

Active Slough timetables

7 January to 7 April 2019 (timetable correct at time of printing)

Active Teen 12-17 years

Girl's Netball	MON 18.00-19.00	GDTennis Centre, Salt Hill Park, Bath Road, SL1 3SS	£2	
Basketball	MON 19.00-20.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£3	
Boy's After School Football	TUES 15.30-17.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£2	
Girl's Cricket	TUES 19.00-20.00	Britwell Youth & Community Project, Wentworth Avenue, SL2 2DH	FREE	
Judo	TUES 19.00-20.00	Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW	£4	
Girl's Cricket	WED 16.30-18.00	Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW	FREE	
Judo	WED 17.30-19.00	Montem Leisure Centre, Montem Lane, SL1 2QG	£4	
Junior Cricket (13-16yrs)	WED 18.30-20.00	Slough & Eton School, Ragstone Road, SL1 2PU	FREE	
Indoor Rugby	WED 18.00-19.00	Beechwood School, Long Readings Lane, SL2 1QE	FREE	
Table Tennis	THUR 17.15-19.15	Cippenham Table Tennis Club, Cippenham Lane, SL1 5AH	£3	
Teen Futsal	THUR 17.30-18.30	Ditton Park Academy, Kings Reach, SL3 7UX	£3	
Teen Football	THUR 18.00-19.00	Manor Park Muga, Villiers Road, SL2 1NP	FREE	
parkrun	SAT 09.00	Upton Court Park, Upton Court Road, SL3 7LU	FREE	
PALS Football	SAT 10.00-11.30	Arbour Park Stadium, Stoke Road, SL2 5AY	FREE	
Self Defence	SAT 10.30-12.00	Upton Lea Community Centre, Wexham Road, SL2 1NP	£2	
Parkour (12-15yrs)	SAT 12.45-13.45	The Orchard (Creative Academy), Stoke Poges Lane, SL1 3NY	★	
Jazz (12-17yrs)	SAT 12.45-13.45	The Orchard (Creative Academy), Stoke Poges Lane, SL1 3NY	FREE	
Teen Basketball (14+)	SAT 15.30-17.00	Ditton Park Academy, Kings Reach, SL3 7UX	£2	
Open Session: Rowing & Kayaking	SUN 11.00-13.00	Jubilee Riverside Centre, Slough Road, SL1 2BP	£6	

Active Life (low intensity activities for adults)

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	£1	
Yoga	MON 17.00-18.00	Chalvey Community Centre, The Green, SL1 2SP	£2	
Healthy Walks	TUES 10.00	Black Park, Black Park Road, SL3 6JJ	FREE	
Classic Aerobics	TUES 09.45-10.45	Langley Pavilion, Langley Road, SL3 8BS	£3	
Yoga	TUES 10.45-11.45	Britwell Centre, Wentworth Avenue, SL2 2DS	£2	
Yoga	TUES 11.00-12.00	Brook House, Chalvey, SL1 2TX	£1	
Healthy Walks	WED 10.00	Grand Union Canal, Red Lion Car Park, SL3 7EN	FREE	
Seated Exercise	WED 10.30-11.00	The Curve, 1 William Street, Slough SL1 1XY	FREE	
Walking Football	WED 11.00-12.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£3	
Seated Exercise	WED 12.15-12.45	Polish Roman Catholic Church, Pitts Road, SL1 3XH	£1	
Pilates	WED 14.30-15.30	Britwell Parish Hall, Long Furlong Drive SL2 2PH	£2	
No Strings Badminton	WED 18.00-19.00	Montem Leisure Centre, Montem Lane, SL1 2QG	£2	
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 1NP	£2	
Seated Exercise	THUR 12.30-13.00	Colnbrook Village Hall, Vicarage Way, SL3 0RF	£1	
Pilates	THUR 10.45-11.45	Manor Park Community Centre, Villiers Road, SL2 1NP	£2	
Yoga	THUR 17.00-18.00	29 Church Street Resource Centre, Church St, SL1 1PL	£2	
Seated Exercise	FRI 10.30-11.00	The Curve, 1 William Street, Slough SL1 1XY	FREE	
Pilates	FRI 17.00-18.00	Chalvey Community Centre, The Green, SL1 2SP	£2	
Healthy Walks	SAT 10.00 (2nd & 4th Sun of month)	Upton Court Park, Upton Court Road, SL3 7LU	FREE	
Yoga	SAT 10.30-11.30	Langley Pavilion, Langley Road, SL3 8BS	£2	

