



HOW TO
STAY ACTIVE
AND FEEL
GREAT
IN HARROW

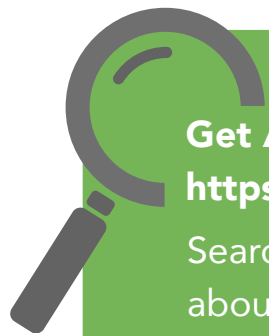
This is a guide to staying active and building strength and balance which will help you stay healthy and feel great

Harrow has many ways of doing something active - many of which are also great ways to enjoy Harrow's green spaces and do something fun and sociable. Please see the list below which is divided into those that are free and those that have a cost. Activities are labelled as: free strength and balance activities, suitable for low mobility label or activities/access for people with disabilities where appropriate.

There are many parks and green areas in Harrow with sports facilities and classes. Further information can be found at <https://www.harrow.gov.uk/environment-parks>

For any questions please email publichealth@harrow.gov.uk

More details can be found at www.harrow.gov.uk/getactive under health and leisure.



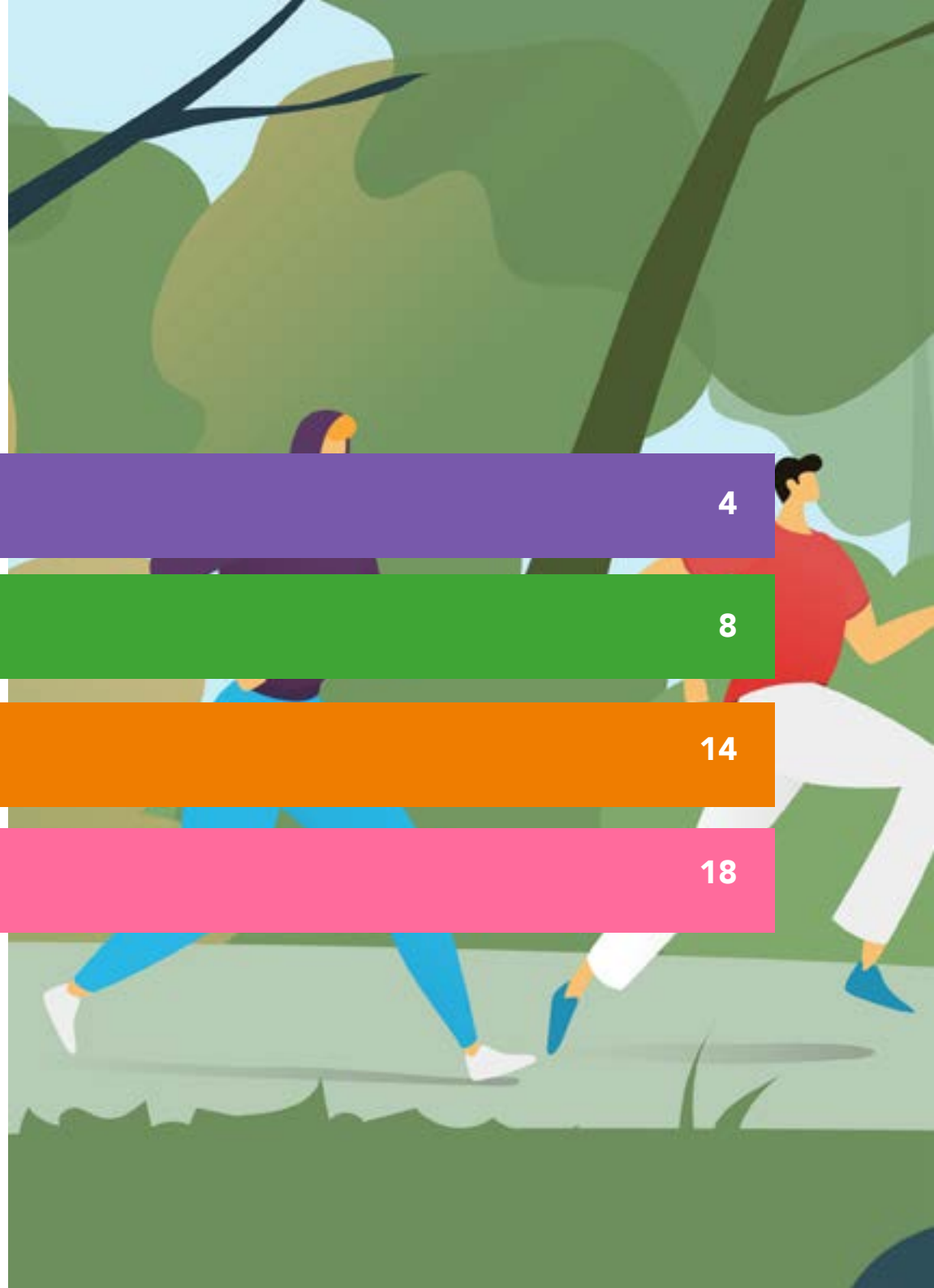
Get Active directory
<https://getactive.io>

