


**Could YOU volunteer...**

Want to help inspire your local community to get active? Active Slough are looking for volunteers, activators and leaders. You don't need to be a sporting superstar or fitness guru, we're looking for people who are enthusiastic, good communicators and willing to support sessions.

For more info or an informal chat email [claran.crean@slough.gov.uk](mailto:claran.crean@slough.gov.uk) or call 01753 875784.



- Dates for your diary**
- Family Fun Day - Tuesday 30 May 2017, Herschel Park
  - Kennedy Park Opening Event - Saturday 3 June 2017, Kennedy Park
  - Jubilee Riverside Festival - Saturday 15 July 2017, Jubilee Riverside Centre
  - Play Day - Wednesday 2 August 2017, Salt Hill Park

**Feel like we're missing something?**

Is there a sport, activity or class that you would like to see on the programme? Are you a local sports club or community group that would like to advertise a session through the Active Slough programme? Feel free to contact the Active Communities Team by emailing [activeslough@slough.gov.uk](mailto:activeslough@slough.gov.uk) or call 01753 875784.

**Join in with Active Slough's new free recreational running groups** taking place in Salt Hill Park and Upton Court Park this summer.

Contact Claran at [activeslough@slough.gov.uk](mailto:activeslough@slough.gov.uk)

Jubilee River Centre offers regular recreational rowing and kayaking activities for all - parties, touring trips, team building, plus schools and community groups.

Contact Jamie at [team@sloughriverside.org.uk](mailto:team@sloughriverside.org.uk)

**A fusion of music and dance, Bhangra is coming to Slough!** Feel the rhythm of the dhol drum in this fun-filled high-energy class.

Contact Asa at [info@bhangradancelondon.com](mailto:info@bhangradancelondon.com)

**Play tennis all year round for just £1 a week!** GDT Slough membership is easy to use and great value for money at just £1 a week (£52 a year) for the whole household to use.

Contact Glenn at [info@gdtennis.co.uk](mailto:info@gdtennis.co.uk)

- Options for a fit and active lifestyle - additional to the Active Slough programme**
- Multi use games areas**
- Salt Hill Park
  - Kedermister Park
  - Cippenham Recreation Ground
  - Chalmers Recreation Ground
  - Bloom Park
  - Chalmers Recreation Ground
  - Kennedy Park
  - Mercurian Recreation Ground
  - Mercurian Recreation Ground
  - Maplin Park
  - Monksfield Recreation Ground
  - Mercurian Recreation Ground
  - Lascelles Park
  - Gramplan Way
  - Pippins Park
  - Cromwell Drive
  - Scafell Road
- Fitness trails**
- Salt Hill Park
  - Kedermister Park
  - Cippenham Recreation Ground
  - Chalmers Recreation Ground
  - Bloom Park
  - Chalmers Recreation Ground
  - Kennedy Park
  - Mercurian Recreation Ground
  - Mercurian Recreation Ground
  - Maplin Park
  - Monksfield Recreation Ground
  - Mercurian Recreation Ground
  - Lascelles Park
  - Gramplan Way
  - Pippins Park
  - Cromwell Drive
  - Scafell Road
- Skate parks/Parkour**
- Salt Hill Park
  - Monksfield Recreation Ground
  - Granville Recreation Ground
- 

## Arbour Park Community Stadium

Arbour Park is Slough's new state of the art community sports stadium situated on Stoke Road. The Arbour Park pitch is a 3G playing surface that has been approved by FIFA; one of only 24 in the UK. For booking enquiries and further information please call the council's leisure team on 01753 477376.



# Active Slough



Our largest ever programme, over 80 sessions a week!



Free session voucher included in programme

**22 May to 30 July 2017**

A programme of sport and physical activity! Regardless of age or ability there's something for everyone.



**For more information about any of the Active Slough programmes contact us:**

[activeslough@slough.gov.uk](mailto:activeslough@slough.gov.uk)

01753 875784

[www.slough.gov.uk/leisure-parks-and-events/activeslough](http://www.slough.gov.uk/leisure-parks-and-events/activeslough)

[www.facebook.com/activeslough](https://www.facebook.com/activeslough)

[www.twitter.com/activeslough](https://www.twitter.com/activeslough)




LOTTERY FUNDED

## Free taster session\*

Take this voucher along to any activity for a free taster session - see timetable for details. Voucher valid for all sessions, excluding activities at the Jubilee Riverside Centre.

