

West Euston Time Bank is the core local area lead partner for delivering a programme of *free sports tasters* encouraging local residents to get more physically active & adopt a healthier lifestyle. Our partners are listed below.



**Greenlight** 020 7383 7912  
**Third Age Project** 020 7383 4922

**Samuel Lithgow Youth Centre** 020 7692 0186  
**Diorama Arts Studios** 020 7383 0727

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<p>10.30 – 11.30 am</p> <p><b>Walking Football/ Beginners Badminton</b> with Tony</p> <p>Samuel Lithgow Centre</p>	<p>12.00 – 1.00 pm</p> <p><b>Chair-based exercise</b> with Susan (followed by A luncheon club)</p> <p>Crypt Centre</p>	<p>10.00 am – 11.00 am</p> <p><b>Dance Freestyle</b> with Emma <i>(in partnership with the Mary Ward Centre)</i></p> <p>Samuel Lithgow Centre</p>	<p>10.30 – 12 noon <b>Women's Walks</b></p> <p>11.00 am – 12.00 <b>Men's Fitness Walks</b> with Tony <i>(in partnership with Greenlight Pharmacy)</i></p> <p>Both start at Greenlight Hampstead Road</p>	<p>10.30 – 12 noon</p> <p><b>Tai Chi 60+</b> <i>(WK College with Third Age Project referrals)</i></p> <p>Crypt Centre</p>	
<p>11.30 am – 12.30 pm <b>Zumba Gold 50+</b></p> <p>Samuel Lithgow Centre</p> <p>2.30 – 3.30 pm <b>Boccia</b> <i>(plus monthly competitions)</i></p> <p>Diorama Arts Studios</p>	<p>1.00 – 2.00 pm <b>Table Tennis</b></p> <p>2.00 – 3.30 pm <b>Yoga 60+</b> <i>(Third Age Project referrals)</i></p> <p>Crypt Centre</p>	<p>1.00– 2.00 pm</p> <p><b>Young Women's Gym</b> with qualified female coach</p> <p>Samuel Lithgow Centre</p>		<p>2.00 – 4.00 pm</p> <p><b>Country Dancing</b> <i>(Third Age Project in partnership with Mary Ward Centre)</i></p> <p>Diorama Arts Studios</p>	<p>2.30 – 3.30 pm <b>Beginners Badminton</b> <i>(starting soon ring for latest information)</i></p> <p>3.30 – 5.30 pm <b>Men's Badminton Club</b> <i>(in partnership with the Third Age Project)</i></p> <p>Samuel Lithgow Centre</p>
		<p>5.30 – 7.30 pm</p> <p><b>Basketball</b> with Juan <b>Girls Fitness</b> with Emma</p> <p><i>Partnership with SLYC Senior Youth Club</i></p> <p>Samuel Lithgow Centre</p>			

For more information please contact the community sports activator, Andy Gilbert on [Andrew.gilbert@camden.gov.uk](mailto:Andrew.gilbert@camden.gov.uk) or the **West Euston Time Bank** on **020 7383 4922**