



# ACTIVE FOR LIFE 2017-2018

YOUR GUIDE TO LOW COST AND FREE  
ACTIVITIES IN KENSINGTON AND CHELSEA

BECAUSE THERE'S ONLY  
**ONE YOU**



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

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# THE BENEFITS OF 30 MINUTES OF PHYSICAL ACTIVITY **EACH DAY**

- Meet new, likeminded people
- Improved confidence and self-esteem
- Improve your mobility and posture
- Reduce stress and anxiety
- Assist with weight loss and weight management
- Lower your blood pressure
- Keep your heart strong and healthy
- Lower your risk of heart disease, obesity, type 2 diabetes and some cancers

## **THINGS TO CONSIDER:**

**IF YOU ARE NOT USED TO BEING ACTIVE, START SLOW  
AND BUILD UP IN CHUNKS OF 10 MINUTES**

# FIND THE RIGHT ACTIVITY FOR **YOU**

## TYPE OF ACTIVITY

Low Level or monitored training

Flexible and challenging

Free and accessible

Specific sessions

## DEFINITION OF ACTIVITY


The perfect activity for those getting back into exercise, allowing you to track your personal goals


You decide the intensity of your workout


No payment needed, just turn up


Targeted sessions for specific groups: Women only, men only, disability and 50+

## ACTIVITY KEY

Throughout the programme these sessions are labelled 

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# LEISURE CENTRES

## LEISURE CENTRE MEMBERSHIP

Our centres are managed by GLL under the brand name Better. Memberships are available on a monthly or annual basis. For more information, please contact Chelsea Sports Centre and Kensington Leisure Centre.

## DISCOUNT LEISURE PASS

Being a resident within The Royal Borough of Kensington and Chelsea, you may be eligible for a concessionary 'Leisure Pass' membership if you are 60+, a full time student or registered disabled or in receipt of certain benefits. For more information, pick up an application form from Kensington Leisure Centre, Chelsea Sports Centre or your local library and get started today!

## CHELSEA SPORTS CENTRE

Chelsea Manor Street, SW3 5PL

**T:** 020 7352 6985 **E:** [Chelsea.enquiries@gll.org](mailto:Chelsea.enquiries@gll.org) **W:** [www.better.org.uk](http://www.better.org.uk)

## KENSINGTON LEISURE CENTRE

Silchester Road, W10 6EX

**T:** 020 3793 8210 **E:** [Kensington@gll.org](mailto:Kensington@gll.org) **W:** [www.better.org.uk](http://www.better.org.uk)

# HEALTH WALKS



Led by trained local residents, our five Health Walks are free of charge and open to all abilities. Meet new people who share a passion for the outdoors, and join any of our Health Walks.

DAY	ACTIVITY	VENUE	MEETING PLACE	TIME	PRICE
Monday	Health Walk	Grand Union Canal	Sainsbury's Ladbroke Grove	*10.30 – 11.30am	FREE
Tuesday	Health Walk	Battersea Park	Albert Bridge (Kensington and Chelsea side)	*10.30 – 11.30am	FREE
Wednesday	Health Walk	Brompton Cemetery	Old Brompton Road entrance	*10.30 – 11.30am	FREE
Thursday	Health Walk	Holland Park	Cafe	*10.30 – 11.30am	FREE
Friday	Health Walk	Kensington Gardens	King's Arms Gate, Kensington High Street	10.30 – 11.30am	FREE

\* There is the option to have a 30 minute short walk or a one hour long walk

# PHYSICAL ACTIVITY IN THE NORTH OF THE BOROUGH

- 1 Second Half Centre
- 2 Venture Centre
- 3 Kensington Memorial Park
- 4 Westway Sport & Fitness Club
- 5 Kensington Leisure Centre
- 6 Holland Park
- 7 Central Library



## 1. SECOND HALF CENTRE

St. Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ  
Tel: 020 8962 5500, to book for any of the below classes

