



Active for Life 2024

Free and
affordable
activities
in Kensington
and Chelsea



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

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What is Active for Life?

This is an RBKC lead programme, that offers residents within the borough; free and low-cost activities, classes and sporting provisions. .

This programme offers targeted provision which are essential in everyday life for key community groups, such as people with disabilities, women and girls senior sessions and many more.

Our goal is to inspire generations to move more.

30 minutes of physical activity each day can help:

- ▶ Heart Health – keep your heart and blood flow stable.
- ▶ Weight loss – shifting those extra lbs to become the new you.
- ▶ 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.
- ▶ Mood booster and new burst of energy.

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 both run by **Better**:

Chelsea Sports Centre

Chelsea Manor Street, SW3 5PL

Tel: **020 7352 6985**

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

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

Kensington Leisure Centre

Silchester Road, W10 6EX

Tel: **020 3793 8210**

Email: **Kensington@gll.org**

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



Junior Leisure Offers and Discounts

Under eight's can swim free and **under 16's** pay **£1** to swim in our leisure centres – at designated times.

Under 16's gets a major reduction when compared to full adult prices.
Paying half price for most sports activities at our leisure centres.

Free junior resident card discounts

- Concessions up to 50 per cent, Non-Concession up to 30per cent.

There is a **junior gym membership** at GLL cost £25 per month.
Then unlimited visits per month (includes racquets sports)

Activities

There are a host of activities available at the leisure centres including:

swimming • badminton • table tennis
squash basketball • volleyball
football • short tennis.

Kensington Leisure Centre also offers an under 10s soft play area, children's basketball, gymnastics and squash lessons and children's birthday parties.

Both leisure centres offer a spa experience.

Join a leisure centre

Pre-Paid memberships are available on a **monthly or annual basis**.

For more information, please contact Chelsea Sports Centre or Kensington Leisure Centre.

Resident Discounted Memberships

FREE

Every resident is entitled to a **Free Pay & Play Residents card**, which gives discounts of up to 50 per cent at the leisure centres on swimming, classes and using the gyms for adults and juniors.

The cards are available from the borough's leisure centres or from the **Better website**.



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 in partnership with Ramblers.**



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



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



Physical activity in the north of the borough

- 1 Second Half Centre
- 2 Westway Sports and Fitness Club
- 3 Kensington Leisure Centre
- 4 Holland Park
- 5 Little Wormwood Scrubs
- 6 Bay Sixty6 skate park
- 7 Kensington Memorial Park
- 8 Bay20 Community Centre



Second Half Centre

St. Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ
Tel:020 4516 9971, to book for any of the below classes

Bus: 7, 52, 295,

Tube: Ladbroke Grove (15 min walk)

Day	Class name	Age	Cost	Time
Thur	Chair Exercise	50+	£1	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 (4 min walk), Ladbroke Grove (8 min 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



Kensington Leisure Centre

Silchester Road, W10 6EX Tel: 020 3793 8210

Bus: 7, 23, 52, 70, 295, 316 **Tube:** Latimer Road (4 min walk), Ladbroke Grove (8 min walk)

Day	Class name	Age	Cost	Time
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
Tue	Pilates Beginners	All	£2.10	3pm to 4pm



Kensington Leisure Centre

Silchester Road, W10 6EX Tel: 020 3793 8210

Bus: 7, 23, 52, 70, 295, 316 **Tube:** Latimer Road (4 min walk), Ladbroke Grove (8 min walk)

Day	Class name	Age	Cost	Time
Wed	Pilates	All	£2.10	12pm to 1.15pm
Wed	Belrobics	All	£2.10	2pm to 3pm
Thur	Zumba	All	£2.10	1.30pm to 2.30pm
Thur	Gym Club (Instructor Led Class)	All	£2.10	2pm to 3pm
Thur	Spin (women only)	All	Free	2.15pm 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 (email: sportandleisure@rbkc.gov.uk)	Over 45s and GP referrals		11.15am to 12.15pm
Fri	Taekwondo	All	Free	4pm to 6pm
Sat	Women and Girls Swimming	Casual Fee Applies		2.30pm to 4pm
Sun	Taekwondo	All	Free	1pm to 3pm



Activities in our Parks

Free outdoor gyms in K&C parks

Work on your cardio and strength fitness with our free outdoor gyms in parks.

Resistance and cardio equipment to get your heart pumping and improve your cardio fitness, while multifunctional apparatus and inductions on facilities will help you get stronger, fitter, and faster and feeling great.

