

# Junior/Youth GYMS and other activities in Islington for young people

## Lift gym

<https://www.liftislington.org.uk/events/gym>

Join our 30 station gym and enjoy a workout. We have a wide range of equipment including fixed and free weights, plus running, stepping and cycling machines.

We know the importance of keeping fit and having regular exercise to improve both physical and mental wellbeing. You can meet with a gym instructor and enjoy a supervised workout using a wide range of equipment. You will also be helped to design sustainable a fitness routine.

Ages: 13—21

Price: £1 (registration and inductions are free)

Dates and times: Mondays, Wednesdays and Fridays there are 60 minute slots starting 4pm, 5pm 6pm and 7pm.

Bookings: Sign in and register ion website. Your booking request will be confirmed by email.

## Better Health GYMS

Get your child off to a great start with a Better Health Junior membership. Juniors aged from 11-15 can enjoy access\* to every swimming pool, junior gym and junior fitness class in their local area, as well as discounts of up to 30% on a range of other activities.

<https://www.better.org.uk/what-we-offer/activities/gyms/junior-gym#>

## Junior Park run

<https://www.parkrun.org.uk/highburyfields-juniors/>

### **What is Highbury Fields junior parkrun?**

It is a 2k event for juniors only (4 to 14 year olds).

### **When is it?**

It is held every Sunday at 9:00am.

### **Where is it?**

The event takes place at Highbury Fields, Highbury Crescent, London, N5. See Course page for more details.

### **What does it cost to join in?**

Nothing - it's free! but please register before your first visit. Only ever register with parkrun once. Don't forget to bring a printed copy of your barcode (request a reminder).

### **Adventure playgrounds**

Play is an important part of every child's development and essential both to their health and happiness.

Islington's adventure playgrounds are open for outdoor play sessions with social distancing and other Covid secure measures in place to ensure the safety of children, families and staff.

Islington's adventure playgrounds are open to children aged six and up who live or go to school in Islington and are safe, welcoming and fun. They give children the opportunity to safely socialise with others outside their household, burn off energy and boost their physical and emotional health.

<https://www.islington.gov.uk/children-and-families/things-to-do/adventure-playgrounds>

### **Bikeability and Cycle Skills Team**

The team offers a range of Bikeability cycle training courses for children, young people, families and adults. We also coordinate local, community

<https://islington.coordinate.cloud/>