

Water Aerobics



Hackney New Age Games proudly presents their 2025 - 2026 programme. Come along to take part in a fun mood-boosting activity with local residents aged 50+.

About This Event

Take a splash and relax at this Water Aerobics session at Clissold Leisure Centre. This session is for all abilities. Registration/pool readiness takes place between 09:00- 09:10am

New Age Games helps residents to increase and sustain exercise to recommended levels. Important: To be eligible to attend the scheme, users must be a Hackney resident aged 50+. Every effort will be made to accommodate attendees, but we base places on a first come, first served basis on the day of each event. This is reflected within our guidance on our webpage. It is advised that you book in advance before attending. You can book by using the details in the accessibility information. **No sessions held from 7 December 2025 - 18 January 2026.**

There will be no Water Aerobics sessions on Friday 31st October 2025 and Friday 20th February 2026.

Accessibility Information



Event Time

Every Friday
from Fri, 12th Sep 2025
until Fri, 20th Mar 2026

**Fri,
19th Sep
2025**

9:00am - 10:00am



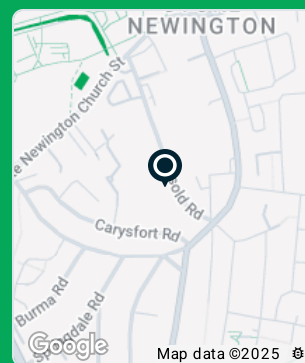
Event Price

Free



Event Location

**Clissold Leisure
Centre
63 Clissold Road,
London
N16 9EX**



To register visit: <https://hackney.gov.uk/new-age-games>. Alternatively speak to one of our exercise instructors or contact Darren English on 020 8356 4897 or email; NewAgeGames@hackney.gov.uk for further options.

