



# Sport and Leisure Opportunities for Older People

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City of Westminster

**Older residents in Westminster can benefit from a variety of free and discounted activities, including free swimming sessions at any of our four pools. Those that can't swim can learn for free at our dedicated free lessons programme.**

- Jubilee Sports Centre 020 8960 9629
- The Porchester Centre 020 7792 2919
- Queen Mother Sports Centre 020 7630 5522
- Seymour Leisure Centre 020 7723 8019

There's also a range of exclusive activities for older people taking place every week across the City.

<b>Jubilee Sports Centre, 020 8960 9629</b>		
Monday	11am-12noon	Aqua
Wednesday	11.15-12.15pm	Prime Time

<b>The Porchester Centre, 020 7792 2919</b>		
Monday	11am	Pilates
Thursday	3pm	Swimming
Friday	1.15pm	Pilates
Twice a month*	1pm	Tea Dances

<b>Seymour Leisure Centre, 020 7723 8019</b>		
Thursday	10am-12noon	Gym Session

<b>Queen Mother Sports Centre, 020 7630 5523</b>		
Tuesday	3pm	Fit at Fifty Aerobics
Wednesday	3.15pm	Fit at Fifty Aerobics
Wed & Fri	12noon	Swim Sessions

<b>Open Age, 020 8964 1900</b>			
Mon	11am	Chair Exercise	Seymour Leisure Centre
	12.30pm	Dance Moves	The Porchester Centre
	2.00pm	Latin - Zumba Dance	Jubilee Sport Centre
Tues	11am	Pilates	Seymour Leisure Centre
Thurs	1.15-2.00pm	Aqua Exercise	The Porchester Centre
Frid	12pm	Water Splash	Jubilee Sports Centre
Sun	11-12pm	Latin Dance	Seymour Leisure Centre

\*Call 01462 677 900 for more information. Please note activities and times are correct at time of going to print but may be subject to change.