Bus: 52, 295, 7

Tube: Ladbroke Grove (15min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Bokwa ●●●	50+	£1 / £3	10 – 11am
Wed	Intermediate Stretch & Tone ●●●	50+	£1 / £3	12.45 – 1.45pm
Thur	GO Generation: Table Tennis ●●●	50+	£1 / £3	10 – 11.30am
Thur	Exercise to Music with health management ●●●	50+	£1.50	12.15 – 1.30pm
Thur	Beginners Stretch & Tone ●●●	50+	£1 / £3	1 – 2pm
Thur	Exercise to African Music/African Dance ●●●	50+	£1 / £3	3.45 – 4.45pm
Fri	Abs, Bums & Thighs ●●●	50+	£1 / £3	1.30 – 2.30pm



## 2. VENTURE CENTRE

103A Wornington Road, W10 5YB Tel: 020 8960 3234

Bus: 23, 52, 70, 228, 295, 316, 452

Tube: Ladbroke Grove (15min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Boxing ●●●	All	£2	9 – 10am
Mon	Zumba (women only) ●●●	All	£2	7 – 8pm
Wed	Yoga ●●	All	£2	10 – 11am
Wed	Zumba ●●●	All	£2	12.30 – 1.30pm
Thur	Pilates ●●	All	£2	6.30 – 7.30pm
Fri	Boxing ●●	All	£2	6 – 7pm

## 3. KENSINGTON MEMORIAL PARK

St Marks Road, W10 6NP Tel: 020 7602 2226

Bus: 452, 52, 70, 7, 316

Tube: Ladbroke Grove (7min walk), Latimer Road (12min walk)

DAY	CLASS NAME	AGE	COST	TIME
Thur	Tennis Activators ●● To book: <a href="http://clubspack.lta.org.uk/HollandPark2/Coaching">clubspack.lta.org.uk/HollandPark2/Coaching</a>	All	£2	1 – 2pm

#### 4. WESTWAY SPORT & FITNESS CLUB (THORPE CLOSE)

3 to 5 Thorpe Close, W10 5XL Tel: 020 8960 2221

Bus: 7, 23, 52, 70, 295, 452

Tube: Ladbroke Grove (5min walk)

DAY	CLASS NAME	AGE	COST	TIME
Tues	Gym Club (instructor led class) ●●	All	£2	4.30 – 5.30pm
Tues	Zumba GOLD (Open Age) ●●●	50+	£2	1.30 – 2.30pm
Wed	Exercise to African Music (women only) ●●●	All	£2	11am – 12pm
Wed	GO Generation: 50:50 Multi sports ●●●	50+	£2	10 – 11am
Thur	Gym Club (men only) ●●●	All	£2	3.30 – 4.30pm
Fri	Tai Chi ●●●	50+	£2	11.30am – 12.30pm
Fri	Breathing yoga ●●●	50+	£2	12.30 – 2.30pm
Sun	Gym, sauna, steam & Zumba (women only) ●●●	All	£4 or £6 for mother & daughter	5.30 – 8pm

## 5. KENSINGTON LEISURE CENTRE

Silchester Road, W10 6EX Tel: 020 3793 8210

Bus: 7, 23, 52, 70, 295, 316

Tube: Latimer Road (4min walk), Ladbroke Grove (8min walk)























DAY	CLASS NAME	AGE	COST	TIME
Mon	Swimming for disabled adults ●●●●	All	FREE	11am – 12pm
Mon	Swimming lessons ●●	All	£2.10	2 – 3pm
Mon	Strictly Dance ●●	All	£2.10	1.30 – 3pm
Mon	Badminton for disabled adults ●●●●	All	FREE	3 – 4.30pm
Mon	Yoga ●●	All	£2.10	3 – 4pm
Tues	Multi sports for disabled adults ●●●●	All	FREE	10 – 11.30am
Tues	Pilates beginners ●●	All	£2.10	3 – 4pm
Tues	Swimsanity ●●	All	£2.10	6.30 – 7.30pm
Tues	Combat Fitness (women only) ●●●●	All	FREE	10 – 11am

