

# Discover a new way to get active in Camden

Use the map  
to find free or  
low cost activities  
near you.



In this guide you'll find activities to inspire and motivate you to get moving more in Camden this summer and beyond.

We aim to offer inclusive activities and a range of affordable price options, so that everyone can get more active.

 We offer activities for people of all ages with a disability, including gym and fitness, adapted cycling and a weekend multi-sport hub club for over 14s.

Our Camden Leisure Centre Accessibility Guide provides information about each leisure centre in Camden.

[camden.gov.uk/disabilitysport](http://camden.gov.uk/disabilitysport)

 Better 55+ Club offer sessions for older adults including badminton, water workouts and yoga.

 Camden Girls Can offer sessions for women and girls across our Leisure Centres

[better.org.uk/camden](http://better.org.uk/camden)

## Leisure centres

### Camden leisure centres

 Our leisure centres, run in partnership with Better offer high-quality gyms, exercise classes, swimming and year-round children's activities. Reduced prices are available for Camden residents with further discount for disabled people, students, over 55s or those in receipt of benefit payments.

Talacre Community Sports Centre and Treetops soft play offer term-time and holiday sports courses for children and adults, including gymnastics, trampolining, football, and much more. Hire a badminton court, outdoor football pitch or visit Treetops soft play area and cafe.

[camden.gov.uk/active](http://camden.gov.uk/active)  
[better.org.uk/camden](http://better.org.uk/camden)

### The Armoury and Central YMCA leisure centres

 Gyms, exercise classes, children's and older adults' activities and more.

[jubileehalltrust.org/the-armoury](http://jubileehalltrust.org/the-armoury)  
[ymcaclub.co.uk](http://ymcaclub.co.uk)

### Community Sport and Physical Activity Hubs

 Community sport and physical activity sessions for all ages and abilities. These community hubs offer free and low cost activities in community venues.

[camden.gov.uk/active](http://camden.gov.uk/active)

## Outdoor activities

### Health walks

 Join our nationally accredited 'Walking for Health' free weekly walks. Walks are designed for those new to exercise or more advanced and last between 30 minutes and one hour.

[camden.gov.uk/walking](http://camden.gov.uk/walking)  
[walkingforhealth.org.uk](http://walkingforhealth.org.uk)

### Canteloves Gardens Skatepark

 Get active outside with friends at our skatepark.

[cantelowesskatepark.co.uk](http://cantelowesskatepark.co.uk)

### Green Gyms

 Green Gyms are a great way to get outdoors, meet new people and improve local green spaces while getting active for free. Sessions run five days a week at green spaces across the borough.

[tcv.org.uk/camden](http://tcv.org.uk/camden)

### Outdoor gyms

 Our free outdoor gyms are situated in Camden parks and open spaces. They are easy to get to grips with and include user-friendly diagrams for safe and effective use. We also offer regular opportunities to become an outdoor gym instructor to support residents in group outdoor gym sessions.

[camden.gov.uk/outdoorgyms](http://camden.gov.uk/outdoorgyms)

## Tennis

 Play tennis in our parks. Book and pay for courts, and join local summer leagues online.

[camden.gov.uk/tennis](http://camden.gov.uk/tennis)

## Swimming

### Swim sessions

 Kids can swim for as little as a £1 during school holidays at Camden leisure centres from Monday to Saturday.

Lessons are available for children and adults.

Over 60s swim for free weekdays from 7am to 12 noon with a valid Better Pay and Play card.

[better.org.uk/camden](http://better.org.uk/camden)

### Ponds and lido

 Swim outdoors in the ladies', mens' or the mixed ponds at Hampstead Heath or at Parliament Hill Lido.

[cityoflondon.gov.uk/hampsteadheath](http://cityoflondon.gov.uk/hampsteadheath)

## Health

### Rebalance

 A free programme of group exercise classes with advice about diet and nutrition to help participants lose weight, grow in confidence and take control of their lifestyle. Held at local leisure and community centres.

[camden.gov.uk/rebalance](http://camden.gov.uk/rebalance)

Visit [camden.gov.uk/active](http://camden.gov.uk/active) to discover lots more activities.