



London Borough
of Hounslow

Activity programme

From January 2012



Hounslow
Sports & Leisure
Centres



Welcome to Hounslow Leisure Centres

Brentford Fountain Leisure Centre

Opening Hours: Mon - Fri: 06:30-22:00, Sat - Sun: 08:00-18:00

Facilities overview

- Café
- Crèche
- Flume
- Group exercise studio
- Gym
- Indoor cycling studio
- Leisure pool
- Soft play
- Fitness Pool
- Indoor basketball court
- Indoor 5 a side football pitches
- Volleyball Court
- Table Tennis
- Badminton Courts

Hanworth Air Park Leisure Centre & Library

Opening Hours: Mon - Fri: 06:30-22:00, Sat - Sun: 08:00-18:00

Facilities overview

- Free Parking
- Café
- Crèche
- Outdoor floodlit football /netball/tennis facilities
- Flume
- Group exercise studios
- Health suite
- Teaching pool
- Leisure pool
- Squash courts
- Swimming pool
- Gym

Heston Pool

Opening Hours: Mon - Wed: 06:30-22:00, Thur: 06:30-21:30, Fri: 06:30-21:00, Saturday: 08:00-17:30, Sunday: 08:00-16:30

Facilities overview

- Activity room
- Gym
- Health suite
- Learning pool
- Sunbed
- Swimming pool

Isleworth Leisure Centre & Library

Opening Hours: Mon - Thur: 06:30-22:00, Fri: 06:30-21:00, Sat - Sun: 08:00-18:00

Facilities overview

- Café
- Crèche
- Outdoor floodlit football /netball/tennis facilities
- Group exercise studios
- Gym
- Health suite
- Indoor cycling studio
- Learning pool
- Swimming pool

Lampton Sports Centre

Opening Hours: Mon - Fri: 07:00-22:00, Sat - Sun: 09:00-18:00

Facilities overview

- Gym
- Indoor badminton courts
- Indoor basketball courts
- Indoor netball court
- Sports hall

New Chiswick Pool

Opening Hours: Mon - Thur: 06:30-22:00, Fri: 06:30-21:00, Sat - Sun: 08:00-18:00

Facilities overview

- Crèche
- Group Exercise Studio
- Gym
- Health Suite
- Swimming pool
- Indoor cycling studio

Osterley Sports & Athletics Centre

Opening Hours:

Sports Hall: Mon - Fri: 09:00-22:00, Sat - Sun: 09:00-18:00

Athletics / Pitch*: Mon - Sun: 09:00-16:00

*Hours may vary during seasons

Facilities overview

- 400m running track
- Indoor badminton courts
- Indoor basketball courts
- Indoor netball court
- Long/triple jump pits
- Short mat bowls
- Sports hall
- Therapy Room
- Trampolines
- Volleyball courts

Give yourself choice



Choice membership, includes access to all Hounslow Leisure centres including gym, racquets, classes, pools, outdoor pitch hire discounts, holiday activity discounts, sport course discounts, family membership includes swim school!

Enjoy our BRAND NEW refurbished centres



Make savings with our joint and family memberships

Brentford Fountain Leisure Centre

Monday

07:10 – 21:50	Squash	Squash Courts
10:00 – 12:00	Primetime Session (50+)	Ask a member of staff
18:30 – 20:00	Basketball Club	Sports Hall
19:00 – 21:00	Disability evening	Stadium

Tuesday

07:10 – 21:50	Squash	Squash Courts
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Wednesday

07:10 – 21:50	Squash	Squash Courts
20:00 – 22:00	Badminton Club	Sports Hall

Thursday

07:10 – 21:50	Squash	Squash Courts
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Friday

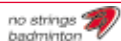
07:10 – 21:50	Squash	Squash Courts
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Saturday

08:30 – 17:50	Squash	Squash Courts
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Sunday

08:30 – 17:50	Squash	Squash Courts
15:00 – 17:00	No Strings Badminton	Sports Hall



Women's sessions

Wednesday

18:00 – 20:00	Swimming	Fitness Pool
18:00 – 20:00	Swimming	Leisure Pool
19:00 – 19:45	Street dance	Studio
19:15 – 20:00	Hi/Lo	Stadium
19:15 – 20:00	Aquafit	Leisure Pool

Thursday

10:00 – 11:00	Hi/Lo	Studio
10:00 – 12:00	Swimming	Leisure Pool
11:00 – 12:00	Boxercise	Studio

- Other activities from 18:00 – 20:00 include badminton and squash.
- Gym is available but is not included in the Women's Session package.
- Mixed swim sessions 20:00 – 21:45.
- Please note that it is a mixed pool on Thursday's Women's Morning Session.