## 5. KENSINGTON LEISURE CENTRE

Silchester Road, W10 6EX Tel: 020 3793 8210

Bus: 7, 23, 52, 70, 295, 316

Tube: Latimer Road (4min walk), Ladbroke Grove (8min walk)

DAY	CLASS NAME	AGE	COST	TIME
Wed	Swimming lessons    	50+	FREE	11am – 12pm
Wed	Pilates intermediate  	All	£2.10	12.15 – 1.15pm
Wed	Spinning (women only)   	All	£2.10	6 – 7pm
Thur	Gym club (instructor led class)  	All	£2.10	2 – 3pm
Fri	Gym club for disabled adults    	All	FREE	10.30am – 12pm
Fri	Aquamotion  	All	£2.10	12 – 1pm
Fri	Zumba  	All	£2.10	2 – 3pm
Sat	DSC Community Club   	11+	£3	11am – 1pm

## 6. HOLLAND PARK

Ilchester Place, W8 6LU Tel: 020 7602 2226 or 020 7938 8170

Bus: 9, 10, 49, 94

Tube: Holland Park (8min walk) High Street Kensington (10min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Fitness Walk ●●	All	£2.10	12.30 – 1.30pm
Wed	Tennis Activators ●● To book: <a href="http://clubspack.lta.org.uk/HollandPark2/Coaching">clubspack.lta.org.uk/HollandPark2/Coaching</a>	All	£5	9 – 11am
Wed	Buggy Workout ●●	All	£3	10 – 11am
Wed	Tai Chi ●●	All	£2.10	12.30 – 1.30pm