Search this directory by putting your location to find out about all the exercise options in Harrow



Content

Activities for adults	4
Outdoor activities	8
Free and low-cost activities	14
Families and young people	18





Activities for adults

Including options for low mobility

Range of activities including those for older people such as chair-based Pilates, Tai Chi, and yoga

| free |

📍 Harrow Arts Centre, 171 Uxbridge Road, Hatch End, HA5 4EA

🖱️ Web Classes | Harrow (harrowarts.com)

📞 020 3773 7161

Criteria: Range of activities for all ages

Strength/mobility exercises

| exercises that will build strength and balance |

Mondays | 1.30pm

📍 Pinner Methodist Church, Love Lane, Pinner

📧 kevin@pinpatients.org
andrew.samuels@mind-angels.com

£ £5 per session

5 Activities for adults


Community exercise classes for older adults


| free, exercises that will build strength and balance | (except where stated)

 07510 614330 or wendy@abundantfitness.co.uk

Monday (2 sessions)


10am – 11.30am | 11.30am – 1pm

 Beacon Centre, 9 Scott Crescent,
Harrow HA2 0TY

 £1 per session with free
refreshments

Wednesday

11.15am – 12.15pm

 Rayners Lane Baptist Church,
Imperial Drive, 1.30 North Harrow

 £4 with free refreshments

Thursday


11.30am – 12.30pm

 Roxeth Community Church,
Coles Crescent, South Harrow

Free refreshments

Tuesday


1.30pm – 2.30pm

 St. Michael & All Angels,
95 Bishop Ken Road,
Harrow HA3 7HP

(followed by T in the Afternoon)

Wednesday

1.30pm – 2.30pm

 Elmfield Church,
89 Imperial Drive,
North Harrow

 £4 with free refreshments

Friday

10 am – 10.45 am (on Zoom)

Balance & Posture

 £4 per session (pay-as-you-go)

6 Activities for adults

Harrow Leisure centre

| activities/access for people with disabilities |

-  Harrow Leisure centre, Christchurch Avenue, Harrow HA3 5BD
-  www.everyoneactive.com
-  020 8901 5980
-  Price options include pay as you go, or regular memberships.

Discounts for students, minors and families dependent on circumstances.

Free membership options available for Ukrainian refugees and people with Parkinsons.

Facilities and services for people with disabilities:

- Changing places
- Pool hoists available at Harrow Leisure Centre and Hatch End Swimming pools
- Ramp access to the Sports Halls
- Gym items designed for disabled users
- Partnership with Kingfisher Disability Swimming Club

Active Mondays

| exercises that will build strength and balance |

50+ sessions aimed at mental and physical wellbeing for low mobility and includes discussions on wellbeing and self-care

Partner activity sessions

Basketball, Back to Netball, Taekwondo, weekly chess tuition, little kickers football, trampoline sessions and more.

Aqua Zumba

Women only gym

| women specific group options |



Women only sauna steam sessions

| women specific group options |

The Stop and Grow project

| free |

Provides an open supportive green space and community growing activities to promote wellbeing for residents in Harrow.




-  Next to West Harrow Allotments - HA2 7DA
-  0773 1591 542 | Stopandgrow@harrow.gov.uk

Harrow Wellbeing walks

| free, activities suitable for low mobility |

Harrow Wellbeing walks are a series of group walks through Harrow's parks and green spaces. There are walks on most days of the week and walks for all levels of ability and marked according to their level. Walks are led by qualified walk leaders, who encourage you to walk at your own pace and we encourage people new to walking to come along. Everyone is welcome regardless of age and fitness level and the groups are a sociable and fun way to do something outside.

You do not need to book in advance, just turn up on the day.

-  www.harrow.gov.uk/walk
-  020 8424 1255
-  publichealth@harrow.gov.uk

Aspire Leisure

| free, activities/access for people with disabilities | (limited)

The Aspire Leisure Centre in Harrow has facilities for all and includes a fully accessible gym for people with disabilities.