Brentford Fountain Leisure Centre

Children's programme

Monday

10:00 – 17:00	Crèche	Crèche
10:00 – 18:00	Play Centre	Play Centre

Tuesday

10:00 – 17:00	Crèche	Crèche
10:00 – 18:00	Play Centre	Play Centre

Wednesday

10:00 – 17:00	Crèche	Crèche
10:00 – 18:00	Play Centre	Play Centre

Thursday

10:00 – 17:00	Crèche	Crèche
10:00 – 18:00	Play Centre	Play Centre
16:00 – 17:00	Junior Gym (11-15 years)	Gym Floor
17:00 – 18:00	Junior Gym (11-15 years)	Gym Floor

Friday

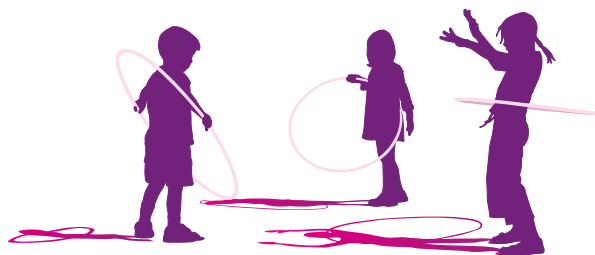
10:00 – 17:00	Crèche	Crèche
10:00 – 18:00	Play Centre	Play Centre

Saturday

10:00 – 11:45	Play Centre	Play Centre
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Sunday

10:00 – 18:00	Play Centre	Play Centre
12:00 – 13:00	Junior Gym (11-15 years)	Gym Floor
13:00 – 14:00	Junior Gym (11-15 years)	Gym Floor



Hanworth Air Park Leisure Centre & Library

Monday

06:30 – 22:00	Outdoor Courts and Pitches	Outdoor
06:30 – 22:00	Squash	Squash Courts

Tuesday

06:30 – 22:00	Outdoor Courts and Pitches	Outdoor
06:30 – 22:00	Squash	Squash Courts

Wednesday

06:30 – 22:00	Outdoor Courts and Pitches	Outdoor
06:30 – 22:00	Squash	Squash Courts

Thursday

06:30 – 22:00	Outdoor Courts and Pitches	Outdoor
06:30 – 22:00	Squash	Squash Courts
13:00 – 16:00	Primetime Activity Afternoon (50+)	Various locations

Friday

06:30 – 22:00	Outdoor Courts and Pitches	Outdoor
06:30 – 22:00	Squash	Squash Courts
19:00 – 20:30	Karate	Studio 2

Saturday

08:00 – 18:00	Outdoor Courts and Pitches	Outdoor
08:30 – 18:00	Squash	Squash Courts

Sunday

08:00 – 18:00	Outdoor Courts and Pitches	Outdoor
08:30 – 18:00	Squash	Squash Courts

Women's sessions

Tuesday

18:00 – 20:00	Gym* (30 minute mixed sessions)	Gym Floor
18:15 – 19:00	Stretch and Tone	Studio 1
19:00 – 19:45	Stretch and Tone	Studio 1
19:00 – 19:30	Aquafit	Pool
19:30 – 20:00	Aquafit	Pool
18:00 – 20:00	Squash	Squash Courts
18:00 – 20:00	Swimming	Main Pool



Hanworth Air Park Leisure Centre & Library

Thursday

09:00 – 12:00	Gym* (30 minute mixed sessions)	Gym Floor
09:45 – 10:30	Stretch and Tone	Studio 1
10:45 – 11:30	Stretch and Tone	Studio 1
12:15 – 13:00	Aquafit	Pool
09:00 – 12:00	Swimming (mixed sessions)	Main Pool

* Gym induction card holders only. See reception for details of induction times.

- Women only swim lessons are available at an additional cost and take place on Tuesdays 18:15 – 18:45 in the Learning Pool. Please see reception for more details.
- Lane Swimming – Splash pool closed.

