

# New Age Games: Soca 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 part in a Caribbean inspired aerobics session at Queensbridge Leisure Centre. This session is for all abilities.

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.

**No sessions held from 7 December 2025 - 18 January 2026.**

## Accessibility Information



### Event Time

Every Wednesday  
from Wed, 21st Jan 2026  
until Wed, 18th Mar 2026

**Wed,  
21st Jan  
2026**

11:30am - 12:30pm



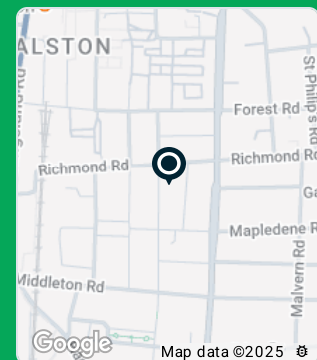
### Event Price

**Free**



### Event Location

**Queensbridge  
Leisure Centre  
30 Holly Street,  
London  
E8 3XW**



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](mailto:NewAgeGames@hackney.gov.uk) for further options.

