



The New Age Games - a physical activity programme for Hackney residents aged 50+ - User Guidance

Please familiarise yourself with the guidance before attending New Age Games

1. Attending a New Age Games session

- ✓ You are **only** eligible to attend a New Age Games session if you are aged 50+ and are a resident of the London Borough of Hackney.
- ✓ New users or those whose details have changed **must** complete a registration form. Spaces can not be made for non-registered participants.
- ✓ Registration forms can be obtained from our website: <https://hackney.gov.uk/new-age-games> or by contacting Hackney Leisure, Parks and Green Spaces Team on 020 8356 4897 or by email: NewAgeGames@hackney.gov.uk or from the instructor.
- ✓ Check the latest New Age Games listings to help you choose a session.
- ✓ Every effort will be made to accommodate attendees on the day, **but places are based on a first come, first served basis**. Once maximum class numbers are reached no more entries will be permitted.
- ✓ Online Pilates - Please visit our website <https://hackney.gov.uk/new-age-games> to pre-register your interest (only has to be done once) in attending the online class held on a Tuesday, 10.00am. Pre- registration must be done before 10.00am on a Thursday to be considered for the next class.

2. Before the session

- ✓ You should seek medical advice from your general practitioner if you are in any doubt about your ability to take part in exercise.
- ✓ Please arrive within 5 minutes of session start time. Late arrivals may be refused entry.
- ✓ It's recommended to consume a full meal 2–3 hours before your workout. If you have something to eat within 45 - 60 minutes of work-out, choose something light and easy to digest such as a piece of fruit (banana, apple, grapes, orange).

Clothing & Equipment

- ✓ Wear comfortable clothing and supportive footwear for chosen activity.
- ✓ You may want to bring your own alcohol-based hand sanitiser and tissues.
- ✓ Bring a bottle of water/diluted squash with you. Try to avoid drinking directly from a water fountain or sharing bottles/cups with others.
- ✓ If you need it, don't forget to bring your walking aid and medication such as an asthma pump.
- ✓ Avoid bringing unnecessary items to class and **use the facility lockers** where provided.
- ✓ During chair-based activity sessions, please place coats on the back of chairs.
- ✓ Place bags under chairs and benches, this will help free space for people to sit.
- ✓ It's advisable to leave jewellery at home or take off prior to exercising.
- ✓ If participating in badminton or tennis, please bring your own tennis racquet, where possible.
- ✓ If participating in a non leisure centre based session, you are advised to attend dressed for your chosen activity.
- ✓ You are welcome to bring your exercise mat to yoga, Pilates and fusion classes.

Getting to the session

- ✓ Plan how you will get to the session. <https://tfl.gov.uk/plan-a-journey/>

Users of Dial-a-Ride should book one week in advance of the session date.

Follow the facility and activity guidelines for your chosen class

- ✓ Each activity and facility will have its own specific guidance.
- ✓ On arrival at a leisure centre facilitated session, please inform reception that you are here to attend New Age Games (followed by your chosen activity).
- ✓ Attendees of the soca aerobics session may only enter the sports hall after the earlier Aerobic and Tone class has finished.
- ✓ Water aerobics sessions have a 10 minute window at the start of each session for pool readiness and registration. Please do not enter the pool prior to registration.

✓ Water Aerobic session, Britannia Leisure Centre, Thursday.

1. The registration will be conducted by leisure centre staff.
2. Clients will be given a wrist band. Anyone without a wristband will not be permitted to attend the New Age Games water aerobics class.
3. The registration period will be from 12.15 - 12.35pm, with the class starting promptly at 12.40pm.

✓ Water Aerobic session, Clissold Leisure Centre, Friday.

1. Clients will be held at the changing room gate, which leads directly to the training pool.
2. The water aerobics instructor will let participants in via the gate and complete registration prior to pool entry.
3. Registration/pool readiness is held from 9.00am - 9.10am

✓ We would like as many residents to enjoy New Age Games as possible. To manage demand/class courtesy, we ask users not to leave yoga early to attend water aerobics (Thursday).

✓ Participants will **not** be allowed to attend the Yoga for Women (Monday) class and the Monday, 12 noon yoga session on the same day. This is to help manage numbers/opportunities of both sessions.

✓ At the start of each learn to swim for beginners session clients will be given a wristband at the leisure centre reception.

