

Sports Development

Sports Development work in partnership with national, regional and local sports organisations, voluntary and private sectors, schools and other relevant partners to deliver (or support partners to deliver) sporting opportunities for the community.

Sports Development is responsible for the following:

- Coach and volunteer registration scheme
- Primary school leagues and festivals
- FANS (Free Access for National Sportspeople)
- London Youth Games
- Mini Marathon
- RISE (Richmond upon Thames Inclusive Sport and Exercise)
- Invitational schools swimming gala
- Working with local sports clubs

For further information contact the Sports Development Team on 020 8831 6133

Leisure Card

Anyone aged 0-19 years or 0-25 with a disability can sign up for a free Leisure and Youth Card. You must either live, work or go to school or be registered at a youth club within the London Borough of Richmond upon Thames to be eligible. This card offers a wide range of discounts at borough sports and fitness centres.

If you use any of our sports and fitness centres once a week or more it could be cost effective to buy an Adult Leisure Card. This will give you discounted rates on most activities within our centres.

For more information please ask at our centre receptions, call the Leisure Card Office on 020 8831 6106, visit www.richmond.gov.uk/leisurecard or email leisurecard@richmond.gov.uk



Tennis 2011



We have six Lawn Tennis Association qualified, experienced and enthusiastic coaches working at our six public park sites across the borough.

This sites are located at:

- **Cambridge Gardens**, Clevedon Road, East Twickenham, TW1 2TA
- **Carlisle Park**, Wensleydale Gardens, Hampton, TW12 2LU
- **Old Deer Park**, Twickenham Road, Richmond, TW9 2SF
- **Moor Mead Recreation Ground**, Moor Mead Road, St Margarets, TW1 1HR
- **Palewell Common**, Palewell Common Drive, East Sheen, SW14 8RF
- **York House Gardens**, Richmond Road, Twickenham, TW1 3DD

There are a variety of courses for adults and juniors across the sites. The tennis brochure for 2011 is now available to view and book online at www.richmond.gov.uk/tennis. If you would like us to send you a brochure in the post then please contact the Sports Development Team on 020 8831 6133.

Adult courses RUNNING

2011



Enquiries: 020 8831 6133 or book online at www.richmond.gov.uk/running



RISE Free event come and try

- wheelchair basketball
- badminton
- dance
- aerobics
- outdoor game and lots more!!

Richmond upon Thames Inclusive Sport and Exercise

Saturday 2 April 2011

10.00am to 3.00pm

Shene Sports & Fitness Centre
Park Avenue, East Sheen SW14 8AT

Promoting sport and exercise for disabled people of all ages



All enquiries: 020 8831 6133
www.richmond.gov.uk/sportsdevelopment

Would you like to run a marathon or simply be able to run easily for a bus?

Ranelagh Harriers and Sheen Shufflers, in conjunction with Richmond Council's Sports Development Team, are organising five running courses for beginners, that will help you get fit and achieve your running ambition. At the end of the eight week course you will be able to run three miles comfortably.



For more information on Sheen Shufflers please visit www.sheenshufflers.co.uk

Sheen Shufflers

Meet at Shene Fitness Centre, Shene School, Park Avenue, East Sheen, SW14 8RG

Women only - daytime courses

Wednesdays 4 May – 29 June

(not 1 June) 10.00am – 11.00am

£48.00 or £43.20 L/C Course code: RC2

Wednesdays 7 September

- 2 November (not 26 October)

10.00am – 11.00am

£48.00 or £43.20 L/C Course code: RC3

Mixed adult running courses

Wednesdays 4 May – 29 June

7.30 – 8.30pm

£48.00 or £43.20 L/C Course code: RC4

Wednesdays 17 August – 5 October

7.00 – 8.00pm

£48.00 or £43.20 L/C Course code: RC5

L/C denotes Leisure Card price



For more information on Ranelagh Harriers please visit www.ranelagh-harriers.com

Ranelagh Harriers

Meet at the clubhouse behind the Dysart Arms Public House, Petersham Road, Ham, TW10 7AA

Women only running course

Tuesdays 26 April – 14 June

7.00 – 8.00pm

£48.00 or £43.20 L/C

Course code: RC1



Application form for adult running courses 2011

First name: Surname:

Address: Postcode:

Home phone: Mobile phone:

Male Female Emergency contact:

Please state any medical conditions:

If you do not wish to receive, by email, information on future events please tick here

Email address:

Please note that to assist with future promotions/publicity, official photographs may be taken during these events. If you do **not** wish to be photographed at all please tick this box

Course details	Code (for example RC1)	Cost
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Leisure Card: Yes No Leisure Card No.:

I enclose payment of £ by cheque payable to LBRUT

Credit Card bookings can be made by calling 020 8831 6133.

