



Active for life 2023

Free and
affordable
activities
in Kensington
and Chelsea



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

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30 minutes of physical activity each day can help:

- ▶ Support your weight loss and weight management
- ▶ Improve your confidence and self-esteem
- ▶ Improve your mobility and posture
- ▶ Keep your heart strong and healthy
- ▶ Lower blood pressure as well as your risk of heart disease, obesity, type two diabetes and some cancers
- ▶ Reduce stress and anxiety

If you are not used to being active, these classes are a perfect way to build your **confidence and your fitness**



Leisure centres

There are **two leisure centres** in the borough:

Chelsea Sports Centre

Chelsea Manor Street, SW3 5PL

Tel: **020 7352 6985**

Email: **Chelsea.enquiries@gll.org**

Web: **www.better.org.uk/chelsea**

Twitter: **@Better_RBKC**

Instagram: **Better_Chelsea**

Facebook: **@ChelseaSportsCentre**



Kensington Leisure Centre

Silchester Road, W10 6EX

Tel: **020 3793 8210**

Email: **Kensington@gll.org**

Web: **www.better.org.uk/kensington**

Twitter: **@Better_RBKC**

Instagram: **Better_Kensington**

Facebook: **@KensingtonLeisureCentre**



Join a leisure centre

Memberships are available on a monthly or annual basis. For more information, please contact Chelsea Sports Centre or Kensington Leisure Centre.

Resident card and discount membership

Every resident is entitled to a free Better Pay and Play membership card which gives discounts of up to 50 per cent at Kensington Leisure Centre and Chelsea Sports Centre on swimming, classes and using the gyms. The cards are available from the borough's leisure centres or from the Better website.

Exercise referrals

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**. Our experienced staff are trained to provide one-to-one exercise support. For more information, **contact keith.richardson@gll.org or debbie.hudson@gll.org**



Wellbeing Walks



Led by trained residents, **our five health walks are free of charge** and open to everyone of any ability. Come along and meet others who share a passion for the outdoors and enjoy exploring the borough.



Day	Location	Meeting Point	Cost	Time
Monday	Grand Union Canal	Sainsbury's Ladbroke Grove Canalside	Free	10.30am to 11.30am
Tuesday	Battersea Park	Albert Bridge (Kensington and Chelsea side)	Free	10.30am to 11.30am
Wednesday	Brompton Cemetery	Café	Free	10.30am to 11.30am
Thursday	Holland Park	Café	Free	10.30am to 11.30am
Friday	Kensington Gardens	King's Arms Gate, Kensington High Street	Free	10.30am to 11.30am



Physical activity in the north of the borough



- 1 Second Half Centre
- 2 Venture Centre
- 3 Kensington Leisure Centre
- 4 Holland Park
- 5 Little Wormwood Scrubs
- 6 Avondale Park
- 7 Kensington Memorial Park

*details on page 26



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: 7, 52, 295,

Tube: Ladbroke Grove (15min walk)

Day	Class name	Age	Cost	Time
Mon	Tai Chi	50+	£1	11.15am to 12.15pm
Mon	Stretch and Tone	50+	£1	12.30pm to 1.30pm
Tues	Zumba	50+	£1	9.45am to 10.45am
Wed	Chair Exercise	50+	£1	12pm to 1pm
Thur	Yoga	50+	£1	10am to 11am
Thur	Body Conditioning	50+	£1	11.15am to 12.15pm
Thur	Chair Exercise	50+	£1	12.30pm to 1.30pm
Fri	Pilates	50+	£1	10am to 11am
Fri	Dance to the Stars	50+	£1	12.30pm to 1.30pm



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	Pilates	All	£2	10.30am to 11.30am
Mon	Women's Zumba	All	£2	6pm to 7pm
Tues	Mastering Meditation	All	Free	11.30am to 12.30pm
Wed	Pre- and Post-Natal Fitness (mothers with children under 18 months)	All	Free	11.30am to 12.30pm
Thur	Bootcamp (Circuit Training)	All	£2	6pm to 7pm
Fri	Gentle Yoga	50+	£2	11.30am to 12.30pm
Sat	Box Fit Workout	All	£2	6pm to 7pm





Welcome to
Kensington Leisure
Centre
06:19:23

Way Out

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	Power and Pump (Women Only)	All	Free	10am to 11am
Mon	Swimming for Disabled Adults	All	Free	11am to 12pm
Mon	Strictly Dance	All	£2.10	1.30pm to 3pm
Mon	Swimming Lessons	All	£2.10	2pm to 3pm
Mon	Yoga	All	£2.10	3pm to 4pm
Mon	Pilates (Women Only)	All	Free	5.30pm to 6.30pm
Tue	Combat Fitness (Women Only)	All	Free	10am to 11am
Tue	Multi Sports for Disabled Adults	All	Free	10am to 11.30am
Tue	Tai Chi	All	£2.10	12.30pm to 1.30pm



