

ACTIVE LIVING NEAR YOU

2008/2009



Friendly and sociable classes
for **adults** of all ages and abilities

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The Active Living Near you directory lists a wide range of physical activities for **adults**, taking place across the London Borough of Richmond upon Thames.

The classes listed in this publication are not co-ordinated by Richmond Council. It is advised that you contact individual facilities to confirm all information is correct. Prices have been given where available.

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Contact the Health Improvement Team on 020 8891 7445 or visit www.richmond.gov.uk/active_living if you have any queries.

Barnes & Mortlake

Barnes Green Centre

The Green, Church Road, Barnes, SW13 9HE

Tel. 020 8876 2377 Contact: Allan Lockett / Chrissie Penfold

Age Concern membership required to attend classes.

Monday	10.15 - 11.15	Chair Exercise	50+	£3.00
	13.45 - 15.30	Tea Dance	50+	Free
Wednesday	11.15 - 12.15	Tai Chi	50+	£3.00
	14.15 - 15.15	Pilates	50+	£3.00
	18.30 - 20.00	Sequence Dancing	50+	£3.00
	20.00 - 21.00	Line Dancing	50+	£3.00

Castelnau Community Centre

Stillingfleet Road, Barnes, SW13 9AQ

Tel. 07958 690749 Contact: Pauline Crawford

*Discounted rates offered to unwaged individuals.

Monday	13.00 - 14.00	Young at Heart	60+	£1.00
Thursday	10.15 - 11.15	Body Conditioning <i>(term time only - free creche)</i>	All	£2.50*

Lowther School

Stillingfleet Road, Barnes, SW13 9AE

Tel. 07958 690749 Contact: Pauline Crawford

*Discounted rates offered to unwaged individuals.

Tuesday	7.15 - 8.15	Aerobics	All	£2.50*
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The Garage Studio

26 Priests Bridge, Barnes, SW14 8TA

Tel. 07941 674931 Contact: Murielle Carrasco

Tuesday	10.30 - 11.30	Pilates	Beginners	£10.00
Wednesday	12.00 - 13.00	Pilates	Beginners	£10.00

Ham

Hawker Centre (YMCA)

Lower Ham Road, Kingston, KT2 5BH

Tel. 020 8296 9747 Contact: Angus McGregor

Contact the facility for full class timetable. Prices listed are for seniors.

Monday	11.00 - 12.00	Pilates	All	£6.90
	18.30 - 19.30	Pilates	All	£6.90
Tuesday	10.00 - 11.00	West End Jazz	All	£3.80
	10.30 - 11.45	Body Balance	All	£4.30
	11.00 - 12.00	Classic Fitness	50+	£3.80
	12.00 - 14.00	Table Tennis	50+	£2.00
	13.30 - 14.30	Line Dancing	50+	£3.80
Thursday	10.30 - 11.45	Body Balance	All	£4.30

Redknapp House

21 Cleves Road, Ham, TW10 7LE

Tel. 020 8255 4439 Contact: Glynis Carver

Friday	10.45 - 11.45	Chair based exercise	Poor mobility	£2.00
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Hampton

All Saints' Church Hall

The Avenue, Hampton, TW12 3RG

Tel. 020 8941 5201 Contact: Mrs Bobbie Ennals

Monday	18.45 - 20.00	Keep Fit	All	
Tuesday	13.30 - 15.00	Line Dancing	Beginners	
Thursday	10.30 - 12.00	Line Dancing	Improvers	

Hampton Methodist Church Hall

Percy Road, Hampton, TW12 2JT

Tel. 020 8286 1992

Contact: Wendy Salmon

Monday	19.00 - 20.15	Yoga	All	£8.00
Wednesday	19.00 - 20.15	Yoga	All	£8.00
Thursday	18.45 - 19.30	Tap dancing	All	
	19.30 - 20.15	Tap dancing	Advanced	

Linden Hall Day Club

Linden Road, Hampton, TW12 2JG

Tel. 020 8941 2373

Contact: Sharon Swan

Membership required (£18 per year)

Monday	10.30 - 11.00	Gentle exercise	60+	£1.00
	13.00 - 14.00	Yoga	60+	£2.00
Friday	10.00 - 11.00	Keep Fit	60+	£2.00

The White House Community Association

45 The Avenue, Hampton, TW12 3RN

Tel. 020 8979 1884 (10.00-16.00 Monday-Friday)