CC-0452/31-05-17

# Active Slough timetables

22 May to 30 July 2017 (timetable correct at time of printing)

## Get Active Teen 12-17 years

Disability Football	MON 10.30-11.30	Montem Leisure Centre, Montem Lane, SL1 2QG	Free
Break Dance	MON 17.30-18.30	Langley Pavilion, Langley Road, SL3 8BS	£5
Judo	TUES 19.00-20.00	Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW	£4
Disability Dance	WED 10.30-11.30	Montem Leisure Centre, Montem Lane, SL1 2QG	£5
Disability Multi-Sports	WED 15.30-17.00	Arbour Vale School, Farnham Road, SL2 3AE	Free
Wheelchair Basketball	WED 17.00-18.00	Arbour Vale School, Farnham Road, SL2 3AE	Free
Disability Multi-Sports	THUR 13.30-14.30	Montem Leisure Centre, Montem Lane, SL1 2QG	£1
Tennis	THUR 16.00-18.00	St Bernard's School, Langley Road, SL3 7AF	£3
Table Tennis	THUR 17.15-19.15	Cippenham Table Tennis Club, Cippenham Lane, SL1 5AH	£3
Football	THUR 18.00-19.30	Powerleague, Ragstone Road, SL1 2PU	Free
Boxercise	THUR 19.00-20.00	Wexham School, Norway Drive, SL2 5QP	£2
Touch Rugby	THUR 19.30-20.30	Slough Rugby Club, Upton Court Road, Tamblyn Fields, SL3 7LT	Free
Disability Dance	FRI 10.30-11.30	Montem Leisure Centre, Montem Lane, SL1 2QG	£5
Youth Paddle Club Rowing & Kayaking	FRI 16.00-17.30	Jubilee Riverside Centre, Slough Road, SL1 2PX	Free
Female Football	FRI 18.00-19.00	Powerleague, Ragstone Road, SL1 2PU	Free
Ice Skating Disco	FRI 20.00-22.30	Silver Blades Ice Rink, Montem Lane, SL1 2QG	£5 quote Active Slough
Park Run	SAT 09.00	Upton Court Park, Upton Court Road, SL3 7LU	Free
Street Dance	SAT 10.00-11.00	Creative Academy (The Orchard) Portsmouth Court, SL1 3NY	Free
Football for Fun	SAT 10.30-12.00	Herschel Grammar, Northampton Ave, SL1 3BW	£5
Self Defence/ Mixed Martial Arts	SAT 11.00-12.00	Manor Park Community Centre, Villiers Road, SL2 1NP	£2
Street Dance	SAT 12.30-13.30	Creative Academy (The Orchard) Portsmouth Court, SL1 3NY	Free (12-14yrs)
Youth Dance Company	SAT 12.30-13.30	Creative Academy (The Orchard) Portsmouth Court, SL1 3NY	Free (14-19yrs)
Open Session Rowing & Kayaking	SUN 11.00-12.30	Jubilee Riverside Centre, Slough Road, SL1 2PX	£5

