## New Age Games: Indoor Tennis



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**

Practice your serving skills at this friendly indoor tennis session. This session is for all abilities. You must bring your own tennis racquet to participate.

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.

This New Age Games activity will start from the 16th October 2025.



**Event Time** 

Every Thursday from Thu, 16th Oct 2025 until Thu, 19th Mar 2026

Thu, 23rd Oct 2025

12:00pm - 1:30pm



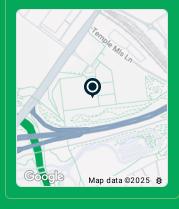
**Event Price** 

Free



**Event Location** 

Lee Valley Hockey & Tennis Centre
Queen Elizabeth
Olympic Park,
Leadmill Lane,
London
E20 3AD



## **Accessibility Information**

To register visit: <a href="https://hackney.gov.uk/new-age-games">https://hackney.gov.uk/new-age-games</a>. 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.

