am – 6pm Monday to Friday and 9am – 2pm on the weekend.

[Book online](#) or in person at Talacre Community Sports Centre

### **Soft Play prices**

Age	Non-member	Better pay and play annual membership	
		Standard Member	Concession
Under 5 years old	£6.45	£4.60	£2.35
Over 5 years old	£7.55	£5.20	£2.75

For more information on all our children's soft play at Better Leisure please contact [camden@GLL.org](mailto:camden@GLL.org)

## **Activities for Disabled People**

### **Activities for Disabled People in Camden**

Camden provide a range of opportunities for disabled people to be physically active across the borough. Activities are led by qualified instructors and take place every day throughout the week.

For more information about disability activities visit: [Activities for Disabled People in Camden](#)

### **Accessible Swimming**

Swimming sessions for disabled people of all ages and abilities within learner swimming pool. Pool pods are available to help users into the pool safely.

**Day:** Every Wednesday

**Time:** 6:30pm – 7:30pm

**Location:** Kentish Town Sports Centre, Grafton Road, London, NW5 3DU

**Cost:** Child £3 Adult £5

For more information please contact Lynda Stuart on: [L.Stuart.555@btinternet.com](mailto:L.Stuart.555@btinternet.com) or 07773267505 / 020 73723548

### **Ways To Move in Camden**

Ways to Move in Camden is a resource created for healthcare professionals, social prescribers and residents. It provides information about how to get active in Camden. This resource includes great information for older people, people living with health conditions and disabled people.

## **Activities for Older Adults**

### **Wellbeing walks in Camden**

Our 7 organised free health walks are relaxed, friendly and a great chance to meet new people.

At each of our walks, there are toilets and benches along the route. Many of our walks finish at cafes for a cuppa and social opportunities.

To find out more information about times and where to meet visit [Wellbeing Walks in Camden](#) or email [walking@camden.gov.uk](mailto:walking@camden.gov.uk)

### **Free Swimming for Over 60's**

Free for Camden residents who have a Better Pay and Play membership for Camden residents aged 60+.

Weekdays between 7am-12pm at our [Better Camden leisure centres](#).

### **Free Walking Football**

Walking football is a standard game of football where players walk instead of run. It is free and designed to help people get fit or maintain a healthy lifestyle no matter what their age or fitness levels are.

**Day:** Sunday

**Time:** 11:00am – 12:30am

**Location:** Swiss Cottage Sports Centre, Adelaide Road, NW3 3NF

For more information please contact [shaun.taylor@camden.gov.uk](mailto:shaun.taylor@camden.gov.uk)

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### Women and Girls Only Sessions

Better leisure centres provide women only swimming and gym sessions throughout the week. See the current timetable of activities and location below - prices are based on the Better pay & play annual concessionary membership price.

Centre	Activity	Day	Time	Child Price	Adult Price
Pancras Square Leisure	Swimming	Saturday	4pm	£1.60	£2.40
Pancras Square Leisure	Swimming	Sunday	10am	£1.60	£2.40
Swiss Cottage Leisure Centre	Swimming	Saturday	1pm	£1.60	£2.40
Swiss Cottage Leisure Centre	Gym	Monday	9am	£3.35	£4.05
Swiss Cottage Leisure Centre	Gym	Wednesday	8pm	£3.35	£4.05
Swiss Cottage Leisure Centre	Gym	Sunday	2pm	£3.35	£4.05
Swiss Cottage Leisure Centre	Sauna and Steam	Wednesday	5.30pm	-	-
Swiss Cottage Leisure Centre	Swimming	Wednesday	7pm	£1.60	£2.40
Kentish Town Sport Centre	Swimming	Monday	12:05pm	£1.60	£2.40
Kentish Town Sport Centre	Swimming	Thursday	12:05pm	£1.60	£2.40
Kentish Town Sport Centre	Swimming	Saturday	3pm	£1.60	£2.40
Kentish Town Sport Centre	Water Workout	Saturday	4pm	£1.60	£2.40
Kentish Town Sport Centre	Gym	Sunday	4pm	£3.35	£4.05

#### **Lifeguard / Fitness Instructors:**

Wherever possible we aim to provide female lifeguards for these swimming sessions and female fitness instructors for these gym sessions. If for any reason this is not possible you will be informed prior to the session.

We also aim to deliver these sessions in a closed environment and away from external view where the centre design allows. Please contact the relevant leisure centre in advance of your visit to confirm.

To take part in activities participants will need a [Better Leisure pay and play card](#).

Full [concession membership](#) also available for those applicable.