



Sports Centres

www.richmond.gov.uk/liveitup2009

How to book

To book your child on any of the courses at our sports and fitness centres or at Teddington Pool, please complete the booking form on the centre page and return to the relevant centre.



Shene Sports & Fitness Centre

Park Avenue, East Sheen, SW14 8RG Phone 020 8878 7578

Summer mini camps

5-7 years

Activities will include:

Arts - painting, drawing, collage, face painting, t-shirt design

Crafts - papier mache, masks, book marks, hats, games, tissue paper animals

Free play - bouncy castle, books, board games, quiet corner

Monday 3-Friday 28 August (not Wednesdays)

Full day - 8.30am-5.30pm

£23.50 or £22.30 with Leisure Card

Half day - 8.30am-12.30pm or 1.30-5.30pm

£13.50 or £12.50 with Leisure Card

(please note half days can only be booked a week in advance)

Don't forget to bring a packed lunch. We will provide fruit and water at break times. Please note that there is no refrigeration on site and that we are a nut-free zone.

Please provide your child with appropriate clothing for the activities, for example casual clothes, jumper or cardigan.

You will be required to provide three emergency contact numbers on the day of booking.

Booking form centre page

Hampton Sports & Fitness Centre

Hanworth Road, Hampton, TW12 3HB Phone: 020 8941 4334

Summer courses

Urban dance, basketball, karate and judo will run from:

Monday 3-Friday 21 August 10.00-11.00am and 11.00am-12 noon

£2.00 each session - please contact reception for more details



Teddington Sports Centre

Broom Road, Teddington, TW11 9PJ Phone: 020 8977 0598

This summer, Teddington Sports Centre will be running a range of sports activities for children aged 8 years and over. The activities will include streetdance, trampolining, tennis, gymnastics and Brentford Community Sports Trust football coaching. Activities will run from **Monday 27 July to Friday 28 August.**

Daily sessions from £2.00 - please contact reception for more details

Jolly tots

£3.20 or £2.90 with a Leisure Card - please contact reception for more details

For information and to book a Brentford Community Sports Trust football course:

Phone 0845 262 9495

Email enquiries@brentfordfccst.com.

Whitton Sports & Fitness Centre

Percy Road, Whitton, TW2 6JW Phone: 020 8898 7795

Summer courses

Activities may include fencing, karate, taekwondo, trampolining, cheerleading, street dance, team games, badminton and football

Monday 20 July-Friday 28 August 10.00am-3.00pm

£1 each day for children aged 7-11 years attending Heathfield, Bishop Perin, Chase Bridge, Nelson & St Edmund's schools. A maximum of five days for each child can be booked before Monday 20 July. Please provide your child with a packed lunch and appropriate clothing.

Toddler sessions

Monday 20 July-Fri 28 August 9.00am-5.00pm
(Saturday and Sunday 9.00-11.00am)

£3.20 or £2.90 with a Leisure Card

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Great discounts at our sports and leisure facilities and swimming at Pools on the Park

For more information:
Phone 020 8831 6106

www.richmond.gov.uk/leisurecard

Booking form centre page



Teddington Pools & Fitness Centre

Vicarage Road, Teddington, TW11 8EZ Phone 020 8977 9911

One day workshops

(Please check with reception for session dates)

Snorkelling

For children 8+ years, able to swim 25m and tread water.

Diving

For children 8+ years, able to swim 25m and tread water.

Rookie lifeguard

This session will include rope throwing, towing and rescues. For children 8+ years, able to swim 50 metres of an efficient stroke.

Fun time floats

(Main pool only)

Tuesday and Thursday, 2.30-3.30pm, 8+ years (swimmers only)

Adults **£3.20 (LC)** £3.60 (non LC)

Juniors **£1.90 (LC)** £2.10 (non LC)

Booking form centre page

Learner pool activities

Splash crash at Teddington Pool

A short intensive course is often the best way to learn to swim or develop your skills and there's no better time than during the summer break. You may be able to put your newly acquired skills to good use on your summer holidays. Courses are structured around the ASA guidelines.

	8.30am	9.00am	9.30am	10.00am
Week one	L1A	L1B	L2A	L1A
27-31 Jul	L2B	L3B	L4	L5
Week two	L1A	L2B	L1B	L1A
3-7 Aug	L2A	L3B	L4	L6
Week three	L1B	L2B	L3B	L4
10-14 Aug	L1A	L2A	L1B	L1A
Week four	L1A	L2B	L1B	L1A
17-21 Aug	L2A	L3B	L4	L6
Week five	L1A	L1B	L2A	L1A
24-28 Aug	L2B	L3B	L4	L5

Entry levels

L1A	3-4 years	Beginner
L1B	5+ years	Beginner
L2A	3-4 years	5m without aids
L2B	5+ years	5m without aids
L3B	5+ years	5m front and back
L4	all	10m front and 5m back
L5	all	10m front and back
L6	all	10m all strokes

Five day course **£35.00 (LC)** £39.50 (non LC)

Booking form centre page