

INCLUSIVE BETTER ACTIVITIES

BARNET LEISURE CENTRES

Last updated: 7th December 2023

Barnet Cophall Leisure Centre				
Activity	Day	Time	Location	Booking info
Inclusive swim	Sunday	09:00 – 10:00	Community pool	Better app or website
Inclusive Gym	Monday	10:00 – 11:00	Gym	
	Tuesday	11:30 – 12:30		
	Wednesday	13:00 – 14:00		
	Thursday	11:30 – 12:30		
	Saturday	10:00 – 11:00		

Burnt Oak Leisure Centre				
Activity	Day	Time	Location	Booking info
SENSE Sensory Tennis	Thursday	11:45 – 12:45	Sports hall	Via email
Inclusive Gym	Monday	10:00 – 12:00	Gym	Better app or website
	Wednesday			
	Friday			

Hendon Leisure Centre				
Activity	Day	Time	Location	Booking info
Inclusive Gym	Monday	14:00 – 16:00	Gym	Better app or website
	Wednesday	12:00 – 14:00		

Finchley Lido Leisure Centre

Activity	Day	Time	Location	Booking info
MENCAP Inclusive Swim	Friday	11:00 – 13:00	Main pool	Via email
Dementia-friendly swim	Thursday	12:00 – 13:00	Main pool	Via email
Inclusive Gym	Tuesday	10:00 – 14:00	Gym	Better app or website
MENCAP exercise	Thursday	16:00 – 17:00	Studio	Via email

New Barnet Leisure Centre

Activity	Day	Time	Location	Booking info
Inclusive Sensory Swim	Monday	11:30 – 12:30	Main pool	Better app or website
SEND Swim Lessons (ages 4-16)	Saturday	13:00 – 13:30	Learner pool	Better app or website
Inclusive Sensory Dance	Wednesday	14:00 – 15:00	Studio	Via email
Saracens Inclusive Dance	Wednesday	13:00 – 14:00		Via email
Inclusive Gym	Monday	09:00 – 12:00	Gym	Better app or website
	Wednesday	12:30 – 15:30		
	Friday			