Harrow Aspire Virtual Membership

Aspire and Harrow Council are providing a discounted Virtual membership for those on low incomes, disabled residents or in receipt of benefits.



The membership gives the first month FREE then 2 months discounted Zoom membership allowing access to over 20 classes per week:

- First month FREE (no commitment)
- £5 per month for the second 2 months
- Zoom classes include Zumba, Pilates, Yoga and many more

Virtual membership: <https://www.aspireleisurecentre.org.uk/news/harrow-virtual-fitness-memberships>

Membership details: www.aspireleisurecentre.org.uk/membership

Aspire Warm hub www.aspireleisurecentre.org.uk/news/aspire-warm-hub

-  Wood Lane, Stanmore Middlesex HA7 4AP
-  020 8954 5759
-  customerservice@aspire.org.uk

Outdoor activities



Outdoor and park-based activities for improving strength and balance

For more information on Harrow parks please go to www.harrow.gov.uk/environment-parks

Headstone manor park

Over 60's Mobility & QiGong

| free, exercises that will build strength and balance |

Mind Angels | Tuesday | 10am till 12pm
April to September outdoor, indoor in winter months



www.mind-angels.com/hmp2022

Walk & Yoga

| free, exercises that will build strength and balance |

Led by a certified and experienced Yoga Therapist

Yoga Yatra Studio | Wednesday & Sundays | 10am till 11am
March 12th till Mid December



Meeting point outside the Moat Cafe



Facebook: [yogayatrastudio.com](https://www.facebook.com/yogayatrastudio.com) | Instagram: [yoga_yatra_studio](https://www.instagram.com/yoga_yatra_studio)
Email: saas.bhandari@gmail.com | Mobile: 07391 664791

Walk & Yoga

| exercises that will build strength and balance |

Soham Yoga Studio | Saturday | 10am till 11am
April till September

£ Suggested Donation £5

i 03455196626
sohamyogaldn@gmail.com

Nature Walks

| free, exercises that will build strength and balance |

Led by Friends of Headstone Manor Park
Normally second Wednesday of each month
10.30 am to 12pm

i www.headstonemanorpark.org/






Harrow Recreation Ground

Tai Chi

| free, exercises that will build strength and balance |

Every Friday | 9.30am to 10.30am

-  Near the cafe or on the basketball court
-  www.harrowrec.org.uk/
-  07982 791221
info@harrowrec.org.uk

Group Exercise

| free, exercises that will build strength and balance |

Bootcamp but gentle
Every Tuesday | 10am to 11am

-  Near the tennis courts
(on the grass or on the basketball court)
-  www.harrowrec.org.uk/
-  07982 791221
info@harrowrec.org.uk

Community Gardening

| free, exercises that will build strength and balance |



First Monday and fourth Friday of every month
2pm to 4pm

-  www.harrowrec.org.uk/
-  07982 791221
info@harrowrec.org.uk

Harrow Parkrun

| free, exercises that will build strength and balance |

Saturdays | 9am

-  Meet by Harrow St Mary's Pavilion
-  www.parkrun.org.uk/harrow/

11 Outdoor activities



West Harrow Park

Better Health Tai Chi

| free, exercises that will build strength and balance |

Saturdays

9am to 10am



Near Syds Pizzeria and coffee shop



07462181878

Chandos Park

Saturday Morning Walk

| free, exercises that will build strength and balance |

Saturdays

9.30am - 10.30



Meet at the green gym, Chandos Recreation Ground.

Canons Park


Health walks

| free, exercises that will build strength and balance |

Group health walks and stretching exercises four times a week

Monday, Tuesday, Wednesday and Friday
8am – 9am

 Meet at the Howberry Road entrance gates

 Varsha on 07730 979400 for further details

YOGA

| free, exercises that will build strength and balance |

Suitable for beginners and advanced

Daily during Spring and Summer
(weather permitting) 8.30am - 10am

 In the George V Memorial Garden


 www.canonsparkfriends.org/events.html

 Canonspark@outlook.com

Tai Chi

| free, exercises that will build strength and balance |

Every Thursday
10am - 11am

 At the Temple building in the Pleasure Garden or in the George V Memorial Garden, depending on weather