✓ The learn to swim session is for beginner/intermediate level only. It is designed to promote water confidence and give participants the skills necessary to start swimming independently over short distances (15m) for beginners and (100m) for intermediate swimmers without support or floatation equipment. Focus will be put on swimming in a relaxed manner and good technique. Once this is achieved, clients will have completed the course and will be directed to swimming sessions through the Better partnership.

✓ Please use the charity shop entrance to access and leave classes held at The Salvation Army (Mare Street). Should users have mobility issues navigating their way through the shop, please speak to staff in the shop who will make arrangements to let clients in via the side entrance.

✓ Only one person per chair. You are **not** permitted to save a chair for a friend.

✓ Women only sessions are lead by female instructors.

Facilitators will do their best to provide a female receptionist for the Yoga for women and Fusion for women sessions. On occasions when this is not possible a team member would be around to give access.

Introduce yourself to the instructor

- ✓ Say hello to the instructor and ensure your name and attendance is recorded on to the register.
- ✓ Let the instructor know if you have any medical conditions or injuries that may be affected by your participation in the exercise session.

Cleaning of hands

- ✓ It is advisable to wash your hands or use hand sanitiser when you arrive at the venue and after the activity. This also should be done when you arrive home.

3. During the activity

Follow the instructor and facility guidance

- ✓ Please refrain from putting your feet on the walls during class.
- ✓ Wipe down equipment pre and post use e.g. mats and gym equipment.

Looking after you

- ✓ Stop exercising and let the instructor know if you are having problems or feel unwell.
- ✓ Do the activity at a pace that is appropriate for you. You can take a break whenever you like.
- ✓ All participants are encouraged to socially distance during activity, breaks and registration.
- ✓ Keep yourself hydrated (water).
- ✓ Participants may be removed from the programme if they fail to demonstrate etiquette and mutual respect.

Alcohol

- ✓ Our sessions are completely alcohol free zones and as such none should be brought onto site or consumed in the facilities/sessions.

Mobile phones

- ✓ Switch off your your mobile phone or put it on do not disturb.
If you need to use your mobile phone, please go out of the room to do so.

Warm spaces - The Salvation Army

✓ Linked to the New Age Games chair-based activity sessions. The Salvation Army will provide free tea and coffee as follows:

The Salvation Army (Clapton) - Wednesday, 2pm-3pm

4. Data Protection

Registration forms are used to evaluate the performance of the scheme and help us understand who is using the service.

To be eligible to attend the scheme, you must be a Hackney resident aged 50+. We reserve the right to ask for proof of age and residency to ensure that those attending the programme meet this criteria.

Should we request Hackney proof of residency, one of the following documents is required that shows your address (letters should be dated within the last 3 months)

List of Valid Identity Documents for proof of address

- Utility bills for things like gas, electricity and water (we cannot accept mobile phone bills)
- A bank or building society statement
- Department for Work and Pension award letter
- A letter from an official body such as the Council Tax or Housing Benefit department, a school, solicitor, hospital, the armed forces or Social Services.
- Full or provisional photo driving licence for your current address (we cannot accept paper driving licences)
- NHS Medical card for your current address
- Home Office Immigration documents.

List of Valid Identity Documents for proof of age

- Passport
- Driving licence
- A Freedom Pass
- Birth certificate

We will only contact residents to provide updated information on the New Age Games should they agree to be contacted as per registration form.

Your information will be stored securely and will only be shared with a third party if required by law. Hackney Council duly observes General Data Protection Regulations: <https://hackney.gov.uk/privacy>

Indoor tennis at the Lee Valley Hockey and Tennis Centre

Lee Valley Regional Park Authority provides a grant to support our indoor tennis session. They'd like to collect user information via registration and feedback forms to help them do so – they'll be using it to see how well attended the sessions are, and what kinds of people are attending. Further information on this will be given at the indoor tennis session.

Smokefree City & Hackney

Smokefree City & Hackney is your local stop smoking service for adults (18 years who live, work or study in Hackney or the City of London (or who have a City or Hackney GP). Smokefree City & Hackney offers 12 weeks of support with a dedicated stop smoking advisor and access to stop smoking medication to help you to quit. For more details visit: <https://smokefreecityandhackney.org> or call: 0800 046 9946.

5. Further information

If you require further information or have any queries about the New Age Games programme visit: <https://hackney.gov.uk/new-age-games> or contact Darren English on 020 8356 4897 or email: NewAgeGames@hackney.gov.uk

Accessibility statement

If you require this document in a different format, please email: NewAgeGames@hackney.gov.uk We will consider your request and aim to get back to you in the next five working days.

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