



# ACTIVE FRIENDS

**DIRECTORY OF ACTIVITIES IN  
WANDSWORTH**

**VERSION 1 - DECEMBER 2021**





# WHAT IS ACTIVE FRIENDS?

'Active Friends' is an initiative from Age UK Wandsworth that aims to help older people in our community feel more confident, improve their health, and build friendships through physical activity.

This directory contains information about a huge variety of activities and exercise options designed for older people all over the borough.

Some of the activities listed are run by Age UK Wandsworth, while others are run by leisure centres and other organisations locally. We have tried to include full details about timings, locations, and prices for each activity listed, as well as who you need to contact to book.

Some activities may also become cheaper with a gym membership. (Please contact individual venues for more details.)

If you have any questions or would like more information, please call Sorrel on **020 8877 8940**.





# ACTIVITY TIMETABLES



All events, timings and venues listed are correct as of 07/12/21.

If you have any questions or issues regarding specific sessions, please contact the relevant venue or organiser for more information.



# BATTERSEA

## MONDAY:

### 9am-12pm:

Open Swim & Gym sessions @ Latchmere Leisure Centre, £3.40

## TUESDAY:

### 9am-12pm:

Open Swim & Gym sessions @ Latchmere Leisure Centre, £3.40

### 10.30am-11.15am:

Pad Work Boxing @ Battersea Sports Centre, £2

### 11am-1pm:

Social Tennis @ Battersea Park Millennium Arena, £13.40

### 2pm-3pm:

Walking Football (Age UK Wandsworth)  
@ Battersea Sports Centre, £5 (First session FREE)

## WEDNESDAY:

### 9am-12pm:

Open Swim & Gym sessions @ Latchmere Leisure Centre, £3.40

## THURSDAY:

### 9am-12pm:

Open Swim & Gym sessions @ Latchmere Leisure Centre, £3.40

## FRIDAY:

### 9am-12pm:

Open Swim & Gym sessions @ Latchmere Leisure Centre, £3.40

### 10am-12pm:

Social Tennis @ Battersea Park Millennium Arena, £13.40



# WANDSWORTH & SOUTHFIELDS

## MONDAY:

### 9am-12.30pm:

Open Table Tennis, Badminton & Gym sessions  
@ Wandle Recreation Centre, £3.10

## TUESDAY:

### 9am-12.30pm:

Open Table Tennis, Badminton & Gym sessions  
@ Wandle Recreation Centre, £3.10

## WEDNESDAY:

### 9am-12.30pm:

Open Table Tennis, Badminton & Gym sessions  
@ Wandle Recreation Centre, £3.10

### 10am:

Walk Wandsworth - Walking Group  
@ Wandsworth Common (Meet outside Skylark Cafe), FREE

## THURSDAY:

### 10.30am:

Walk Wandsworth - Walking Group  
@ Southfields Wimbledon Park  
(Meet opposite Elborough Street Surgery), FREE

### 11am-12pm:

Sit Down, Get Down! Seated Exercise (Age UK Wandsworth)  
@ Gwynneth Morgan Day Centre, FREE

## FRIDAY:

### 9am-12.30pm:

Open Table Tennis, Badminton & Gym sessions  
@ Wandle Recreation Centre, £3.10

### 1pm-2pm:

Keep on Moving Class (Active Lifestyles)  
@ St Barnabas' Church Southfields, £4



## MONDAY:

### 9am-3.45pm:

Open Swim Session @ Putney Leisure Centre, £5.90/£3.70 (65+)

### 1.15pm-2.15pm:

Forever Active (Low Impact Keep Fit Class)

@ Putney Leisure Centre, £4.90

## TUESDAY:

### 9am-3.45pm:

Open Swim Session @ Putney Leisure Centre, £5.90/£3.70 (65+)

### 12.30-1.15pm:

AquaFit @ Putney Leisure Centre, £10.20

## WEDNESDAY:

### 9am-3.45pm:

Open Swim Session @ Putney Leisure Centre, £5.90/£3.70 (65+)

### 1.45pm-2.45pm:

Line Dancing @ Putney Leisure Centre, £10.20

## THURSDAY:

### 9am-3.45pm:

Open Swim Session @ Putney Leisure Centre, £5.90/£3.70 (65+)

### 9.30am-10.30am:

Yoga (Active Lifestyles)

@ Newlands Community Hall, Putney Vale £3

### 10.30am-11.30am:

Stretch & Movement Class (Active Lifestyle)

@ Newlands Community Hall, Putney Vale, £3

### 1.45pm-2.45pm:

Forever Active (Low Impact Keep Fit Class)

@ Putney Leisure Centre, £4.90



## FRIDAY:

### 9am-3.45pm:

Open Swim Session @ Putney Leisure Centre, £5.90/£3.70 (65+)

### 12.15pm-1pm:

AquaFit @ Putney Leisure Centre, £10.20

## SATURDAY:

### 10.15am- 11.15am:

Barre Concept Class (Ballet) @ Putney Leisure Centre, £10.20

### 12.30pm- 5.30pm:

Open Swim Session @ Putney Leisure Centre, £5.90/£3.70 (65+)

## SUNDAY:

### 10.30am- 5.30pm:

Open Swim Session @ Putney Leisure Centre, £5.90/£3.70 (65+)