## Active Senior 50+ years

Healthy Walks	MON 10.00 1st & 3rd MON of month	Salt Hill Park, Bath Road, SL1 3SS	Free
Healthy Walks	MON 10.00 2nd & 4th MON of month	Upton Court Park, Upton Court Road, SL3 7LU	Free
Seated Exercise	MON 14.45-15.15	Cippenham Library, Elmshott Lane, SL1 5RB	Free
Healthy Walks	TUES 10.00 1st & 3rd TUES of month	Black Park, Black Park Road, Fulmer, SL3 6JJ	Free
Classic Aerobics	TUES 10.00-11.00	Langley Pavilion, Langley Road, SL3 8BS	£3
Yoga	TUES 11.00-12.00	Langley Pavilion, Langley Road, SL3 8BS	£3
Core Balance	TUES 11.00-12.00	Britwell Centre, Wentworth Avenue, SL2 2DS	£2
Seated Exercise	TUES 11.00-12.00	Tesco Community Room, Wellington Road, SL1 1XW	Free
Core Balance	TUES 19.00-20.00	Langley Pavilion, Langley Road, SL3 8BS	£2
Bhangra Dance	TUES 19.30-20.30	Manor Park Community Centre, Villiers Road, SL2 1NP	£3
Healthy Walks	WED 10.00	Grand Union Canal, Red Lion Car Park, SL3 7EN	Free
Healthy Walks	WED 10.30	The Curve, William Street, SL1 1XY	Free
Seated Exercise	WED 10.30-11.00	New Langley Association, Meadow Way, SL3 7QA	Free
Seated Exercise	WED 12.15-12.45	Polish Roman Catholic Church, Pitts Road, SL1 3TJ	Free
Pilates	WED 15.00-16.00	Britwell Centre, Wentworth Avenue, SL2 2DS	Free
Healthy Walks	THUR 10.00	Salt Hill Park, Bath Road, SL1 3SS	Free
Yogalates	THUR 10.00-11.00	Upton Lea Community Centre, Wexham Road, SL2 5JU	Free
Pilates	THUR 12.30-13.30	Manor Park Community Centre, Villiers Road, SL2 1NP	Free
Yoga	THUR 17.00-18.00	Resource Centre, Church Street, SL1 1PL	Free
Seated Exercise	FRI 10.30-11.00	The Curve, William Street, SL1 1XY	Free
Senior Paddle Club Rowing & Kayaking	FRI 12.00-13.00	Jubilee Riverside Centre, Slough Road, SL1 2PX	Free
Badminton	FRI 17.30-18.30	East Berkshire College, Station Road, SL3 8BY	Free
Walking Football	FRI 18.30-19.30	Arbour Park Stadium, Stoke Road, SL2 5AY	Free
Park Run	SAT 09.00	Upton Court Park, Upton Court Road, SL3 7LU	Free
Healthy Walks	SAT 10.00 2nd & 4th SAT of month	Upton Court Park, Upton Court Road, SL3 7LU	Free

## Active Junior 5-11 years

Hip Hop/Street Dance	MON 16.30-17.30	Langley Pavilion, Langley Road, SL3 8BS	£5
Indoor Cricket	MON 18.00-19.30	Wexham School, Norway Drive, SL2 5QP	Free
Ice Skating	TUES 16.15-18.00	Silver Blades Ice Rink, Montem Lane, SL1 2QG	£4 inc. skate hire
Junior Paddle Club Rowing & Kayaking	TUES 16.30-18.00	Jubilee Riverside Centre, Slough Road, SL1 2PX	£3
Judo	TUES 18.00-19.00	Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW	£4
Indoor Cricket	WED 18.00-19.30	Slough & Eton School, Ragstone Road, SL1 2PU	Free
Ice Skating	THUR 16.15-18.00	Silver Blades Ice Rink, Montem Lane, SL1 2QG	£4 inc. skate hire
Football	THUR 18.30-19.30	Powerleague, Ragstone Road, SL1 2PU	Free
Multi Sports	FRI 15.45-16.45	Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW	Free
Softball	FRI 17.30-18.30	Farnham Park, Beaconsfield Road, SL2 3BP	£3
Self Defence/ Mixed Martial Arts	SAT 11.00-12.00	Manor Park Community Centre, Villiers Road, SL2 1NP	£2
Street Dance	SAT 10.15-11.15	Creative Academy (The Orchard) Portsmouth Court, SL1 3NY	Free (5-7yrs)
Musical Theatre	SAT 11.20-12.20		Free (5-7yrs)
Musical Theatre	SAT 10.15-11.15		Free (8-11yrs)
Street Dance	SAT 11.20-12.20		Free (8-11yrs)
Jazz	SAT 12.30-13.30		Free (8-11yrs)
Family Tennis	SAT 13.30-14.30	GDT Tennis Centre, Salt Hill Park, Bath Road, SL1 3SS	£2 per person/ £4 per family