Children's programme

Monday

09:30 – 12:00	Crèche	Crèche
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Tuesday

09:15 – 12:30	Crèche	Crèche
16:00 – 17:00	Junior Gym	Gym
17:00 – 18:00	Junior Gym	Gym

Wednesday

09:15 – 12:30	Crèche	Crèche
16:00 – 17:00	Junior Gym	Gym
17:00 – 18:00	Junior Gym	Gym

Thursday

09:30 – 13:30	Crèche	Crèche
16:00 – 17:00	Junior Gym	Gym
17:00 – 18:00	Junior Gym	Gym

Friday

09:30 – 12:00	Crèche	Crèche
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Saturday

09:30 – 10:30	Karate Beginners	Studio 2
10:30 – 11:30	Karate Intermediate	Studio 2
11:30 – 12:30	Karate Advanced	Studio 2

Sunday

09:00 – 10:00	Junior Gym	Gym
10:00 – 11:00	Junior Gym	Gym

Heston Pool

Gym Programme

Monday

06.30-09.00	Early Gym
09.00-17.00	General Use
17.00-20.00	Womens Evening
20.00-21.00	General Use

Tuesday

06.30-09.00	Early Gym
09.00-21.30	General Use

Wednesday

06.30-09.30	Early Gym
09.30-11.30	Womens Morning
11.30-21.30	General Use

Thursday

06.30-09.00	Early Gym
09.00-21.30	General Use

Friday

06.30-09.00	Early Gym
09.00-21.00	General Use

Saturday

08.00-17.30	General Use
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Sunday

08.00-16.30	General Use
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- Last ticket will be sold 1hr before closing

Women's sessions

Monday

17:30 – 20:00	Swimming	Pool (Women only)
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Monday (30 min sessions)

17:00 – 19:30	Gym	Gym
17:00 – 20:00	Health Suite	Health Suite
17:30 – 19:00	Aerobics	Activity Room
17:30 – 19:00	Aquafit	Teaching Pool
19:30 – 20:00	Super Circuit*	Gym

Heston Pool

Wednesday (30 min sessions)

09:00 – 12:00	Swimming	Pool (Shared Use)
09:30 – 10:30	Aerobics	Activity Room (30 min sessions)
09:30 – 11:30	Gym	Gym (30 min sessions)
09:30 – 12:00	Health Suite	Health Suite (30 min sessions)
10:30 – 11:30	Aquafit	Teaching Pool (30 min sessions)
10:30 – 11:30	Hatha Yoga	Activity Room (30 min sessions)

* Super Circuit sessions are for induction holders only

- Women's session – evening tickets are on sale from 16:30
- Sunbed and swimming lessons are available at an additional cost
- Tickets allow you to take part in one 30 minute session of each activity providing spaces are available



Health suite

There are separate male and female Health Suite facilities. Jacuzzi facilities are available in the women's Health Suite. The Health Suite opens at 09:00 on Tuesday and Thursday for both men and women. Last ticket is sold 1 hour before closing.

Men

Monday - Friday

09:00 – 20:00

Saturday - Sunday

08:00 – 16:00

Women

Monday

09:00 – 16:30

Tuesday

09:00 – 20:00

Wednesday

12:30 – 20:00

Thursday - Friday

09:00 – 20:00

Saturday - Sunday

08:00 – 16:00

Isleworth Leisure Centre and Library

Womens Sessions

Wednesday

10.00 – 11.00	Zumba
10.30 – 12.00	Main Pool
10.30 – 12.00	Health Suite
11.00 – 12.00	Pilates
12.15 – 1.00	Aqua

Health suite

Mixed Sessions - Suitable for men and women

Monday – Friday

Saturday – Sunday

07:00 – 21:00*	08:00 – 17:00
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*Excluding womens session 10.30-12:00 on a wednesday.