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

activeslough@slough.gov.uk

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www.slough.gov.uk/activeslough

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For more information about sessions and the contact details of the organisations delivering them, please go to www.slough.gov.uk/activeslough or call 01753 875784.

★ £30 per term (autumn term dates 15 September to 24 November). Contact Creative Academy for more information about dance and parkour on 01753 875400.

Active Tots 2-5 years (must be accompanied by an adult)

Parent & Toddler Trampoline	MON-FRI 10.00-11.00	Salt Hill Activity Centre, Bath Road, SL1 3SS	£6	
Polar Cubs (Ice Skating)	TUE 11.00-12.00	Slough Ice Arena, Montem Lane, SL1 2QG	£4	
4 Your Future Soccer Academy	WED 18.30-19.30	Weekes Drive Community Centre, Tamarisk Way, SL1 2UW	£7.50	
Polar Cubs (Ice Skating)	THU 11.00-12.00	Slough Ice Arena, Montem Lane, SL1 2QG	£4	
Street Dance (3-6yrs)	SAT 10.15-11.25	The Orchard (Creative Academy), Stoke Poges Lane, SL1 3NY	★	
4 Your Future Soccer Academy	SAT 11.00-12.00	Weekes Drive Community Centre, Tamarisk Way, SL1 2UW	£7.50	
Parent & Toddler Trampoline	SAT 09.45-10.45	Salt Hill Activity Centre, Bath Road, SL1 3SS	£6	
Parent & Toddler Trampoline	SUN 09.45-10.45	Salt Hill Activity Centre, Bath Road, SL1 3SS	£6	

Active Junior 5-11 years (must be accompanied by an adult)

Street Dance	MON 16.30-17.30	Langley Pavilion, Langley Road, SL3 8BS	£2	
Junior Hockey	MON 17.00-18.00	Willowbrook Centre, Eton, SL4 6HL	£3	
SSE Wildcats Girl's Football (5-9yrs)	MON 17.00-18.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£2	
Boy's Junior Football (5-12yrs)	MON 17.00-18.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£2	
4 Your Future Soccer Academy	MON 18.30-20.00	Powerleague, Ragstone Road, SL1 2PU	£7.50	
Judo	TUES 18.00-19.00	Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW	£4	
BBFA Little Lions Football (5-7yrs)	WED 17.00-18.00	Willowbrook Centre, Eton, SL4 6HL	£1	
Junior Cricket (8-12yrs)	WED 17.30-18.30	Slough & Eton School, Ragstone Road, SL1 2PU	FREE	
Bhangra Dance 'Mum & Kids'	WED 19.00-20.00	Wexham Parish Hall, Norway Drive, SL2 5QP	£2	
Junior Cricket	THUR 16.15-17.45	Beechwood School, Long Readings Lane, SL2 1QE	FREE	
Family Fitness Camp	FRI 16.45-17.45	Willowbrook Centre, Eton, SL4 6HL	£3.50	
4 Your Future Soccer Academy	FRI 18.30-20.00	Powerleague, Ragstone Road, SL1 2PU	£7.50	
Street Dance (7-11yrs)	SAT 10.15-11.15	The Orchard (Creative Academy), Stoke Poges Lane, SL1 3NY	★	
Self Defence	SAT 10.30-12.00	Upton Lea Community Centre, Wexham Road, SL2 1NP	£2	
Parkour (7-11yrs)	SAT 11.30-12.30	The Orchard (Creative Academy), Stoke Poges Lane, SL1 3NY	★	
Junior Rugby (7-13yrs)	SUN 10.00-12.00	Slough Rugby Club, Upton Court Rd, SL3 7LT	£2	
Taekwondo	SUN 12.30-13.30	Slough & Eton School, Ragstone Road	£5	