 For further information, text the organiser on 07462 181878

Walk With A Doc

| free, exercises that will build strength and balance |

Third Sunday of each month , Canons Park.
9.30am to 10.30am

An inclusive walking programme open to everyone interested in taking steps towards a healthier lifestyle. Spend a few minutes learning about a lifestyle-related health topic, then spend the rest of the hour enjoying a healthy walk with Dr Akshay Bhanshaly, and fun conversation.

 akshaybhanshaly@outlook.com for further information or just turn up on the day



Free and low-cost activities


Free or low cost options and appropriate options for low mobility

Shape up Harrow

| free, activities suitable for low mobility |

(see eligibility criteria)

12-week programme of weekly sessions. 45 minutes of education followed by 45 minutes of exercise

 Multiple locations across Harrow

App based option

You can self refer to this service by accessing the website or by calling 07938 483909

Eligibility criteria:

- Able to walk around
- 18-65 years old
- BMI of 30+ (or 27.5+ for BAME individuals)
- Resident of Harrow or registered to a Harrow GP
- BMI of 27.5+ (App)

 www.shapeupharrow.com/

14 Free and low-cost activities

Exercise on referral for people with long term conditions

| activities suitable for low mobility |

A range of weekly sessions for 12 weeks starting with an initial consultation and induction.

One-to-one follow-up sessions at weeks 6 and 12 to support and help participants progress their exercise programme.


You need to be referred by your GP for this programme.

More details:

Harrow Leisure centre

 Christchurch Avenue, Harrow HA3 5BD

 www.everyoneactive.com/content-hub/home-workouts/gp-referral/

 £20 a month for Leisure Centre membership and Exercise on referral sessions for 3 months


App based option (no criteria)

Aspire Leisure Centre

 Wood Lane, Stanmore Middlesex HA7 4AP

 www.aspireleisurecentre.org.uk/specialist-services

 £20 per month for 9 months.

 020 8954 5759
customerservice@aspire.org.uk

Criteria: People with long term conditions such as:

- Type 2 diabetes (diet controlled)
- Cardiovascular disease
- Type 2 diabetes
- Type 1 diabetes
- Cancer
- Obesity
- COPD
- Dementia
- Fibromyalgia or chronic pain
- Peripheral Arterial Disease
- Depression
- Stress
- Muscle and joint pain
- Anxiety
- ME
- Hyperlipidaemia
- Hypertension
- Metabolic syndrome
- MS
- Osteoarthritis
- Osteoporosis
- Parkinson's Disease
- Stroke
- Asthma
- Covid-19 rehabilitation

Free Cycling Training

| free |

Free, bespoke cycle skills activities for people who live, work or study in Harrow. Cycle skills sessions are available for all abilities, from complete beginners to advanced cyclists and can be arranged at a time and place to suit you. The training is delivered by Cycle Confident and their team of fully qualified instructors. Options include:

- Free cycle training
- Basic cycle skills
- Urban cycle skills
- Advanced cycle skills
- Family cycle skills
- Cycling for Children
- Online Cycle Skills Course



020 8424 7592
road.safety@harrow.gov.uk



www.harrow.gov.uk/road-maintenance-travel/cycling-harrow

Outdoor Gyms

| free, exercises that will build strength and balance |

Multiple locations throughout Harrow



www.harrow.gov.uk/health-leisure/outdoor-gyms

Street Tag

| free |

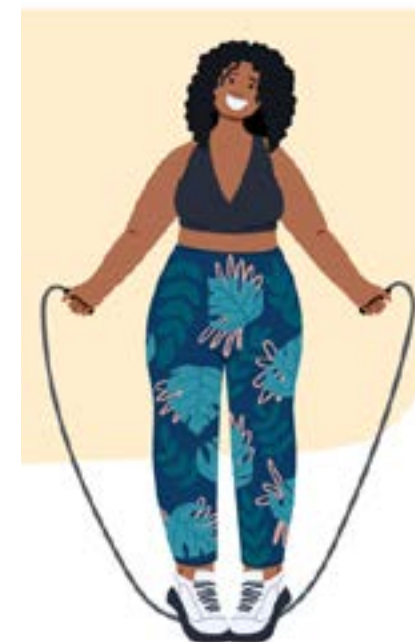
App-based game/initiative allows you to gain points by walking, running and cycling, while collecting virtual tags along the streets of Harrow. Prizes available.

Can participate in teams.

Search Streettag on the App store/Google play



www.harrow.gov.uk/streettag






16 Free and low-cost activities

Harrow Cycle Hub

Regular cycling classes in Learn to Ride and Confidence Builder, including for those who cannot use traditional two-wheelers.