## 7. CENTRAL LIBRARY

12 Phillimore Walk, W8 7NX Tel: Open Age on 020 8964 1900

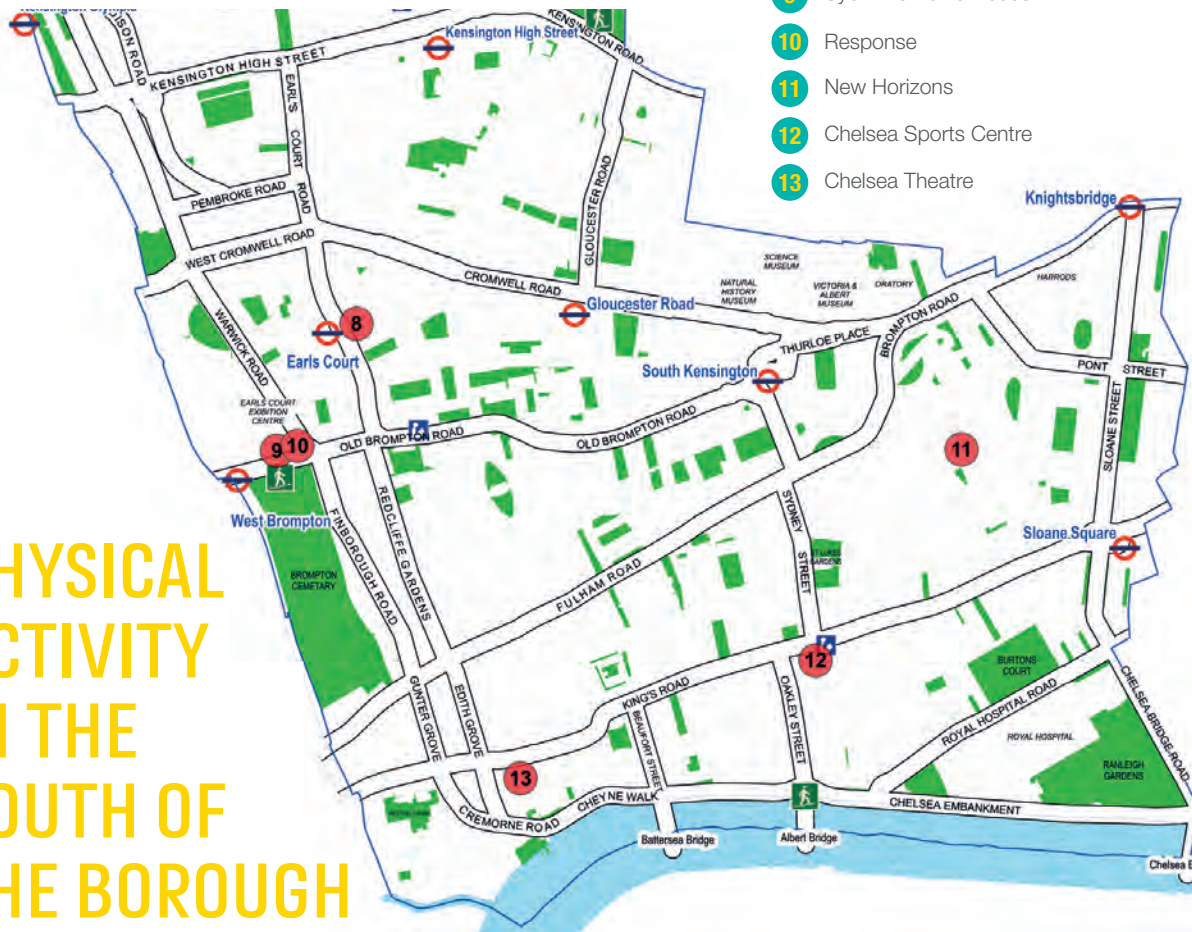
Bus: C1, 9, 10, 27, 28, 49, 52, 70, 328

Tube: High Street Kensington (2min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Chair-based exercise ●●●	50+	£1	12.00 – 1.00pm
Wed	Dance exercise ●●●	50+	£1	2.30 – 3.30pm

# PHYSICAL ACTIVITY IN THE SOUTH OF THE BOROUGH

- 8 Earls Court Health & Wellbeing Centre
- 9 Sybil Thorndike House
- 10 Response
- 11 New Horizons
- 12 Chelsea Sports Centre
- 13 Chelsea Theatre





## 8. EARLS COURT HEALTH AND WELLBEING CENTRE

2b Hogarth Road, SW5 0PT Tel: 020 7341 0300 Book on: 020 8962 5582 or Book on: 020 8962 4141

Bus: C1, C3, 74, 328, 430

Tube: Earls Court (2mins walk) Gloucester Road (10min walk)

DAY	CLASS NAME	AGE	COST	TIME
Thur	Steady & Stable 	50+	FREE	10.50 – 12.00pm
Fri	Healthy Lungs 	50+	FREE	10.45 – 11.45am

## 9. SYBIL THORNDIKE HOUSE

Kramer Mews (off Old Brompton Road), SW5 8JG Tel: 0845 1402020

Bus: C1, C3, 74, 328

Tube: Earls Court – Warwick Road exit (3min walk), West Brompton (3min walk)

DAY	CLASS NAME	AGE	COST	TIME
Tues	Tai Chi 	All	£2	2.30 – 4pm

## 10. RESPONSE COMMUNITY PROJECTS

300 Old Brompton Road, SW5 9JF Tel: 020 7370 4606

Bus: C1, C3, 74, 328

Tube: Earls Court – Warwick Road exit (8min walk), West Brompton (2min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Body Balance ●●	All	£2	11am – 12pm
Wed	Chair Yoga ●●	All	£2	11am – 12pm
Fri	Mindful Flow Yoga (women only) ●●●●	65+	FREE	10 – 11am

## 11. NEW HORIZONS

Guinness Trust Estate, Cadogan Street, SW3 2PF Tel: 020 7590 8970

Bus: C1, 11, 19, 22, 137, 211, 319, 452, 360

Tube: Sloane Square (7min walk)

DAY	CLASS NAME	AGE	COST	TIME
Wed	Jazzercise ●●●	50+	£1.25	12 – 1pm
Wed	Chair Exercise ●●●	50+	£1.25	1 – 2pm
Fri	Ballet Bar Conditioning ●●●	50+	£1.25	12 – 1pm
Fri	Multi-Pilates ●●●	50+	£1.25	1 – 2pm