Monday	13.30 - 14.30	Gentle Aerobics	All	
	14.30 - 15.30	Pilates	Improver	
	19.00 - 20.00	Fit Friends	All	
Tuesday	14.00 - 16.00	Indoor Bowls	All	
	14.00 - 16.00	Table Tennis	All	
	20.00 - 22.00	Scottish Dancing	All	
Wednesday	19.00 - 21.00	Indoor Bowls	All	
	19.30 - 22.00	Badminton	All	
Thursday	10.00 - 11.30	Yoga	All	
	14.00 - 16.00	Indoor Bowls	All	
	20.00 - 22.00	Ballroom Dancing	All	
Friday	14.00- 16.00	Indoor Bowls	All	

Kew

St Winefrides Church Hall

Leybourne Park, Kew, TW9 3HB

Tel. 020 8878 1883 Contact: Fred Morgan

Wednesday	17.30 - 19.00	Dancing	All
Thursday	09.30 - 12.00	Yoga	All

The Avenue Club

St Luke's in the Avenue, Kew, TW9 2AJ

Tel. 020 8948 8806 Contact: Lisa McTaggart / Roxy Botkin

Monday	11.00 - 12.00	Yoga	All	£4.00
Tuesday	09.30 - 11.00	Tai Chi	All	£4.00
	13.30 - 14.30	Gentle Exercise	All	£3.50
Wednesday	11.30 - 12.30	Yoga	All	£4.00
	13.00 - 14.00	'Not so Gentle' exercise	All	£3.50
Friday	12.00 - 13.00	Yoga	All	£4.00
	13.00 - 15.00	Line dancing <i>(twice monthly)</i>	All	£3.50

The Barn Church Hall

Atwood Avenue, Kew, TW9 4HF

Tel. see individual classes

Wednesday	09.30 - 11.00	Sweat Shop	30-45yrs
	Tel. 020 8487 5579 (Marina) (dance/fitness)		
	19.30 - 21.00	Pilates	All
	Tel. 020 8876 9534 (Coreen)		

Richmond & East Sheen

Congregational Church Hall

The Vineyard, Richmond, TW10 6AQ

Tel. 020 8892 9637 Contact: Pat Havron

Membership of University of the 3rd Age (U3A) needed (£12 per year).

Friday	10.00 - 12.00	Folk Dancing (fortnightly)	Retired free
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Raleigh Road United Church Hall

Raleigh Road, Richmond, TW9 2DX

Tel. see individual classes

Monday	10.00 - 12.00	Badminton	All
	Tel. 020 8876 1231 (Miss Doyle)		
	14.30 - 15.45	Medau Movement	All
	Tel. 020 8994 8841 (Mrs Fry)		
	19.00 - 21.00	Tai Chi	All
	Tel. 01483 419625 (Mr King)		
Tuesday	12.00 - 16.30	Badminton	All
	Tel. 020 8977 4933 (Mrs Chauhen)		
Wednesday	10.30 - 12.30	Badminton	All
	Tel. 020 8876 1231 (Miss Doyle)		
	18.30 - 20.45	Pilates	All
	Tel. 020 8332 1132		
	20.00 - 21.30	Yoga	All
Tel. 020 8940 5404 (Mrs Goodall)			
Friday	10.00 - 12.00	Badminton	All
	Tel. 020 8940 3734 (Mrs Hodges)		
	16.30 - 18.30	Tai Chi	All
	Tel. 020 8977 6963 (Mr Galton)		
	20.00 - 22.00	Jive	All
Tel. 020 8566 5226 ("Maddy's")			

Meadows Hall Social Centre

Church Road, Richmond, TW10 6LN

Tel. 020 8940 1008 Contact: Lorraine Bradley

Age Concern membership required to attend most classes.

