

New Age Games: Water Aerobics at Clissold Leisure Centre



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

Make 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+.

Event Time

Every Friday
from Fri, 23rd Jan 2026
until Fri, 13th Feb 2026

**Fri,
23rd Jan
2026**

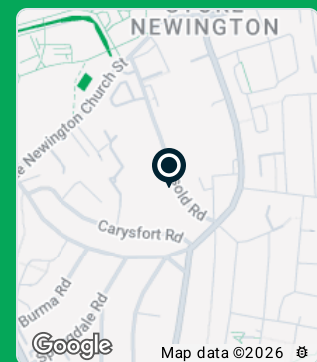
9:00am - 10:00am

Event Price

Free

Event Location

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



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.

There will be no Water Aerobics sessions on Friday 20th February 2026.

Accessibility Information

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.