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
Tue	Pilates Beginners	All	£2.10	3pm to 4pm
Wed	Pilates Intermediate	All	£2.10	12.15pm to 1.15pm
Wed	Belrobics	All	£2.10	2pm to 3pm
Wed	Spinning (Women Only)	All	Free	6pm to 7pm
Thur	Zumba	All	£2.10	1.30pm to 2.30pm
Thur	Gym Club (Instructor Led Class)	All	£2.10	2pm to 3pm
Fri	Gym Club for Disabled Adults	All	Free	11am to 12.30pm
Fri	Aquamotion	All	£2.10	1.30pm to 2.30pm
Fri	Better Bones*	Over 45s and GP referrals		11.15am to 12.15pm
Sat	Women and Girls Swimming	Casual Fee Applies		2.30pm to 4pm
Sat	Disability Sports Coach Community Club	8+	£4	1pm to 3pm

* Please contact sportandleisure@rbkc.gov.uk/020 7928 8182 to book



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	12.30pm to 1.30pm
Wed	Tennis Activators	All	£5	9am to 11am
Wed	Buggy Workout	All	£2.10	11am to 12pm
Wed	Cricket (April to October) Please email Sport and Leisure for more information. Session will be indoors during winter months - sportandleisure@rbkc.gov.uk	12 to 16 years	Free	5pm to 6pm
Wed	Tai Chi	All	£2.10	12pm to 1pm
Thur	Nordic Walking	All	£2.10	3pm to 4pm





Little Wormwood Scrubs

1 Dalgarno Gardens, W10 5LL Tel: 020 7361 3003

Bus: 220, 70

Tube: Latimer Road (16min walk), White City (17min walk)

Day	Class name	Age	Cost	Time
Sun	2k Family Run	All	Free	11am to 12pm

Avondale Park

8 Walmer Rd, London W11 4EY

Bus: 94, 148, 295, 316, 452

Tube: Latimer Road (6 min walk) Holland Park Station (9 min walk)

Day	Class name	Age	Cost	Time
Sat	Tai Chi	All	Free	10.30am to 11.30am





Free Outdoor Gyms in K&C Parks

Work on your cardio and strength fitness with our free outdoor gym sessions in the borough. Fit for Life Youth will guide you through fun circuits and box training to get your heart pumping and improve your cardio fitness, while calisthenics group, Calisseum, will help you get stronger, fitter and feeling great.

Outdoor Gyms:

Avondale Park
Holland Park
Kensington Memorial Park
Little Wormwood Scrubs



Physical activity in the south of the borough

- 8 New Horizons
- 9 Chelsea Sports Centre
- 10 Cremorne Gardens
- 11 Chelsea Theatre
- 12 World's End Estate



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	Booking Details
Mon	Pilates	50+	£1	12pm to 1pm	020 4516 9970
Mon	Ballet	50+	£1	1.15pm to 2.15pm	020 4516 9970
Mon	Pranayama Yoga	50+	£2	2.30pm to 4.30pm	020 4516 9970
Tue	Stretch and Tone	50+	£1	12pm to 1pm	020 4516 9970
Tue	Dance Exercise	50+	£1	1.15pm to 2.15pm	020 4516 9970
Wed	Steady & Stable: Falls Prevention Exercise Programme	50+	£1	9.45am to 10.45am	020 4516 9975
Wed	Steady & Stable: Falls Prevention Exercise Programme	50+	£1	10.45am to 11.45pm	020 4516 9975
Wed	Osteo Blast: Exercise for Bone Health <i>(for Westminster and K&C residents)</i>	50+	£1	12pm to 1pm	020 4516 9973



New Horizons

Day	Class name	Age	Cost	Time	Booking Details
Wed	Chair Exercise	50+	£1	1.15pm to 2.15pm	020 4516 9970
Thur	Chair Yoga	50+	£1	9.45am to 10.45am	020 4516 9970
Thur	Yoga	50+	£1	11am to 12pm	020 4516 9970
Thur	Chi Gong	50+	£1	12.15am to 1.15pm	020 4516 9970
Fri	Zumba	50+	£1	10.45am to 11.45am	020 4516 9970
Fri	Pilates	50+	£1	2.15pm to 3.15pm	020 4516 9970