Outdoor courts and pitches

Monday – Thursday

Friday

Saturday and Sunday

06:30 – 22:00	06:30 – 21:00	08:00 – 17 :00
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Children's programme

Monday

10:00 – 12:00	Crèche	Crèche
16:00 – 17:00	Junior Gym	Gym

Tuesday

10:00 – 12:00	Crèche	Crèche
16:00 – 17:00	Junior Gym	Gym

Wednesday

10:00 – 12:00	Crèche	Crèche
16:00 – 17:00	Junior Gym	Gym

Thursday

09:30 – 11:30	Crèche	Crèche
16:00 – 17:00	Junior Gym	Gym

Friday

09:30 – 11:30	Crèche	Crèche
16:00 – 17:00	Junior Gym	Gym

Sunday

12:00 – 13:00	Junior Gym	Gym
13:00 – 14:00	Junior Gym	Gym
14:00 – 15:00	Junior Gym	Gym

Lampton Sports Centre

Sports Hall Hire

Badminton, Basketball, Football

Monday – Friday

Saturday and Sunday

18:00 – 22:00	09:00 – 18:00
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Lampton Sports Centre

Children's programme

Wednesday

15:30 – 16:30	Junior Gym	Gym
16:30 – 17:30	Junior Gym	Gym

Friday

15:30 – 16:30	Junior Gym	Gym
16:30 – 17:30	Junior Gym	Gym

Saturday

11:00 – 12:00	Junior Gym	Gym
11:00 – 12:00	Street Dance (All 5yrs+)	Sports Hall
12:00 – 13:00	Junior Gym	Gym

New Chiswick Pool

Gym programme

Monday – Thursday

06:30 – 22:00

Friday

06:30 – 21:00

Saturday and Sunday

08:00 – 18:00

Over 50's morning

Wednesday

10:00 – 12:00	Swimming	Pool
09:45 – 10:30	Over 50's Aerobics	Studio
10:30 – 11:15	Over 50'a Aqua	Pool

Sauna / steam room

Monday – Thursday

06:30 – 22:00

Friday

06:30 – 21:00

Saturday and Sunday

08:00 – 18:00

New Chiswick Pool

Women's sessions

Thursday

18:30-19:15	Aquafit	Deep End
19:15-20:00	Aquafit	Shallow End
18:30-19:15	Body Zone	Studio
19:15-20:00	Body Conditioning	Studio
18:00-18:30	Swimming	Main Pool
18:30-19:15	Swimming	Shallow End
19:15-20:00	Swimming	Deep End

Friday

10:30-11:15	Aquafit	Shallow End
11:15-12:00	Aquafit	Deep End
10:00-11:00	Zumba	Studio
11:00-12:00	Yogalites	Studio
10:00-10:30	Swimming	Main Pool
10:30-11:15	Swimming	Deep End
11:15-12:00	Swimming	Shallow End

- Use of the health suite and gym is included in the price but these sessions are mixed.

Children's programme

Monday

09:30 – 11:30	Crèche	Crèche
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Tuesday

09:00 – 13:00	Crèche	Crèche
15:30 – 17:00	Junior Gym 12-15 years	Gym

Wednesday

10:00 – 14:00	Crèche	Crèche
16:00 – 16:45	Junior Fitness 4-7 years	Studio

Thursday

10:00 – 12:00	Crèche	Crèche
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Friday

10:00 – 12:00	Crèche	Crèche
15:30 – 17:30	Junior Gym 12-15 years	Gym

Sunday

14:00 – 16:00	Junior Gym 12-15 years	Gym
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Osterley Sports & Athletics Centre

Activity track passes

	Members & Affiliates	Non Member
Adult 12 months	£75.00	£100.00
Concession*** 12 months	£40.00	£60.00
Adult 6 months	£45.00	£60.00
Concession*** 6 months	£24.00	£36.00

*11p is based on a Junior 12 month pass.

**You can save £108 a year as a non member adult using the track once a week over a 12 month period.

***Includes under 16's and over 60's'.

Sport hall hire

Monday-Friday	Saturday-Sunday
09:00-22:00	09:00-18:00

Speak to a member of staff or go to www.hounslow-leisure.com. Payment should be made at the time of booking.



No Strings Badminton

Monday

18:00 – 20:00	Junior	Sports hall
18:00 – 20:00	Adult	Sports hall

50+ Badminton

Monday

12:00-14:00	Sport hall
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Health Walks

Look after your health and join our health walk around Osterley Athletics Track. Gentle exercise for all who want to meet new people, walk safely, help manage your weight and help reduce the risk of heart disease and diabetes. Please wear comfortable clothing and footwear and bring something to drink.