Active Adult 18+ years

Disability Football	MON 10.30-11.30	Montem Leisure Centre, Montem Lane, SL1 2QG	FREE	
Female Fighting Fit	MON 18.00-19.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£2	
Men's Basketball	MON 20.00-21.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£5	
Yoga	TUES 10.45-11.45	Britwell Centre, Wentworth Avenue, SL2 2DS	£2	
Road Running	TUES 18.30-19.30	Upton Court Park, Upton Court Road, SL3 7LU	FREE	
Boxercise	TUES 19.00-20.00	Langley Pavilion, Langley Road, SL3 8BS	£2	
Ladies Fitness Class	TUES 19.00-20.00	Cippenham Community Centre, Earls Lane, SL1 5TD	£2	
Yoga/Pilates	TUES 20.00-21.00	Wexham School, Norway Drive, SL2 5QP	£2	
Disability Dance	WED 10.30-11.30	Montem Leisure Centre, Montem Lane, SL1 2QG	£5	
No Strings Badminton	WED 18.00-19.00	Montem Leisure Centre, Montem Lane, SL1 2QG	£2	
Bootcamp	WED 18.00-19.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	FREE	
Road Running	WED 18.30-19.30	Eltham Avenue Recreation Ground, SL1 5UP	FREE	
Yogalates	WED 19.00-20.00	Salt Hill Activity Centre, Bath Road, SL1 3SS	£3	
Beginner Track Running	WED 19.00-20.00	Thames Valley Athletics Centre, SL4 6HN	FREE	
Bhangra Dance 'Mum & Kids'	WED 19.00-20.00	Wexham Parish Hall, Norway Drive, SL2 5QP	£2	
Tai Chi	WED 19.00-20.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£2	
Bhangra Dance	THUR 20.00-21.00	Wexham Parish Hall, Norway Drive, SL2 5QP	£4	
No Strings Badminton	THUR 18.00-19.00	Montem Leisure Centre, Montem Lane, SL1 2QG	£2	
Just Play Football (16+)	THUR 18.30-19.30	Herschel Grammar Sports Centre, Whitby Road, SL1 3BW	£3	
Just Play Futsal	THUR 18.30-19.30	Ditton Park Academy, Kings Reach, SL3 7UX	£3	
Boxercise	THUR 19.00-20.00	Cippenham Community Centre, Earls Lane, SL1 5TD	£2	
Zumba	THUR 19.30-20.30	Wexham School, Norway Drive, SL2 5QP	£2	
Beginners Running	FRI 09.30-10.30	Upton Court Park, Upton Court Road, SL3 7LU	FREE	
Disability Dance	FRI 10.30-11.30	Montem Leisure Centre, Montem Lane, SL1 2QG	£5	
Pilates	FRI 17.00-18.00	Chalvey Community Centre, The Green, SL1 2SP	£2	
parkrun	SAT 09.00	Upton Court Park, Upton Court Road, SL3 7LU	FREE	
PALS Football	SAT 10.00-11.30	Arbour Park Stadium, Stoke Road, SL2 5AY	FREE	
Yoga	SAT 10.30-11.30	Langley Pavilion, Langley Road, SL3 8BS	£3	
Netball	SAT 11.00-12.30	Salt Hill Park, Bath Road, SL1 3SS	£4	
Open Session: Rowing & Kayaking	SUN 11.00-13.00	Jubilee Riverside Centre, Slough Road, SL1 2BP	£10	

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