Cremorne Gardens

Lots Road, SW10 0QJ Tel: 020 7349 9591

Bus: 170, 19, 211, 22, 328, 49, C3

Tube: Fulham Broadway (16min walk)

Day	Class name	Age	Cost	Time
Mon	Tai Chi (April to September)	All	Free	6pm to 7pm

Chelsea Theatre

7, World's End Place, London SW10 0DR

Bus: 11, 19, 22, 211, 328

Tube: Fulham Broadway (16min walk)

Day	Class name	Age	Cost	Time
Mon	Tai Chi (October to April)	All	Free	6pm to 7pm
Wed	Toddler and Parent Dance (15mths to 2yrs)		Free	10am to 11am



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+	£2.10	11.30am to 12.30pm
Wed	Aquamotion	All	Free	9am to 10am
Thur	Circuit Training	All	£2.10	11am to 12pm
Thur	Line Dancing	All	£2.10	2.30pm to 4pm
Fri	Strictly Dancing	All	£2.10	2.30pm to 4pm





Summer Programme

Join us this summer for fun, family-friendly, community events in your local parks

- ▶ Our event days showcase the variety of physical activities and sports available in Kensington and Chelsea alongside the many health and wellbeing groups and organisations we work with.
- ▶ We regularly host event days throughout the borough, please look on our Sport and Leisure page for dates and times near you!
- ▶ We are often looking for instructors and or volunteers, if you are interested in being a instructor or volunteer within our service, please contact sportandleisure@rbkc.gov.uk or **020 7928 8182**.



Find out more about
our park days here

GP Referral Scheme

Physical activity plays an essential role in managing and preventing a wide range of health conditions. That's why Kensington and Chelsea offers Physical Activity Referral Schemes (PARS) at Kensington Leisure Centre and Chelsea Sports Centre.

Health professionals can refer patients to these low-cost and free programmes to help improve, manage or prevent health conditions such as diabetes, hypertension, depression among others.

Our affordable exercise referral courses are designed to help participants develop the knowledge and confidence they need to improve their health and wellbeing. This comprehensive 12-week initial programme features one-to-one assessments, individually tailored activity plans, and teaches patients how to change their behaviours for lasting impact.

Please contact and speak with your GP or local community pharmacy for further information.



“Both my mental and physical health have benefited in equal measure, I feel like it’s literally saved my life!”

Gary

Kensington Memorial Park

St Mark's Rd, London, W10 6BZ

Bus: 7, 316 **Tube:** Ladbroke Grove (10min walk)

Day	Class name	Age	Cost	Time
Thur	Tennis Activators (for beginners)	All	£2.10	7pm to 8pm



Online Zoom Programme

To book on to any of the online classes, please email sportandleisure@rbkc.gov.uk for the Zoom links.

Online Zoom Classes				
Day	Class name	Age	Cost	Time
Mon	Belrobics	All	Free	10am to 11am
Thur	Mind and Body Yoga	All	Free	9.30am to 10.30am
Fri	Zumba	All	Free	10am to 11am



London Sports Trust



London Sports Trust aims to inspire positive change for young Londoners through the power of sport, training and life skills to improve life outcomes as well as physical and mental health. They believe in young people's capacity to aspire and achieve to maximise their potential despite barriers they face.

For more information visit www.londonsportstrust.org

Prefer to keep fit outdoors

K&C has a variety of outdoor gym equipment in Avondale Park, Kensington Memorial Park, Holland Park and Little Wormwood Scrubs. Please scan QR code for more information on upcoming outdoor gym programmes and events

For more information on multi use courts for Tennis, Netball and Football, contact the Sports Booking Office on **020 7602 2226** or email **K&CSportsbookingsoffice@idverde.co.uk**



Social Cycling Groups



Have you always wanted to learn to ride a bike? Do you want to become a more confident cyclist on the roads? If so, our free cycling sessions are for you. You can bring your own bike or borrow one.

Find out more, contact Bikeworks by email enquiries@bikeworks.org.uk or 020 8980 7998 (option 5) or visit the website www.bikeworks.org.uk/socialcycling/.

Drop-in all ability cycling clubs are designed for people with learning, physical and/or sensory disabilities to enjoy cycling on a range of adapted cycles.

The club runs from Little Wormwood Scrubs on

- Fridays from 9.30am to 2.30pm
- Alternate Saturdays from 9.30am to 12.30pm.

Please contact all.ability@bikeworks.org.uk for further information.



Bikeworks also offers a cycle taxi across Kensington and Chelsea. This side-by-side taxi with a difference is a completely free service allowing up to three passengers to enjoy gentle exercise and fresh air while carrying out journeys in their neighbourhood.