## 12. CHELSEA SPORTS CENTRE

Chelsea Manor Street, SW3 5PL Tel: 020 7352 6985

Bus: 11, 19, 22, 49, 319, 211

Tube: South Kensington (12min walk) Sloane Square (14min walk)

DAY	CLASS NAME	AGE	COST	TIME
Mon	Swimming lessons 	50+	FREE	11.30am – 12.30pm
Tues	Aquamotion 	All	£2.10	12 – 1pm
Thur	Gym Club 	All	£2.10	10.30 – 11.30am
Thur	Aquamotion 	All	£2.10	12 – 1pm
Thur	Line Dancing 	All	£2.10	2.30 – 4pm
Fri	Strictly Dance 	All	£2.10	2.30 – 4pm

## 13. CHELSEA THEATRE

7 World's End Place, Kings Road, SW10 0DR Tel: 020 7352 1967

Bus: C3, 11, 22, 328

Tube: Imperial Wharf Overground Station (10min walk)

DAY	CLASS NAME	AGE	COST	TIME
Tues	Men's Boxercise 	All	£5	7 – 8pm
Tues	Weight Management 	All	FREE	12.30 – 1.30pm
Fri	Exercise to African Music 	All	£2	4.30 – 5.30pm

# TENNIS



## HOLLAND PARK

Ilchester Place, W8 6LU Tel: 020 7602 2226 or 020 7938 8170

Bus: 9, 10, 49, 94

Tube: Holland Park (8min walk) High Street Kensington (10min walk)

DAY	CLASS NAME	AGE	TIME
Tues	Cardio Tennis ●●		12 – 1pm
Tues	Ladies Tennis Tuesdays ●●●		7 – 8pm
Thur	Men's Advantage Tennis ●●●		7 – 8.30pm
Fri	Rusty Rackets ●●		10 – 11am

For information on booking, please contact Holland Park Tennis on 020 7602 2226 or via [info@hollandparktennis.com](mailto:info@hollandparktennis.com)

## KENSINGTON MEMORIAL PARK

St Marks Road, W10 6NP Tel: 020 7602 2226

Bus: 452, 52, 70, 7

Tube: Ladbroke Grove (7min walk), Latimer Road (8min walk)

DAY	CLASS NAME	AGE	TIME
Sat	Adult Tennis ●● To book: <a href="http://tennisiconuk.com/kensington-academy">tennisiconuk.com/kensington-academy</a>	All	8 – 9am

# HEALTHY HEARTS



Healthy Hearts is the new cardiovascular disease prevention service for the London Borough of Hammersmith & Fulham, The Royal Borough of Kensington & Chelsea and Westminster. Healthy Hearts provides people at risk of cardiovascular disease with a one-hour face-to-face health assessment where individuals are offered one of our free services including:

- Weight management groups
- Physical activity clubs
- Healthy cooking classes
- Stop smoking support

For more details call **020 3434 2500** or email **hello@healthyhearts.org.uk**

# MEND



MEND is a free programme – Mind, Exercise, Nutrition... Do it! The programmes empower children and adults to become fitter, healthier and happier and help them to reach or maintain a healthy weight.

The programmes are MEND 2-4, MEND 5-7, MEND 7-13, MEND Teens and MEND Mums.

1:1 Dietetic Service – one to one support and advice on healthy eating tailored to the needs of you and your family.

For more details and to book call **0203 795 9346** or email **info@mytimeactive.co.uk**

# GET HEALTHY WITH GO GOLBORNE



Go Golborne is a local campaign led by the Council that is all about supporting children and families to eat well and keep active by making small lifestyle changes.

The campaign includes a host of healthy lifestyle resources, a website with information and advice on healthy living and a guide to lots of free, fun and healthy activities for families and children that are taking place in and around the area.

