

What's On Guide

Age UK Sutton is working with partner organisations to showcase a variety of **Age-friendly** activities across Sutton.

letsconnect@ageuksutton.org.uk
www.ageuk.org.uk/sutton
0208 078 0002

LET'S STAY ACTIVE
Exercise classes
Age-friendly active groups across
the borough of Sutton



Walking Tennis



Ladies Only Wednesdays

10:00-11:00am

General Group Thursdays

10:30am-11:30am



Accessible equipment & venue to enable everyone to take part and indoor facilities to enable sessions in all weather



Devonshire Road Sutton SM2 5HH



Walking Tennis is a slower paced game using specialist equipment to enable people to enjoy a game of tennis in a new way. Led by a qualified coach, join us to meet new people and learn a new skill, or simply enjoy a game of tennis with others. **FREE** to attend. Booking is required. Call 0208 078 0002



The Change Foundation Table Tennis/Walking Football/Walking Netball



Table Tennis

Fridays 10:15am-11:30am



Disabled access
to Cricket Lawns



Plough Lane Wallington SM6 8JQ



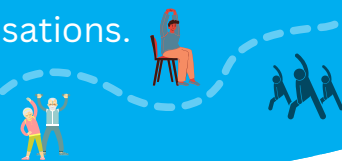
A programme of walking sports, including football, netball and cricket. Led by a qualified sports coach, the walking sports programme offer activities at a slower pace and are a great opportunity to try something new. **£5 a session** call 0208 669 2177 for more information.

LET'S STAY ACTIVE

MORE Age-friendly exercise classes
across the borough of Sutton

Here is a sample of active groups across the borough.

PLEASE NOTE: Activities listed on this side are for information only. Please book direct with the organisations.



ACTIVITY	GROUP	AREA	CONTACT FOR MORE INFORMATION
Senior Movers	Wallington Unified Reform Church	Wallington	0208 642 0892
Fitness Class	Forever Fit	David Weir Leisure Centre	0208 641 9480 David Weir Leisure Centre Gym & Athletics Track Everyone Active
Cycling	Inclusive Cycling sessions	David Weir Leisure Centre	0208 641 9480 David Weir Leisure Centre Gym & Athletics Track Everyone Active
Chair Based	Stronger for Longer	Sutton	0208 405 2909 suebfitness.co.uk
Line Dancing	British Legion	Worcester Park	0208 337 8004
Club 60 Dance	Sutton Community Dance	Sutton	0770 988 4738 info@scd.org.uk

Can't see what you're looking for? Check out the full listings online: ageuk.org.uk/sutton or contact us: 0208 078 0002 / letsconnect@ageuksutton.org.uk