## TUESDAY:

### **1pm (First Tuesday of the month):**

Walking Group (Age Well Roehampton)

Different walking routes each month, FREE

### **2.30pm (Last Tuesday of the month):**

Dance Exercise (Age Well Roehampton)

@ Minstead Gardens Sheltered Housing Clubroom, FREE

## THURSDAY:

### **10am-11am:**

Chair Yoga (Age Well Roehampton)

@ Minstead Gardens Sheltered Housing Clubroom, £4

### **11.15am-12.15am:**

Chair Yoga (Age Well Roehampton)

@ Minstead Gardens Sheltered Housing Clubroom, £4

## FRIDAY:

### **10am-11am:**

Chair Yoga (Age Well Roehampton)

@ Manressa Sheltered Housing Clubroom, Fontley Way, £4

### **11am-12pm:**

Tone & Stretch 50+ (Active Lifestyles)

@ Roehampton Methodist Church, £4

## SATURDAY:

### **11am-12pm:**

Kickboxercise (Active Lifestyles)

@ Roehampton Sports & Fitness Centre, £4



## MONDAY:

### **9.15am-10am:**

Aquafit @ Balham Leisure Centre, £10.20

### **10.15am-1.30pm**

Sauna & Steam Room sessions @ Balham Leisure Centre  
£10.35 for 45 mins

## TUESDAY:

### **7.45pm-8.30pm:**

Aquafit @ Balham Leisure Centre, £10.20

## WEDNESDAY:

### **7.45pm-8.30pm:**

Aquafit @ Balham Leisure Centre, £10.20

## THURSDAY:

### **12.45pm-3.15pm:**

Sauna & Steam Room Sessions @ Balham Leisure Centre  
£10.35 for 45 mins

### **7.30pm-9.30pm:**

Sauna & Steam Room Sessions @ Balham Leisure Centre  
£10.35 for 45 mins



# TOOTING

## TUESDAY:

### **6.30am-3.30pm:**

Lane Swimming @ Tooting Leisure Centre, £5.90 for 60 mins

### **10am-11am:**

Step Class @ Tooting Leisure Centre, £10.20

### **10.30am-11.30am:**

Walking Netball (Active Lifestyles)

@ Tooting Leisure Centre, £3.50

### **11.30am-12.30pm:**

Keep Fit For Life 50+ (Active Lifestyles)

@ Tooting Junction Baptist Church, £4

## SATURDAY:

### **10.30am-11.30am:**

Step Class @ Tooting Leisure Centre, £10.20

### **7.15pm-8.15pm:**

Ladies Only Lane Swimming @ Tooting Leisure Centre, £5.90

## SUNDAY:

### **6.30am-1.30pm:**

Lane Swimming @ Tooting Leisure Centre



## **TUESDAY:**

**10.30am-11.30am:**

Keep on Moving 50+ (Active Lifestyles) on Zoom, £3

(Contact Active Lifestyles to book, must have an email address)

## **SATURDAY:**

**11.15am-12.15pm:**

Chi Gung Breath & Relaxation (Active Lifestyles) on Zoom, £3

(Contact Active Lifestyles to book, must have an email address)

## **ON DEMAND (ACCESS ANYTIME):**

### **Wandsworth Carers Centre Online Exercise Classes**

Variety of videos including Yoga, Physio & Chair Exercise, (FREE)

[www.carerswandsworth.org.uk/online-resources/exercise](http://www.carerswandsworth.org.uk/online-resources/exercise)

### **NHS Fitness Studio**

Video workouts ranging from 10-45mins long for beginner to intermediate levels. Options include Yoga, Pilates, Dance & Strength, & Flexibility. (FREE)

[www.nhs.uk/conditions/nhs-fitness-studio](http://www.nhs.uk/conditions/nhs-fitness-studio)

### **Katherine Low Settlement (Battersea)**

KLS have a variety of virtual and in person exercise sessions happening throughout the week.

For more information, please visit:

<https://www.klsettlement.org.uk/60-plus/>



# VENUES & ORGANISATIONS

## **Active Lifestyles**

020 3959 0033

[activelifestyles@enablelc.org](mailto:activelifestyles@enablelc.org)

## **Age UK Wandsworth**

020 8877 8940

[exercise@ageukwandsworth.org.uk](mailto:exercise@ageukwandsworth.org.uk)

## **Age Well Roehampton**

07826 779684

[jenny.bailey@hestia.org](mailto:jenny.bailey@hestia.org)

## **Balham Leisure Centre (Places Leisure)**

020 8772 9577

## **Battersea Park Millennium Arena**

020 3959 0057

[bpst@enablelc.org](mailto:bpst@enablelc.org)



## **Battersea Sports Centre**

020 3959 0050

[bsc@enablelc.org](mailto:bsc@enablelc.org)

## **Katherine Low Settlement**

020 7223 2845

[info@klsettlement.org.uk](mailto:info@klsettlement.org.uk)

## **Latchmere Leisure Centre (Places Leisure)**

020 7207 8004

## **Putney Leisure Centre (Places Leisure)**

020 8785 0388

## **Tooting Leisure Centre (Places Leisure)**

020 8333 7555

## **Wandle Recreation Centre (Places Leisure)**

020 8871 1149

## **Walk Wandsworth**

020 3959 0033

[activelifestyles@enablelc.org](mailto:activelifestyles@enablelc.org)