To find out more head to www.bikeworks.org.uk/cycle-taxi-service/ or call **020 8980 7998 (option 5)**.

If you're already a competent cyclist but your bicycle needs a bit of love, get yourself to a **Dr Bike session**, with dates available online www.bikeworks.org.uk. You can also book maintenance courses and learn how to look after and maintain your bike. These are free of charge and run from a training hub on Maxilla Walk.

Keep healthy
with **One You**
Kensington
and **Chelsea**

BECAUSE THERE'S ONLY

ONE YOU

One You Kensington and Chelsea are here to support you to make small, sustainable changes to improve your health and wellbeing and live a longer, happier life. One You provide free personalised one-to-one health coaching, weight-management groups, physical activity sessions and stop smoking medication and support.

To find out more please visit:

www.oneyou-rbkc-westminster.org.uk/ or call: **02034342500** or email: Hello@oneyoukensingtonandchelsea.org.uk



I Run You Walk Collective

A weekly running group brings community together to focus on fitness, health and wellbeing. Promoting all abilities, from beginners to experienced, young and old, in rain or shine, the **IRunYouWalk collective** will be out running and walking.

Come along and join this friendly Sunday 2km fun run at Little Wormwood Scrubs every 11am to 12pm, and focus on becoming the best version of you!

The IRunYouWalk Collective opens its doors to the community with the mission to inspire and demonstrate that everybody can achieve what they put their mind to. For more information, please email irunyouwalkcollective@gmail.com



Volunteering



volunteer centre
kensington & chelsea

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, email registrations@voluntarywork.org.uk or phone **020 8960 3722** for more details. There are also volunteering opportunities with Sports Development events – please email sportandleisure@rbkc.gov.uk

Chelsea Theatre

THE
CHELSEA
THEATRE

Chelsea Theatre have a rotating programme of sport and leisure activities that are often free to use. For more information of what's available and the schedule, please visit their website www.chelseatheatre.org.uk



Better at Leisure Centres – Activities available at Kensington Leisure Centre and Chelsea Sports Centre

If you would like to learn or improve your swimming ability and gain further confidence in the water, the facilities have swimming classes that cater for all levels of ability and ages.

Swim for All, Swim for Family and Swim for Fitness sessions are available to all ages and abilities.

The Leisure Facilities also offer a spa experience with a thermal spa in Kensington Leisure Centre.

If you are looking for other fun activities to do at Kensington Leisure Centre they have a Soft Play Park for under 10s, children's basketball lessons, children's birthday parties, as well as the opportunity to book and play badminton, table tennis, squash, basketball, volleyball and short tennis.

For more information, please contact Kensington Leisure Centre, www.better.org.uk/kensington

What we offer young people in K&C

Take a look at the range of youth clubs in the borough

Name	Offer	Contact	Website
Earls Court Youth Club	Four days of open access generic provision – Tuesdays to Fridays	Youth Club Manager: Abdi Aden - abdi.aden@ecyc.org.uk	www.earlscourtyouthclub.co.uk
Harrow Club (Notting Dale Ward)	Two days of open access generic provision – Tuesdays and Fridays	CEO: Michael Defoe - Michael@harrowclubw10.org	harrowclub.org/
Harrow Club (South Hub Chelsea)	Three sessions open access youth club services – Tuesday, Thursday and Friday	CEO: Michael Defoe - Michael@harrowclubw10.org	harrowclub.org/youth-clubs/chelsea-youth-club/

Name	Offer	Contact	Website
Dalgarno Neighbourhood Trust	Four days of youth services provision (Monday to Thursday). Open access generic evening provision for youth club services from Monday to Wednesday.	Chief Executive: Esma Dukali - esma@dalgarnotrust.org.uk	www.dalgarnotrust.org.uk/
Rugby Portobello Trust	Two nights open access generic provision for youth club services – Monday and Wednesday	Head of Services: Sophie Fitzhugh - Sophie.Fitzhugh@rpt.org.uk	www.rugbyportobello.org.uk/

Discover
what's on for
young people
in RBKC this
summer

Our City

This online platform connects young people with free or low-cost activities in Kensington and Chelsea and Westminster. From football academies to arts and drama, there are lots of great things to do in your area. **Visit the website now: www.ourcity.org.uk**

BAYSixty6 Community Skate Park

An international class managed skateboard facility in the heart of K&C. It provides drop-in or bookable skate sessions seven days a week. Professional instructors offer classes for beginners all the way through to an Olympic pathway coaching Hub.