Outdoor Gyms:

- Avondale Park
- Holland Park
- Kensington Memorial Park
- Little Wormwood Scrubs



Holland Park

Ilchester Place, W8 6LU Tel: 020 7602 2226 or 020 7938 8170

Bus: 9, 10, 49, 94

Tube: Holland Park (8 min walk) High Street Kensington (10 min 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) – Email Sport and Leisure for more information. Session will be indoors during winter months. <i>*This is only for expressions of interest</i>	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
Sun	Yoga	16+	Free	10.30am to 11.15am





Kensington Memorial Park

St Mark's Rd, London W10 6BZ

Bus: 70, 316, 7

Tube: Latimer Road (15 min walk)

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

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
Sun	Tai Chi	All	Free	10.30am to 11.30am



Little Wormwood Scrubs

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

Bus: 220, 70

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

Day	Class name	Age	Cost	Time
Sun	2k Family Run	All	Free	11am to 12pm
Fri	Tai Chi	All	£2.10	2pm to 3pm

Book a park facility

Kensington and Chelsea have a variety of facilities residents can book and utilise. Be sure to check out our facilities in the following parks and spaces.

- Holland Park – 11 aside football pitches (grass), Cricket nets, Tennis courts, Golf
- Kensington Memorial Park – 11 aside football pitches (grass), tennis courts
- Avondale Park – seven aside football pitch (astro turf), tennis courts
- Emslie Horniman's Pleasance – five and seven aside football pitches (astro turf), tennis courts

For more information on tennis, netball or football contact the Sports Booking Office on **020 7602 2226** or email **K&CSportsbookingsoffice@idverde.co.uk**





Physical activity in the south of the borough

- 9 New Horizons
- 10 Chelsea Sports Centre
- 11 Cremorne Gardens
- 12 Chelsea Theatre
- 13 World's End Estate
- 14 St. Luke's Pitches



Chelsea Sports Centre

Chelsea Manor Street, SW3 5PL Tel: 020 7352 6985

Bus: 11, 19, 22, 49, 319, 211

Tube: South Kensington (12 min walk) Sloane Square (14 min walk)

Day	Class name	Age	Cost	Time
Mon	Swimming Lessons	50+	£2.10	11.30am to 12.30pm
Tues	Inside Out Dance Class	7 to 13 years	Free	5.30pm to 6.30pm
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





Cremorne Gardens

Lots Road, SW10 0QJ Tel: 020 7349 9591

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

Tube: Fulham Broadway (16 min 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 Tel: 020 7352 1967

Bus: 11, 19, 22, 211, 328

Tube: Sloane Square (9 min Walk) Fulham Broadway (16 min walk)

Day	Class name	Age	Cost	Time
Mon	Tai Chi (October to April)	All	Free	6pm to 7pm
Wed	Toddler and Parent Dance	1 to 2 years	Free	10am to 11am

New Horizons

Guinness Trust Estate, Cadogan Street, SW3 2PF Tel: 020 7590 8970

Bus: C1, 11, 19, 22, 137, 211, 319, 360, 452

Tube: Sloane Square (7 min walk)

Day	Class name	Age	Cost	Time	Booking Details
Wed	Chair Exercise	50+	£1	1.15pm to 2.15pm	020 4516 9970
Fri	Pilates	50+	£1	2.15pm to 3.15pm	020 4516 9970



Summer Programme

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

Avondale Park Event Day

Little Wormwood Scrubs Event Day

Holland Park Festival of Activity

Kensington Memorial Park Event Day

- ▶ 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 coaches and or volunteers, if you are interested in being a coach or volunteer within our service, please contact sportandleisure@rbkc.gov.uk or phone **020 7938 8182**



GP Referral Scheme

Physical activity plays an essential role in preventing and managing a wide range of health conditions.

GPs can refer patients to these **subsidised programme** to help improve, manage, or prevent health conditions such as diabetes, hypertension, depression and many more.

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.

For more information please come and visit our Kensington or Chelsea leisure centres or contact **Healthwise.RBKC@NHS.Net** or our customer service telephone line: **0330 123 1500**.



Social Cycling



Become a more confident cyclist on the road. Bring your own bike or borrow one when you arrive.

Go to www.bikeworks.org.uk/socialcycling, email enquiries@bikeworks.org.uk or call 020 8980 7998 and selection option 5.

Cycling club

Drop-in all ability cycling clubs are designed for the people who want to learn how to cycle, alongside 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. (Every other week)

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



What is Cycle Connect?

The Cycle Connect is a free door to door, side-by-side, cycle service allowing up to three passengers to enjoy gentle exercise and fresh air while carrying out journeys in their neighbourhood.

Where does it operate?

The Cycle Connect is currently only operating in west London and is for residents of Kensington and Chelsea, Westminster, and the estates surrounding Wormwood Scrubs.

Who is it for?

Check out the map below showing the residents we operate for. Note, we can do journeys outside of these areas, they only show where you need to be a resident of.

