



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 3rd to 9th Daily Three slots a day	Gym	16+	BETTER	- Barnet Copthall Leisure Centre Champions Way NW4 1PX - Burnt Oak Leisure Centre Watling Avenue HA8 0NP - Finchley Lido Great North Leisure Park 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	Leisure Centres, Gyms & Swimming Pools in Barnet Better 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, family, and friends	11+ 11-15 years swim test required	BETTER	Barnet Copthall Leisure Centre Champions Way NW4 1PX	9:00-11:00	Leisure Centres, Gyms & Swimming Pools in Barnet Better https://www.better.org.uk/fab-card-flow
	Seated Dance*	18+	Sense	Via Telephone	11:00	Bookable activities - Sense
	Walking Football	16+	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	16+			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	Leisure Centres, Gyms & Swimming Pools in Barnet Better
	Swimming for Fitness, family, and friends	11+ 11-15 years swim test required	BETTER	Finchley Lido Great North Leisure Park Finchley N12 0GL	12:00-14:00	Leisure Centres, Gyms & Swimming Pools in Barnet Better

	Quiet Gym for a calmer workout environment	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
	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	11+ 11-15 years swim test required	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	10:00-11:00	Leisure Centres, Gyms & Swimming Pools in Barnet Better
	Sensory swimming	4+			13:00-14:00	Leisure Centres, Gyms & Swimming Pools in Barnet Better
	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 serve!
	Dementia Friendly Swimming	50+	BETTER	Finchley Lido Great North Leisure Park Finchley N12 0GL	12:00-13:00	Book at reception on the day
Friday 5th December	Swim for fitness	11+ 11-15 years swim test		Barnet Copthall Leisure Centre Champions Way NW4 1PX	9:00-11:00	https://www.better.org.uk/leisure-centre/london/barnet

		required				
	Multisport table-tennis, badminton & pickleball	16+	BETTER	Barnet Copthall Leisure Centre Champions Way NW4 1PX	10:00-12:00	Leisure Centres, Gyms & Swimming Pools in Barnet Better
	Squash (mixed abilities)	18+	Oakleigh Park Lawn Tennis & Squash Club	100 Oakleigh Road North N20 9EZ	10:30-11:30	https://form.jotform.com/253171536457056
	Sensory swimming	4+	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	13:00-14:00	Leisure Centres, Gyms & Swimming Pools in Barnet Better
	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, friends, and families	11+ 11-15 years swim test required	BETTER	Barnet Copthall Leisure Centre Champions Way NW4 1PX	14:00-15:00	Leisure Centres, Gyms & Swimming Pools in Barnet Better
Sunday 7th December	International Day for	All Ages	Unitas +All FAB partners	76 Montrose Ave, Edgware HA8 0DT	10:00-14:00	Keran Patel Keran.Patel@unitasyouthzone.org

	Disabled People Party					
Monday 8th December	Inclusive swimming	All ages	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	11:30-12:20	Leisure Centres, Gyms & Swimming Pools in Barnet Better
	Sensory swimming	4+			14:00-15:00	Leisure Centres, Gyms & Swimming Pools in Barnet Better
	Inclusive swimming	All Ages		Barnet Copthall Leisure Centre Champions Way NW4 1PX	16:00-17:00	Leisure Centres, Gyms & Swimming Pools in Barnet Better
Tuesday 9th December	Swim for fitness	11+ 11-15 years swim test required	BETTER	New Barnet Leisure Centre 1 Lawton Rd EN4 9BS	10:00-11:00	Leisure Centres, Gyms & Swimming Pools in Barnet Better
				Barnet Copthall Leisure Centre Champions Way NW4 1PX	14:00-14:00	Leisure Centres, Gyms & Swimming Pools in Barnet Better

*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>