

## New Age Games: Tennis



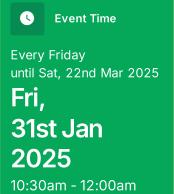
Hackney New Age Games proudly presents their 2024 autumn - winter programme. Come along to take part in a fun, mood-boosting activity with local residents aged 55+.

## **About This Event**

Practice your serving skills at this friendly tennis session. 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 <u>webpage</u>. It is advised that you book in advance before attending. You can book by using the details in the accessibility information. **No session will take place on 21 February. No sessions held from 8 December 2024 - 19 January 2025.** 

## **Accessibility Information**

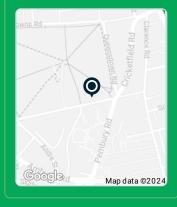




Free

Hackney Downs Park (Tennis Courts) Downs Park Road, London E5 8NP

**Event Location** 



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.