Monday	14.30 - 15.30	Pilates	50+	£3.00
Tuesday	18.00 - 19.00	Yoga	50+	£2.00
Wednesday	10.30 - 11.30	Exercise	50+	£3.00
	14.00 - 17.00	Tango	50+	£4.00
Friday	10.15 - 11.30	Exercise	50+	£3.00
	13.30 - 15.30	Bowls	50+	free
	15.30 - 16.30	Tai Chi	50+	£3.00

United Reformed Church Building

Vernon Road, East Sheen, SW14 8NH

Tel. see individual classes

Monday	09.15 - 10.30	Yoga	All
	Tel. 07890 328913 (Mrs P Raggett)		
	19.00 - 20.00	Yoga	All
	Tel. 07817 062653 (Ms K Grimshaw)		
	20.15 - 21.45	Aikido	All
	Tel. 07785 292719 (Mr R Cowham)		
Tuesday	13.00 - 14.00	Flamenco	All
	Tel. 020 8286 6741 (Mrs S Finnis)		
	19.00 - 21.00	Yoga	All
	Tel. 07710 757821 (Ms E Hastings)		
	19.45 - 22.15	Badminton	All
	Tel. 020 8230 5590 (Mr E Watson)		
Wednesday	09.30 - 10.45	Pilates	All
Thursday	10.00 - 11.00	Yoga	All
	Tel. 07817 062653 (Ms K Grimshaw)		
	11.30 - 12.30	Exercise	All

Teddington, Fulwell & Hampton Hill

Elleray Hall Day Centre

Elleray Road, Teddington, TW11 0HG

Tel. 020 8977 0549 Contact: Lyn Saville

Membership Required (Annual membership: £18 or Daily membership: £1)

Monday	14.30 - 15.30	Gentle Exercise	60+	£0.50
Tuesday	13.30 - 15.30	Sequence Dancing	60+	£0.50
Wednesday	11.00 - 12.00	Darts	60+	£0.50
	13.15 - 14.45	Indoor Bowls	60+	£0.50
Thursday	TBA	Yoga	60+	£3.00

Hampton Hill United Reformed Church

High Street, Hampton Hill, TW12 1NB

Tel. 020 8979 7438 Contact: Mike Grieveson

Contact venue for class prices.

Tuesday	19.30 - 20.30	Keep Fit	All
Thursday	19.30 - 20.30	Keep Fit	All
Friday	20.00 - 22.00	Table Tennis	All

The Greenwood Centre

1a School Road, Hampton Hill, TW12 1QL

Tel. 020 8979 9662 Contact: Paul White

Membership required for some classes. Contact venue for prices.

Monday	14.30 - 16.30	Indoor Bowls	Seniors
Tuesday	16.15 - 17.15	Seated Exercise	Poor mobility
Thursday	14.15 - 15.15	The Fitness League	All

Twickenham

Crane Community Centre

49-51 Meadway, Twickenham, TW2 6NH

Tel. 020 8898 9269 Contact: Mrs Betty Hopkins MBE

Contact venue for class prices.

Monday	12.00 - 13.00	Pilates	All
	16.30 - 18.00	Yoga	All
Wednesday	19.15 - 21.00	Yoga	All

ETNA Community Centre

13 Rosslyn Road, Twickenham, TW1 2AR

Tel. 020 8892 3676

Monday	19.30 - 20.30	Tai Chi	Seniors
Tuesday	18.30 - 20.00	Yoga	All
Wednesday	19.30 - 21.00	Yoga	Experienced
Thursday	16.30 - 18.30	Table Tennis	All

Howe Lodge

12 Grosvenor Road, Twickenham, TW1 4AQ

Tel. 020 8241 4813 Contact: Barbara Potts

Thursday	11.00 - 12.00	Keep moving	55+
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Saint Stephen's Church

Richmond Road, Twickenham, TW1 2PD

Tel. 020 8892 5258 Contact: Victoria Byrne

Wednesday	15.00 - 16.00	Chairobics	Poor mobility	£1.00
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Twickenham Methodist Church

Queens Road, Twickenham, TW1 4EN

Tel. See individual classes

Tuesday	19.30 - 21.15	Kung Fu	All	£8.00
	Tel. 07747 775220 (Nick)			
Wednesday	19.30 - 21.15	Kung Fu	All	£8.00
Thursday	19.30 - 21.15	Kung Fu	All	£8.00
Friday	13.00 - 14.00	Yoga	All	£8.00
	Tel. 020 8332 0577 (Laura)			

Whitton & Heathfield

Hounslow Heath Community Centre

190 Edgar Road, Hounslow, TW4 5QP

Tel. 020 8577 2791

Monday	10.30 - 11.30	Exercise	50+	£2.00
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Whitton Community Association

Percy Road, Whitton, TW2 6JL

Tel. 020 8894 4452

Contact venue for class prices.