Range of options depending on abilities

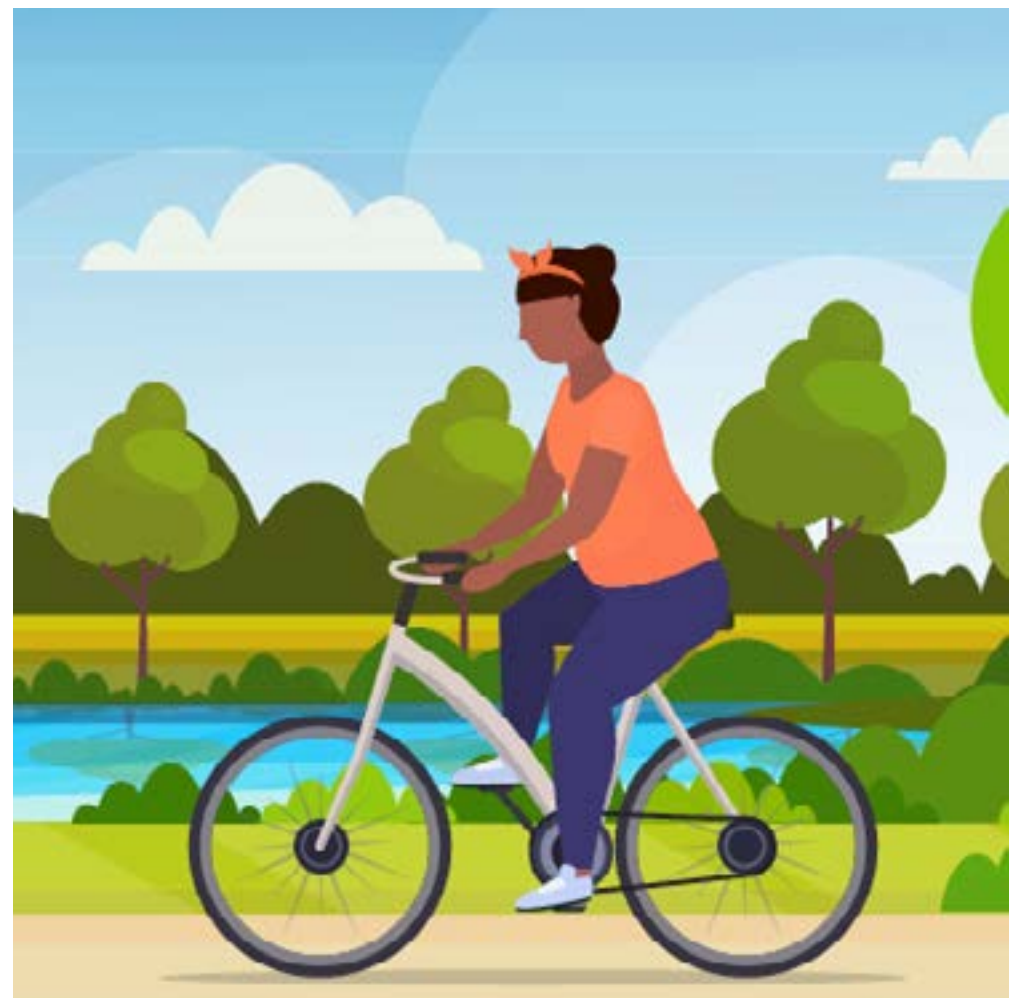
-  www.harrowcyclehub.org/
-  07910 835699
harrowcyclehub@gmail.com
-  variable pricing available on the website

Wheels for All

| activities/access for people with disabilities |

Weekly cycling sessions for people with a disability, using adapted bikes (provided) with trained coaches

-  www.harrowcyclehub.org/
-  07470 032460
wfa@harrowcyclehub.org.
-  £5 per session



Families and young people

Young Harrow Foundation

| free |

(except where stated)

A wide range of activities listed provided by a range of sports clubs for all ages.