There are one-to-one lessons, group classes, adult beginner and intermediate classes, girls-only sessions and classes, school holiday 'skate camps' and school skateboard activities.

Free Under 21 girls' skate session – Fridays from 4pm to 5.30pm at Bay Sixty6, Bay66, Acklam Rd, London W10 5YU

To see all that is on offer, visit www.BAYSIXTY6.com



London Sport

London Sport has relaunched **Get Active** to maximise the opportunities for Londoners to take part in free and pocket-friendly activities.

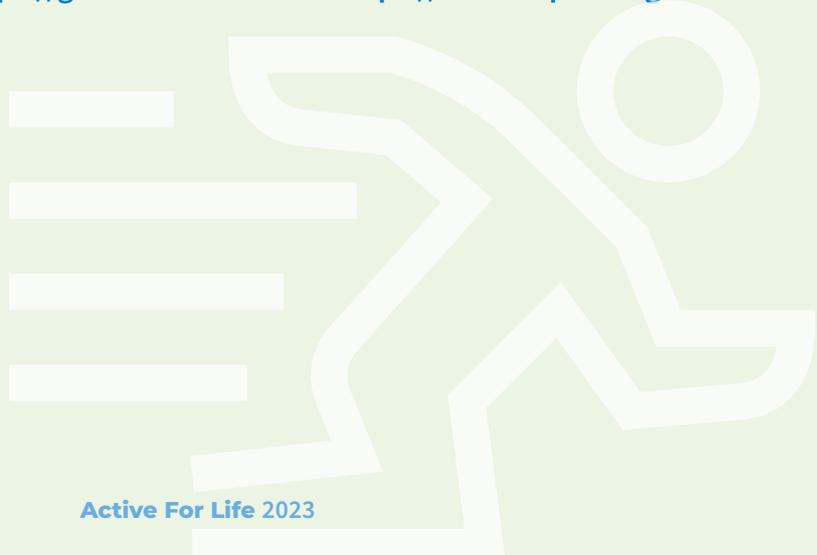
With thousands of online workouts catered for different ability levels, local walks and exercise classes for the whole family, Get Active can help every Londoner find their way to move more.

Find local free activities or for more information online

[www.https://getactive.io](https://getactive.io) or [www.https://londonsport.org](https://londonsport.org)



POWERED BY



Activities for Families



Change4Life – Change4Life Kensington and Chelsea encourages and supports children, young people and families across Kensington and Chelsea to make healthy lifestyle choices, making it easier for children and young people to eat well and be active.

The Change4Life Service offers free, fun and inclusive services to children, young people, and families to move more, eat well, and feel good. The service also supports local voluntary and statutory organisations to promote health and wellbeing across our borough. For more information, please visit www.family-action.org.uk/change4lifeservice



Westway Climbing – Westway Sports Centre provides one of London’s biggest and best climbing walls, open to all levels from novices to experienced climbers. For more information on how to book, contact: westwayclimbing@everyoneactive.com
www.everyoneactive.com/centre/westway-sports-fitness-centre/

Activities for Juniors



Holland Park Tennis offers term-time junior programs, holidays camps, and six-week adult courses.

Contact the team on info@courtfit.co.uk for information and costs or head online www.clubspark.lta.org.uk/hollandparkcoaching for more details..



London Sports Trust – London Sports Trust offers weekly community sessions including Football, Multi Sports, Netball and Basketball at a variety of Youth Clubs. For more information, please visit www.londonsportstrust.org



Better offers lessons and courses including Swimming Lessons, Gymnastics, Basketball and Tennis. All available to book via www.betterlessons.org.uk/book. For more information, please visit www.better.org.uk/Kensington or www.better.org.uk/chelsea

Hire rates for local groups

Concessionary Hire Rates at Better Centres for Sports Clubs

The subsidy provides discount booking to local groups to further sporting and physical activity opportunities, improve holistic health and wellbeing, foster community cohesion, and/or encourage personal development.

- Activities must take place at either Kensington Leisure Centre or Chelsea Sports Centre
- The subsidy year runs from January to December 2023.

Contact lucy.wright@rbkc.gov.uk for more information.



The following Clubs have received support so far this year:



Chelsea and Westminster
Swimming Club
membership@cswimming.com



Long Yang Badminton Club
membership@lyclondon.com



London Knights Basketball Club
info@londonknights.org



Westside Basketball Club
info@westside-basketball.co.uk



SEN Bounce
info@sen-bounce.co.uk

Have your say

Help us improve
our service, by
sharing your
feedback through
the QR code



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

www.rbkc.gov.uk/leisure-and-culture/sports-and-leisure/



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