## Get Active Adult 18+ years

PIYO®	MON 09.30-10.15	Langley Pavilion, Langley Road, SL3 8BS	£4
Disability Football	MON 10.30-11.30	Montem Leisure Centre, Montem Lane, SL1 2QG	Free
Fire Fit Camp	MON 18.30-19.30	Slough Fire Station, Tuns Lane, SL1 2XA	£3
Bollywood Fitness	MON 19.30-20.30	Wexham School, Norway Drive, SL2 5QP	£2
Netball	TUES 18.00-19.00	Salt Hill Park, Bath Road, SL1 3SS	£2
All Body Workout	TUES 18.00-19.00	Langley Pavilion, Langley Road, SL3 8BS	£2
Bootcamp	TUES 18.30-19.30	Kennedy Park, Long Furlong Drive, SL2 2PG	£2
Running Group (Beginner & Intermediate)	TUES 18.30-19.30	Upton Court Park, Upton Court Road, SL3 7LU	Free
Bhangra Dance	TUES 19.30-20.30	Manor Park Community Centre, Villiers Road, SL2 1NP	£3
Disability Dance	WED 10.30-11.30	Montem Leisure Centre, Montem Lane, SL1 2QG	£5
Running Group (Intermediate)	WED 18.30-19.30	Salt Hill Park, Bath Road, SL1 3SS	Free
Bhangra Dance (Female Only)	WED 19.00-20.00	Wexham Parish Hall, Norway Drive, SL2 5QP	£3
Ladies Night Rowing & Kayaking	WED 18.00-20.00	Jubilee Riverside Centre, Slough Road, SL1 2PX	U18 £6 18+ £8
Disability Multi-Sports	THUR 13.30-14.30	Montem Leisure Centre, Montem Lane, SL1 2QG	£1
Running Group (Beginner)	THUR 18.00-19.00	Salt Hill Park, Bath Road, SL1 3SS	Free
H.I.I.T Cardio	THUR 18.30-19.00	Mercian Rec. Ground, Mercian Way, SL1 5UH	£2
H.I.I.T Attack	THUR 19.00-19.30	Mercian Rec. Ground, Mercian Way, SL1 5UH	£2
Softball	THUR 19.00-20.00	Farnham Park, Beaconsfield Road, SL2 3BP	£3
Boxercise	THUR 19.30-20.30	Wexham School, Norway Drive, SL2 5QP	£2
Touch Rugby	THUR 19.30-20.30	Slough Rugby Club, Upton Court Road, Tamblyn Fields, SL3 7LT	Free
Disability Dance	FRI 10.30-11.30	Montem Leisure Centre, Montem Lane, SL1 2QG	£5
Badminton	FRI 17.30-18.30	East Berkshire College, Station Rd, SL3 8BY	Free
Walking Football	FRI 18.30-19.30	Arbour Park Stadium, Stoke Road, SL2 5AY	Free
Softball	FRI 19.00-20.00	Farnham Park, Beaconsfield Road, SL2 3BP	£3
Park Run	SAT 09.00	Upton Court Park, Upton Court Road, SL3 7LU	Free
Total Body Workout	SAT 09.30-10.30	Langley Pavilion, Langley Road, SL3 8BS	£2
Riverside Water Bootcamp	SAT 10.00-11.00	Jubilee Riverside Centre, Slough Road, SL1 2PX	£3
Pilates	SAT 10.15-11.15	Creative Academy (The Orchard) Portsmouth Court, SL1 3NY	Free
Core Balance	SAT 10.30-11.30	Langley Pavilion, Langley Road, SL3 8BS	£2
Netball	SAT 11.00-12.30	Salt Hill Park, Bath Road, SL1 3SS	£4
Aerobics	SAT 11.20-12.20	Creative Academy (The Orchard) Portsmouth Court, SL1 3NY	Free
Open Session Rowing & Kayaking	SUN 11.00-12.30	Jubilee Riverside Centre, Slough Road, SL1 2PX	£10



Name: ..... DOB: .....

Email: ..... Postcode: .....

Voucher valid until 30 July 2017. Individuals can only redeem one voucher.  
For full terms and conditions visit [www.slough.gov.uk/leisure-parks-and-events/activeslough](http://www.slough.gov.uk/leisure-parks-and-events/activeslough)