Monday	09.30 - 10.30	Tai Chi	All
	19.00 - 22.00	Ballroom Dancing	All
Tuesday	13.30 - 15.30	Yoga	All
	19.00 - 22.00	Music and Movement	All
	19.00 - 22.00	Table Tennis	All
Wednesday	19.30 - 22.00	Sequence Dancing	All
Thursday	19.00 - 22.00	Table Tennis	All
Friday	19.00 - 22.00	Kick Boxing	All
Sunday	19.30 - 21.30	Line Dancing	All

The Winning Post

Chertsey Road, Whitton TW2 6LS

Tel. 020 8894 2772 Contact: Nicola Green

Sign up for free membership to take part in classes.

Tuesday	19.30 - 20.30	Rock and Roll	All	£6.00
Wednesday	20.00 - 21.00	Salsa	All	£6.00
Thursday	19.00 - 20.00	Line Dancing	All	£6.00
Friday	20.00 - 01.00	Live Rock & Roll <i>(first Friday of the month)</i>	All	£8.00
	20.00 - 01.00	Swing Night <i>(Third Friday of the month)</i>	All	£8.00

Whitton Social Centre

111a Kneller Road, Whitton, TW2 7DT

Tel. 020 8894 4963 Contact: Ann Lamacraft

Age Concern membership required to attend classes.

Tuesday	09.45 - 10.45	Exercise	50+	£3.00
	14.30 - 16.45	Games Afternoon	50+	Free
Friday	14.30 - 16.45	Games Afternoon	50+	Free
	14.00 - 16.00	Tea Dance <i>(monthly)</i>	50+	Free



Across Richmond

University of the Third Age (U3A)

Richmond upon Thames

U3As are associations of people retired or semi-retired running groups led by a volunteer member devoted to some subject or activity. Membership is £12 for the year and most activities offered are then free.

Tel. 020 8744 9364 Contact: Sue Wood, Membership Secretary

The location of the activities change so you will need to contact the numbers given for more information or visit www.u3a-richmond.org.uk

Cycling to a pub or cafe for lunch

Every last Thursday

Tel. 020 8898 1350 (Margaret Boulton)

'Real' cycling (brisk pace)

Tel. 020 8898 3046 (Peter Joyes)

Rambling

Every 2nd Thursday of month

Tel. 020 8979 5463 (Marion Nicholas)

Nature Walks

Tel. 020 8891 0026 (Anne Halliday)



Local Authority Leisure Services

You could also visit your local leisure facility and find out what activities are on offer for all ages and abilities:

Hampton Sports & Fitness Centre

Hampton Community College
Hanworth Road
Hampton TW12 3HB
Tel. 020 8941 4334

Shene Sports & Fitness Centre

Park Avenue
East Sheen SW14 8RG
Tel. 020 8878 7578

Teddington Pools & Fitness Centre

Vicarage Road
Teddington, TW11 8EZ
Tel. 020 8977 9911

Teddington Sports Centre

Teddington School
Broom Road
Teddington, TW11 9PJ
Tel. 020 8977 0598

Whitton Sports & Fitness Centre

Percy Road
Whitton, TW2 6JW
Tel. 020 8898 7795

ACTIVE LIVING

Health Walks

A programme of free walks led by volunteer leaders to improve health and wellbeing. These gentle group walks provide a safe and social atmosphere. Suitable for inactive individuals who would like to do more or those with limiting health problems.

Exercise Referral Scheme

The exercise referral scheme provides supervised exercise at reduced rates for patients with a health condition that will benefit from regular physical activity. Patients need to be inactive and have a referral from a health professional.

Phase IV Cardiac Rehabilitation Exercise Classes

Gentle exercise classes for patients who have suffered from heart problems. The instructors are trained in delivering safe exercise to promote long term health benefits. Patients need a referral from their GP or Phase III instructor.

Falls Prevention Classes

Gentle classes for individuals at risk of falling. The classes aim to strengthen muscles, improve balance and increase mobility. Patients need to be referred by their GP or physiotherapist.

**Please contact us if you need this in braille,
large print, audio tape or another language**

Health Improvement Team

London Borough of Richmond upon Thames
Civic Centre, 44 York Street,
Twickenham, TW1 3BZ

Tel: 020 8891 7445

Email: activeliving@richmond.gov.uk

www.richmond.gov.uk/health_promotion