Go to Young Harrow Foundation physical activity listing:

www.youngharrowfoundation.org/projects/activities-for-young-people-0-25years/outofschool/grid/any/0/51/11/any/any/youngPeople/undefined/1?q=

📞 02084298592

£ Free or low cost



18 Families and young people

Hatch End Swimming Pool and Bannister Stadium

Everyone Active, Uxbridge Road, Harrow HA3 6SW

£ Variable

Female football

Wildcats and Squad girls sessions

Every Monday | 4pm – 6pm

Girls aged 5 - 11 and 12 - 14.

i www.hounslowwomenfc.co.uk/ for info

Football Camps and football school

For ages 2 - 12

i Bannister Sports Centre 020 8428 7931

TT Kidz

Table Tennis sessions for children 7 – 11

i Bannister Sports centre 020 8428 7931

Swimming crash courses

From non-swimmers to adults, learn to swim with 5 days of swimming lessons at Hatch end pool.

i Hatch End Swimming Pool 020 8428 8041

Lifeguarding course

Learn to be a lifeguard with Everyone Active. Five days of lifeguard training at Hatch end swimming pool for 16+.

i Hatch End Swimming Pool 020 8428 8041

19 Families and young people

Harrow Leisure Centre (Everyone active)

Christchurch Avenue, Harrow HA3 5BD, Sports and exercise facilities available. Sessions bookable online or via the everyone active app

£ Variable

Junior Swimming Crash Course

Learn to swim during the school holidays with 5 days of swimming lessons at Harrow Leisure Centre.

Fit for Sport

Fit for Sport runs Multisports camps. Programme includes swimming, softplay and more.

i Book online at <https://www.fitforsport.co.uk/>

Pickleball

Play one of the fastest growing sports in the UK, Pickleball is a mixture of tennis, badminton, and table tennis.

No Strings Badminton

Social badminton.

Basketball

Sessions for ages 5 – 10 and 11 – 15 years, delivered by Harrow Blackhawks coaches.

Back 2 Netball

Adult netball sessions running Monday evenings through term time

Softplay

Daily softplay bookable online or via the everyone active app. Suitable for children up to 12 years.

Trampolining

Weekly sessions with Harrow Trampoline Club.

 <https://www.harrowtrampolineclub.co.uk> for more info

Little Kickers

Football programme for ages 18 months to 8 years.

 <https://www.littlekickers.co.uk/> for more info



Active Antz

Sessions for under 5s including arts and crafts play, song times, soft play and swimming access.


Harrow Arts Centre

171 Uxbridge Road, Hatch End, HA5 4EA

Family-friendly classes for young people and families

Range of classes available, many for young people or family-friendly

Classes | Harrow (harrowarts.com)

 020 3773 7161

 Variable pricing

SRISHTI Yuva Culture

Indian dance workshops devised specifically to increase physical activity and enhance the mental well-being of young people

Criteria:

- Harrow residents and of Indian, Bangladeshi and Sri Lankan ethnicity
- Ages 5-18 years

 info@srishti.co.uk

 Contact organisers


Pinner Village Gardens

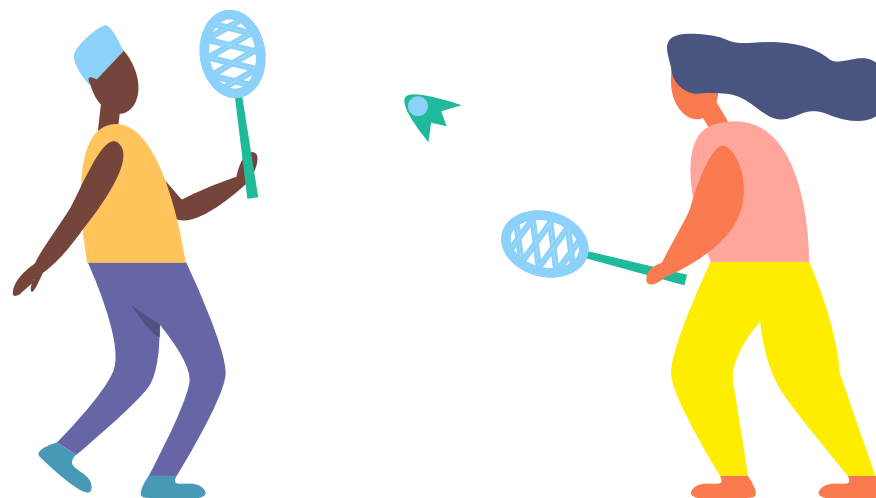
Junior Park Run F

| free |

Free parkrun for ages 4 – 14 years. Adults welcome alongside.

Register at

 www.parkrun.org.uk/pinnervillagegardens-juniors/ or just turn up



Find an activity near you

Search the online Get Active directory <https://getactive.io>

Search this directory by putting your location to find out about all the exercise options in Harrow