Monday

10:00-11:00	Athletics Track
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10 Week Beginner's Running Course

This group is designed for total beginners and provides a fun but progressive approach to running. Begin 2012 with a smile and make the small step of starting to run.

Friday

09:30-10:30	Athletics Track
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Children's programme

Monday

09:30 – 11:30	Parent and toddler soft play (6 months+)	Sports Hall
18:00 – 19:00	Junior Athletics Session (8-13yrs)	Indoor
18:00 – 19:00	Junior Athletics Session (13yrs+)	Indoor

Tuesday

16:00 – 18:00	Multi Sports (8-14yrs)	Sports Hall
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Wednesday

09:30 – 11:30	Parent and toddler soft play (6 months+)	Sports Hall
16:00 – 17:00	Trampoline (5-13yrs)	Sports Hall
17:00 – 18:00	Trampoline (14yrs+)	Sports Hall

Saturday*

09:00 – 10:00	Junior Athletics Session (8-13yrs)	Outdoor
10:00 – 11:00	Junior Athletics Session (13yrs +)	Outdoor

*Both subject to instructor availability

Introductory sessions available for running, jumping and throwing events. All abilities welcome. Progress is made on an individual basis. Please enquire at the centre for more information.



General information

Adult Courses

Course programmes run every spring, autumn and winter. Swimming courses include beginners, improvers and women only. For further information please speak to a member of staff.

Children's Courses

Course programmes run every spring, summer, autumn and winter. Courses include swimming for all ages and abilities from beginners through to advanced swimmers, badminton, football, gymnastics, trampolining and under 5's activities. In addition we offer holiday swimming crash courses. For further information please contact your local centre.

Adults and Children Courses

Course programmes run every spring, summer, autumn and winter. Courses include swimming lessons for all ages and abilities and Bollywood dance for children and adults. Please contact reception for details of course dates and times.

Women's sessions

These sessions offer an excellent combination of fitness and fun for women of all ages and abilities in a relaxed and friendly atmosphere.

- Over 16's only
- These sessions are staffed by male and female staff
- Crèche is available for an additional cost, subject to location, opening hours and availability
- The centre reserve the right to alter this programme as necessary

Group exercise programme

For a full list of classes, please pick up a leaflet at your local leisure centre or download them from our website.

Special events

Our facilities are available for functions, conferences, exhibitions, birthdays and Christmas parties please contact the relevant centre for more information.

Notes

Last swimming admission 30 minutes before closing. Details of courses are available at reception.

How to Book

You can book online at www.hounslow-leisure.com, over the telephone or in person at reception.

Members: Take advantage of your new and exclusive 8 day booking period, either in centre or online. Non-Members: You can book in-centre or online up to 7 days in advance. Speak to a member of staff or go to www.hounslow-leisure.com. Payment should be made at the time of booking.

Cancellation Policy

If you cancel any bookable activity, notification is requested at least 24 hours in advance or a charge will be payable (includes classes, inductions, crèche, sports hall and court hire etc.) Any activity not cancelled with 24 hours notice or not used will be charged at the full rate for all members.

Membership

Our membership scheme gives you unlimited access to a range of activities and facilities. Payment options include Direct Debit, Prepaid and Pay & Play. A range of discount schemes are available. Please speak to a member of staff for details.



**London Borough
of Hounslow**

**For more information on all
Hounslow leisure activities call
0845 456 6675†**

†BT calls charged max 5ppm, other providers may vary.

**Brentford Fountain
Leisure Centre**

658 Chiswick High Road,
Brentford, Middx, TW8 0HJ

**Hanworth Air Park
Leisure Centre &
Library**

Uxbridge Road, Hanworth,
Middx, TW13 5EG

Heston Pool

New Heston Road, Heston,
Middx, TW5 0LW

**Isleworth Leisure
Centre and Library**

Twickenham Road, Isleworth,
Middx, TW7 7EU

**Lampton Sports
Centre**

Lampton Avenue, Hounslow,
Middx, TW3 4EP

New Chiswick Pool

Edensor Road, Chiswick,
London, W4 2RG

**Osterley Sports &
Athletics Centre**

120 Wood Lane, Isleworth,
Middx, TW7 5FF



Visit our website

www.hounslow-leisure.com

The centre programme is subject to change.
Please visit the website for the most up to date information.

