



International Week for Disabled People

2025 activity programme

DAY	Activity	Age Group	Provider	Location	Time	TO BOOK YOUR SESSION email to
Monday 1st December	Seated Yoga*	18+	Sense	Via Telephone	11:00	Bookable activities - Sense
Tuesday 2nd December	Movement with Imagination*	18+	Sense	Via Telephone	11:00	Bookable activities - Sense
	SEND Basketball	11-19	Bulldog Basketball	Barnet Copthall Leisure Centre Champions Way NW4 1PX	17:00-18:00	info@bulldogsbasketball.club https://barnetyouth.uk/event/Special-Educational-Needs-and-Disabilities-Basketball-Session/6548
From Wednesday the 3rd to Wednesday the 9th every day Three slots a day	Gym	16+	BETTER	-Barnet Copthall Leisure Centre Champions Way NW4 1PX -Burnt Oak Burnt Oak Leisure Centre, Watling Avenue HA8 0NP -Finchley Lido Great North Leisure Park Chaplin Square Finchley N12 0GL Hendon Leisure Centre, Marble Drive NW2 1XQ	Three slots a day for each centre 10:00-11:00 14:00-16:00	https://www.better.org.uk/leisure-centre/london/barnet https://www.better.org.uk/fab-card-flow

				New Barnet leisure Centre,1 Lawton Rd EN4 9BS	18:00 - 20:00	
Wednesday 3rd December	Swimming for fitness for family and friends	Club swimm er levels only	BETTER	Barnet Copthall Leisure Centre Champions Way NW4 1PX	9:00- 11:00	https://www.better.org.uk/leisure-centre/london/barnet https://www.better.org.uk/fab-card-flow
	Seated Dance*	18+	Sense	Via Telephone	11:00	Bookable activities - Sense
	Walking Football	50+	BETTER	Burnt Oak Burnt Oak Leisure Centre, Watling Avenue HA8 0NP	10:00- 12:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-burnt-oak-leisure-centre/senior-activities
	Table Tennis	50+			12:00- 13:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-burnt-oak-leisure-centre/senior-activities
	Sensory Swimming	All Ages	BETTER	New Barnet Leisure Centre, 1 Lawton Rd EN4 9BS	13:00- 12:00	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre
	Swimming for Fitness for family and friends	Club swimm er levels only	BETTER	Finchley Lido Great North Leisure Park Chaplin Square Finchley N12 0GL	12:00- 14:00	https://www.better.org.uk/leisure-centre/london/barnet/finchley-lido-leisure-centre/swimming
	Qunicy Quiet Gym for a calmer workout	16+	BETTER	Barnet Copthall Leisure Centre Champions Way NW4 1PX	14:00- 15:00	Book into the gym at reception as its not bookable online

	environme nt.					
	Athletic	14-24	Saracen Foundation	Stone X Stadium Greenland's Lane NW4 1RL	17:00- 18:00	oliviapatten@saracens.net
Thursday 4th December	Swim for fitness. For family and friends	Club swimm er levels only	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	10:00- 11:00	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre/swimming-new-barnet-leisure-centre
	Sensory Swimming	4+			13:00- 14:00	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre/swimming-new-barnet-leisure-centre
	Seated Pilates*	18+	Sense	Via telephone	11:30	Bookable activities - Sense
	Cricket	18+	Middlesex Cricket, Lord's Cricket Ground	Middlesex Indoor Cricket School East End Road Finchley N3 2TA (the venue is not wheelchair accessible)	12:00- 13:00	Matthias.winter@middlesexccc.co.uk Participants must be accompanied by their carers. Limited spaces - first come, first served!
	Dementia Friendly Swimming	50+	BETTER	Finchley Lido Great North Leisure Park Chaplin Square Finchley N12 0GL	12:00- 13:00	Book at reception on the day
Friday 5th December	Swim for Fitness for Families and friends	Club swimm er levels only	BETTER	Barnet Copthall Leisure Centre Champions Way NW4 1PX	9:00- 11:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-copthall-leisure-centre/swimming
	Multisport table- tennis,	50+			10:00- 12:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-copthall-leisure-centre/senior-

	badminton pickleball					activities-barnet-copthall-leisure-centre
	Squash (mixed abilities)	18+	Oakly Park Club	100 Oakleigh Road North, N20 9EZ	11:00-13:00	https://form.jotform.com/253171536457056
	Sensory swimming	4+	BETTER	New Barnet Leisure Centre, 1 Lawton Rd EN4 9BS	13:00-14:00	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre/swimming-new-barnet-leisure-centre
	Qunicy Quiet Gym	16+		Barnet Copthall Leisure Centre Champions Way NW4 1PX	14:00-15:00	Book into the gym at reception as its not bookable online
	Drumming to music*	14+	Sense	Via Zoom	14:00-14:30	Bookable activities - Sense
Saturday 6th December	Exercise Through Dance*	5+	Sense	Via Zoom	11:45	Bookable activities - Sense
	Swim for fitness for friends and families	Club swimmer levels only	BETTER	Barnet Copthall Leisure Centre Champions Way NW4 1PX	14:00-15:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-copthall-leisure-centre/swimming
Sunday 7th December	International Day for Disabled People Party	All Ages	Unitas +All FAB partners	76 Montrose Ave, Edgware HA8 0DT	10:00-14:00	Keran Patel Keran.Patel@unitasyouthzone.org
Monday 8th December	Inclusive Swimming	All Ages	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	11:30-12:20	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre/swimming-new-barnet-leisure-centre
	Sensory swimming	4+			14:00-15:00	

	Inclusive swimming	All Ages		Barnet Copthall Leisure Centre Champions Way NW4 1PX	16:00-17:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-copthall-leisure-centre/inclusive-barnet-copthall-leisure-centre
Tuesday 9th December	Swim for Fitness for families and friends	Club swimmer levels only	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	10:00-11:00	https://www.better.org.uk/leisure-centre/london/barnet/new-barnet-leisure-centre/swimming-new-barnet-leisure-centre
			BETTER	Barnet Copthall Leisure Centre Champions Way NW4 1PX	14:00-15:00	https://www.better.org.uk/leisure-centre/london/barnet/barnet-copthall-leisure-centre/swimming

*All sessions provided by Sense are for people with complex disabilities.

This timetable continues to be updated to offer more activities throughout October.

For a most up to date timetable please visit <https://www.better.org.uk/fab-news-events>