To find out what is happening visit [www.rbkc.gov.uk/gogolborne](http://www.rbkc.gov.uk/gogolborne) or email [gogolborne@rbkc.gov.uk](mailto:gogolborne@rbkc.gov.uk)

# KICK IT



Kick-It is the stop smoking service for the London borough of Hammersmith & Fulham, The Royal Borough of Kensington & Chelsea and Westminster. Kick It delivers a high quality, evidence based community service and by seeing one of our specialist advisors you are four times more likely to quit for good.

For more information call **020 3434 2500** or email [s.smoking@nhs.net](mailto:s.smoking@nhs.net)

# HEALTH TRAINERS



Health Trainers are local people who support and provide a personalised service with healthy eating, physical activity, quitting smoking and, mental or emotional well-being.

We offer up to six FREE, one-to-one sessions to help you achieve your healthy lifestyle goals. Get in touch if you think you or someone you know could benefit from seeing a Health Trainer.

For more information phone **020 7099 3333** or email **kc@londonhealthtrainers.com** or visit **www.turning-point.co.uk**

# EXERCISE REFERRALS FOR MEDICAL CONDITIONS



If you want to improve your fitness but are concerned about your health, speak to your doctor or health professional to see if you are eligible to join the Exercise Referral Programme with GLL. We have specifically trained and experienced staff who provide one-to-one exercise support for:

- Cardiac Rehabilitation • Stroke Management
- Orthopaedic Conditions • Anxiety, Stress and Depression
- Weight and Diabetes management

For more information on how to join, email: **Kensington@GLL.org** or **Chelsea.enquiries@GLL.org**

# VOLUNTEERING



We offer a range of volunteering opportunities. If you are interested in finding out what is available, please get in touch on the details below.

Contact: **Sportandleisure@rbkc.gov.uk** or phone  
**020 7938 8182**

Kensington and Chelsea Volunteer Centre offer a wide variety of volunteering opportunities, including the chance to volunteer with organisations delivering sport and physical activity in the borough.

For more information visit: **[www.voluntarywork.org.uk](http://www.voluntarywork.org.uk)**, email  
**registrations@voluntarywork.org.uk** or phone **020 8960 3722**  
for more details



# EXERCISE AT HOME



Age UK Kensington and Chelsea run an Exercise at Home project for anyone over 55.

This involves trained volunteers teaching simple chair-based exercises in the home for those not able to attend a class.

If you would like the opportunity to become a trained volunteer please contact Kate Nash on  
**020 3181 0002** or email **knash@aukc.org.uk**

# PREFER TO KEEP FIT OUTDOORS



**FREE** use of the boroughs outdoor gyms in Little Wormwood Scrubs, Tavistock Square Gardens and Holland Park.

Bikeminded is The Royal Borough of Kensington and Chelsea's campaign to promote cycling among its residents. Through a variety of campaigns and events, Bikeminded aims to get as many people cycling in The Royal Borough as possible.

Bikeminded run sessions for all levels in small groups: beginners, intermediate and advanced.

There are two cycling hubs, where they run the courses and provide bikes.

- **North of the borough:** Westway Sports Centre, 1 Crowthorne Rd, W10 6RP
- **South of the borough:** Chelsea Theatre, World's End Place, 7 King's Rd, SW10 0DR

For more information, contact [cycling@rbkc.gov.uk](mailto:cycling@rbkc.gov.uk)

The Royal Borough of Kensington and Chelsea offer a number of outdoor facilities available to hire all year round.

For more information on multi use courts for Tennis, Netball and Football, contact the Sports Booking Office on **020 7602 2226** or email [sportsbooking@rbkc.gov.uk](mailto:sportsbooking@rbkc.gov.uk)

If you would like further information about any physical activity sessions in the borough or general fitness advice, contact:

Leisure Services

The Royal Borough of Kensington and Chelsea

020 7938 8182

[sportandleisure@rbkc.gov.uk](mailto:sportandleisure@rbkc.gov.uk)

[www.rbkc.gov.uk/sport](http://www.rbkc.gov.uk/sport)

 @RBKC\_SportsTeam

 RBKCLeisureAndSports



Public Health  
England



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA



**RESPONSE**  
COMMUNITY PROJECTS

