

Mon	Tues	Wed	Thu	Fri	Sat	Sun
			1 Heritage Walk - Hampstead Heath  10am-3pm Yoga  4-5pm	2  Swimming 11-12 and 12-1pm	3	4
5	6	7  Exercise at Copthall 12-1:30pm	8  Body Conditioning 4-5pm	9  Swimming 11-12 and 12-1pm	10	11
12	13  Football 2-4pm	14  Basketball 12-1:30pm	15	16  Swimming 11-12 and 12-1pm	17	18
19	20  Crazy Golf 10-3pm	21  Badminton 12-1:30pm	22  Zumba 4-5pm	23	24	25
26	27  Exercise in the Park 2-4pm	28  Heritage Walk: Barnet/Totteridge 10am-3pm	29	30	31	



Fit2gether Activities July 2021



In line with government guidelines, we are able to offer some face-to-face activities again. In the event of any government changes, we may offer sessions via Zoom as a back up.



Zoom sessions are live and need to be booked. We will then send you the details to join the session.

<p>1st Heritage Walk - Hampstead Heath</p> <p>A walk around the beautiful Hampstead Heath</p> <p>Meet: Sherrick House, 30 Church End, Hendon NW4 4JX at 10am (returning 3pm)</p> <p>Cost: £5</p> <p>Booking Essential. Please bring a packed lunch</p> <p>We will be travelling on public transport, so you are required to wear a mask unless you are exempt</p>	<p>1st Yoga</p> <p>Where: Copthall Leisure Centre, Champions Way, Hendon NW4 1PX</p> <p>Time: 4-5pm</p> <p>Cost: FREE</p> <p>Booking essential</p>	<p>2nd, 9th & 16th Swimming Sessions</p> <p>Where: Copthall Leisure Centre, Champions Way, Hendon NW4 1PX</p> <p>Time: Beginners session 11am - 12 noon</p> <p>Intermediate 12 noon-1pm</p> <p>Cost: FREE</p> <p>Booking Essential</p>
<p>7th Exercise at Copthall</p> <p>Where: Copthall Leisure Centre, Champions Way, Hendon NW4 1PX</p> <p>When: 12-1:30pm</p> <p>Cost: FREE</p> <p>Booking Essential - Bring a bottle of water!</p>	<p>8th Body Conditioning</p> <p>A session of body conditioning</p> <p>Time: 4-5pm</p> <p>Where: Copthall Leisure Centre, Champions Way, Hendon NW4 1PX</p> <p>Cost: FREE</p> <p>Booking Essential</p>	<p>13th Football</p> <p>A football session at Oak Hill Park</p> <p>Where: Oak Hill Park (at the cafe), Parkside Gardens, Barnet EN4 8JP</p> <p>When: 2-4pm</p> <p>Cost: FREE</p> <p>Booking Essential</p>



Fit2gether Activities

July 2021 - continued



<p>14th Basketball A fun basketball session Where: Copthall Leisure Centre, Champions Way, Hendon NW4 1PX When: 12-1:30pm Cost: FREE Booking Essential</p>	<p>20th Crazy Golf Explore the jungle in this fun crazy golf session! Meet: 10am at the Barnet Mencap office (returning at 3pm) Cost: £15 Booking Essential</p>	<p>21st Badminton Where: Copthall Leisure Centre, Champions Way, Hendon NW4 1PX When: 12-1:30pm Cost: FREE Booking Essential - Bring a bottle of water!</p>
<p>22nd Zumba Where: Copthall Leisure Centre, Champions Way, Hendon NW4 1PX Time: 4-5pm Cost: FREE Booking essential</p>	<p>27th Exercise in the Park Fun exercise sessions at Victoria Park Where: Victoria Park (meet by the cafe), Long Lane, Finchley When: 2-4pm Cost: FREE Booking Essential</p>	<p>28th Heritage Walk - Barnet/Totteridge A walk around Barnet and Totteridge Meet: Sherrick House, 30 Church End, Hendon NW4 4JX at 10am (returning 3pm) Cost: £5 Booking Essential. Please bring a packed lunch We will be travelling on public transport, so you are required to wear a mask unless you are exempt</p>

All activities are subject to change if government guidelines change.

If you cannot attend a session that you have booked, please let us know as soon as possible. Do not attend an activity if you are feeling unwell.

All activities are wheelchair accessible.

To book:

Email: bookings@barnetmencap.org.uk

Tel: Project Support on 020 8349 3842