(Monday to Friday, 9.00am - 5.00pm, answerphone after office hours)

Confirmation of booking is sent once the course is viable.

If you would like acknowledgement of payment received please include a stamped addressed envelope.

You will **not** be accepted onto the course if you arrive on the evening without pre-booking.

Please note: Minimum age of participants is 16 years.

Suitable clothing and footwear must be worn (tracksuit bottoms and trainers).

Return to:

The Sports Development Team, Education, Children's and Cultural Services, Civic Centre, 44 York Street, Twickenham TW1 3BZ

Phone: 020 8831 6133 or book online at www.richmond.gov.uk/running

Equalities monitoring - in order to ensure that we are reaching all areas of the community it would be helpful if you could complete the following:

Ethnicity

A-White British Irish Eastern European

Any other White background, please specify

B-Mixed White and Black Caribbean White and Black African White and Asian

Any other mixed background, please specify.....

C-Asian or Asian British Indian Pakistani Bangladeshi Afghan

Any other Asian background, please specify

D-Black or Black British Caribbean African

Any other Black background, please specify.....

E-Other ethnic background Chinese Vietnamese Middle Eastern Gypsy/Traveller/Romany

Any other ethnic background, please specify.....

Disability Do you consider yourself to have a disability? No Yes: physical impairment

sensory impairment mental health condition learning disability/difficulty long-standing illness or

health condition such as cancer, HIV, diabetes, chronic heart disease, or epilepsy

Other please specify

Age under 16 years 16 - 30 years 31 - 49 years 50 - 64 years Over 65 years

Gender female male

Religion Christian Buddhist Hindu Muslim Sikh Jewish

no faith/belief other - please specify.....

Language spoken - please specify

Sexual orientation bisexual gay man gay woman/lesbian heterosexual/straight

other prefer not to say

Data Protection - For full details of Richmond Council's Data Protection Policy please visit www.richmond.gov.uk

If you do not want to receive information about offers, activities and events from the Sports Development Section of Education, Children's and Cultural Services, please tick

If you do not wish to be contacted by the Sports Development Section of Education, Children's and Cultural Services for research purposes (excluding research or surveys the Council is required to conduct) please tick

Please contact us if you need this leaflet in Braille, large print, on audio tape or in another language.

Phone: 020 8831 6133, Minicom: 020 8831 6001.

If you have difficulty understanding this leaflet please visit reception at the address below, where we can arrange a telephone interpreting service.

اگر در فہمیدن این نشریہ مشکلی دارید لطفاً یہ میز پذیرش در آدرس قید شدہ در زیر مراجعہ نمایند تا ترتیب ترجمہ تلفنی برایشان فراہم آورده شود:
Farsi

إذا كانت لديك صعوبة في فهم هذا المنشور، فنرجو زيارة الإستقبال في العنوان المعطى أدناه حيث بإمكاننا أن نرتب لخدمة ترجمة شفوية هاتفية.
Arabic

Education Children's and Cultural Services,
Civic Centre, 44 York Street,
Twickenham, TW1 3BZ

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਪਰਚੇ ਨੂੰ ਸਮਝਣ ਵਿਚ ਮੁਸ਼ਕਲ ਪੇਸ਼ ਆਉਂਦੀ ਹੈ ਤਾਂ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਪਤੇ ਉੱਪਰ ਰਿਸੈਪਸ਼ਨ 'ਤੇ ਆਓ ਜਿੱਥੇ ਅਸੀਂ ਟੈਲੀਫੋਨ ਤੇ ਗੱਲਬਾਤ ਕਰਨ ਲਈ ਇੰਟਰਪ੍ਰਿਟਰ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਸਕਦੇ ਹਾਂ।
Punjabi