There is space for **three passengers**, so bring your friends, family or carer. You have the option to assist with pedalling if you'd like, although it's not necessary since the bicycle is electrically assisted.

Note, due to size restrictions the cycle connect is for adults only.

When does it operate?

We operate on **most weekdays, between 9.30am and 4pm**, with increased availability in the spring and summer months.

You can book a slot for 1.5 hours and our friendly local pilot will collect you and take you wherever you would like to go in the local area during that time. It might be you would just like to go for a leisure ride, which is absolutely fine too.

How do I book or enquire?

By Phone – **020 8980 7998 (option 4)**

By Email – **cycle.connect@bikeworks.org.uk**

Online – via our booking page (link available from January 2024)

Bike maintenance

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.



Young people in Kensington and Chelsea

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

Name	Offer	Contact	Website
Earls Court Youth Club	Youth club services on Tuesday to Friday.	Youth Club Manager: Abdi Aden - abdi.aden@ecyc.org.uk	www.earlscourtyouthclub.co.uk
Harrow Club (North Kensington)	Youth club services on Tuesday, Thursday and Friday.	CEO: Michael Defoe - Michael@harrowclubw10.org	www.harrowclub.org
Harrow Club (Chelsea)	Three sessions open access youth club services – Tuesday, Thursday and Friday.	CEO: Michael Defoe - Michael@harrowclubw10.org	www.harrowclub.org/youth-clubs/chelsea-youth-club/

Name	Offer	Contact	Website
Dalgarno Neighbourhood Trust	Youth services available Monday to Friday. Youth club services available 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
Lancaster Youth Club	Youth club services on Tuesday, Wednesday and Friday.	Nicola Butler nicola@youngkandc.org.uk	
Bay Sixty6 Skate Park	Free girls skate session on Fridays from 4.30pm to 6pm 10-17 years.	Acklam Road, London, W10 5YU	Tel: 020 8969 4669



BAYSixty6 Community Skate Park

BAYSIXTY6 is an international class managed skateboard facility in North Kensington. It provides drop-in or bookable skate sessions seven days a week. With professional instructors it offers classes for beginners all the way through to an Olympic pathway coaching Hub.

There are 1-2-1 lessons, group classes, adult beginner and intermediate classes, girls only sessions and classes, school holiday skate camps and skateboard activities.

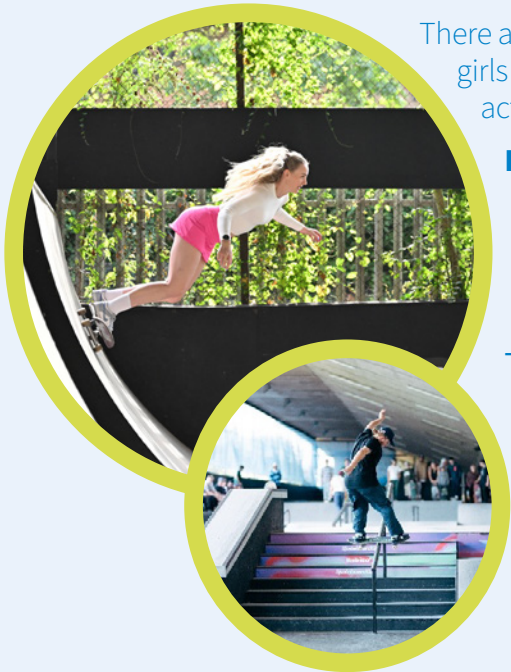
Free Girls' session

Girls aged **10 to 17 years old** for beginners and for those that want more coaching.

► Every Friday 4.30pm to 6pm

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

For more information get in touch and speak to one of our team please call **020 8969 4669**.



Westway Sports Centre

Westway Sports Centre provides one of London's biggest and best climbing walls, open to all levels from novices to experienced climbers.

Westway Climbing taster sessions

A great way to keep fit, socialise and enjoy one of the best facilities in the country. These sessions are 90 min will be with a fully trained coach and will allow you to experience the challenge and enjoyment of roped climbing and bouldering..

- ▶ Wednesday 11.30am to 1pm.
- ▶ Friday 6.30pm to 8pm.
- ▶ Cost £2.10 per session

For more information on how to book go to

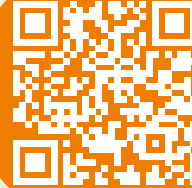
[www.everyoneactive.com/
centre/westway-sports-
fitness-centre](http://www.everyoneactive.com/centre/westway-sports-fitness-centre)

or email [westwayclimbing@
everyoneactive.com](mailto:westwayclimbing@everyoneactive.com)



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:

Sport and Leisure
020 7938 8182
SportandLeisure@rbkc.gov.uk