

Active Slough



OVER 100 HOURS OF WEEKLY ACTIVITY!

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

**22 July to
29 Sept 2019**



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Borough Council

Active Slough timetables

22 July to 29 September 2019 (timetable correct at time of printing)

Active Life (low intensity activities for adults)

Seated Exercise	MON 14.45-15.15	Cippenham Library, Elmshott Lane, SL1 5RB	£1	
Classic Aerobics	TUE 09.45-10.45	Langley Pavilion, Langley Road, SL3 8BS	£3	
Seated Exercise First Tues of every month	TUE 10.30-11.00	Langley Library, Trelawney Avenue, SL3 7UF	£1	
Yoga	TUE 10.45-11.45	Britwell Centre, Wentworth Avenue, SL2 2DS	£2	
Seated Exercise	WED 10.30-11.00	The Curve, 1 William Street, Slough, SL1 4UT	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	
Tai Chi	WED 12.30-13.30	Salt Hill Activity Centre, Bath Road, SL1 3SS	£2	
Pilates	WED 14.45-15.45	Britwell Parish Hall, Long Furlong Drive, SL2 2PH	£2	
No Strings Badminton	WED 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£2	
Yogalates	THU 10.00-11.00	Upton Lea Community Centre, Wexham Road, SL2 5EJ	£2	
Pilates (Starts 1 Aug)	THU 11.00-12.00	Manor Park Comm Centre, Villers Road, SL2 1NP	£2	
Seated Exercise	THU 12.00-12.30	Colnbrook Village Hall, Vicarage Way, SL3 0RF	£1	
Seated Exercise	FRI 10.30-11.00	The Curve, 1 William Street, Slough SL1 1XY	Free	
Pilates	FRI 17.00-18.00	The Centre, Farnham Road, SL1 4UT	£2	
Yoga	SAT 10.30-11.30	The Langley Academy Primary, Langley Road, Langley, SL3 7EF	£2	

Active Teen 12-17 years

Boy's Football	MON 17.00-18.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£2	
Girl's Netball (Starts 2 September)	MON 18.00-19.00	GDT Tennis Centre, Salt Hill Park, Bath Road, SL1 3SS	£2	
Basketball	MON 19.00-20.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£3	
Teen Disability Football	TUE 17.00-18.00	Arbour Park, Stoke Road, SL2 5AY	Free	
Judo	TUE 19.00-20.00	Singh Sabha Sports Centre, Stoke Poges Ln, SL1 3LW	£4	
Tag Rugby	WED 15.40-16.40	Monksfield Rec, Long Furlong Drive, SL2 1QT	Free	
Girl's Cricket	WED 16.30-18.00	Singh Sabha Sports Centre, Stoke Poges Ln, SL1 3LW	Free	
Judo	WED 17.30-19.00	The Centre, Farnham Road, SL1 4UT	£5	
Teen Cricket (13+)	WED 18.30-20.00	Slough & Eton School, Ragstone Road, SL1 2PU	Free	
Table Tennis	THU 17.15-19.15	Cippenham Table Tennis Club, Cippenham Ln, SL1 5AH	£3	
Teen Futsal	THU 17.30-18.30	Ditton Park Academy, Kings Reach, SL3 7UX	£3	
Teen Football	THU 18.00-19.00	Manor Park Muga, Villiers Road, SL2 1NP	Free	
Ice Disco	FRI 20.30-22.00	Ice Arena, Montem Lane, SL1 2QG	£5	
Self Defence (Starts 3 Aug)	SAT 10.30-12.00	Upton Lea Community Centre, Wexham Rd, SL2 1NP	£2	
Wheelchair Basketball	SAT 11.00-13.00	The Centre, Farnham Road, SL1 4UT	£3	
Open Session: Rowing & Kayaking	SUN 11.00-13.00	Jubilee Riverside Centre, Slough Road, SL1 2BP	£6	

Active Minds



Having good mental health means being generally able to think, feel and react in the ways you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult to cope with. Active Minds is a timetable of activity, sports, arts and workshops that aims to help you improve and manage your mental health.

TUE 18.00-19.00	Mindful Movement 18+	Finding your flow through free and dynamic movement	Salt Hill Activity Centre	£2
WED 18.00-19.15	Run Talk Run 18+	A slow and steady 5k that supports you and your mental health	Red Lion, Langley	Free
THU 18.00-19.00	Mum's and children football 5+	A fun football session for you and your children	Lascelles Park	£1
FRI 10.00-11.00	Walk Talk Walk 18+	A relaxed walk where you have the opportunity to talk openly and in confidence	Salt Hill Park (meet in the activity centre)	Free
SAT 11.00-13.00	Virtual Assisted Reality 12+	Transport yourself to different worlds, where possibilities are endless	HOME on the High Street	£3

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

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 www.slough.gov.uk/activeslough

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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	
4 Your Future Pro FC	TUE 18.30-19.30	PowerLeague, Ragstone Road, SL1 2PU	£7.50	
Polar Cubs (Ice Skating)	TUE 11.00-12.00	Slough Ice Arena, Montem Lane, SL1 2QG	£4	
4 Your Future Pro FC	WED 18.30-20.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£7.50	
Polar Cubs (Ice Skating)	THU 11.00-12.00	Slough Ice Arena, Montem Lane, SL1 2QG	£4	
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)

Climb & Dine (Climb & Dine + Dinner)	MON 17.00, 18.00 & 19.00	Ice Arena, Montem Lane, SL1 2QG	£10	
Boy's Junior Football (5-12yrs)	MON 17.00-18.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£2	
SSE Wildcats Girls Football (Starts 13 Aug)	TUE 17.30-18.30	Arbour Park Stadium, Stoke Road, SL2 5AY	£3	
Multi-Sport Skills	TUE 18.15-19.15	MUGA, Pippins Park, Raymond Close, SL3 0PP	£2	
Judo	TUE 18.00-19.00	Singh Sabha Sports Centre, Stoke Poges Ln, SL1 3LW	£4	
Junior Cricket (8-12yrs)	WED 17.30-18.30	Slough & Eton School, Ragstone Road, SL1 2PU	Free	
Girls Cricket	WED 18.30-20.00	Slough Cricket Club, Upton Court Road, Slough SL3 7LT	Free	
Bhangra Dance 'Mum & Kids'	WED 19.00-20.00	Wexham Parish Hall, Norway Drive, SL2 5QP	£2	
Junior Cricket (8-12yrs)	THU 16.15-17.45	Beechwood School, Long Readings Lane, SL2 1QE	Free	
Self Defence (Starts 3 Aug)	SAT 10.30-12.00	Upton Lea Community Centre, Wexham Rd, SL2 1NP	£2	
junior parkrun (4-14 yrs)	SUN 09.00	Salt Hill Park, Bath Road, SL1 3SS	Free	
Taekwondo	SUN 12.30-13.30	Slough & Eton School, Ragstone Road, SL1 2PU	£5	

Active Adult 18+ years

Disability Football	MON 10.30-11.30	Arbour Park Stadium, Stoke Road, SL2 5AY	Free	
Bootcamp	MON 17.15-18.15	The Centre, Farnham Road, SL1 4UT	£4	
Female Fighting Fit	MON 18.00-19.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£2	
GoodGym Running	MON 18.30-20.00	Salt Hill Activity Centre, Bath Road, SL1 3SS	Free	
Men's Basketball	MON 20.00-21.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£5	
Yoga	TUE 10.45-11.45	Britwell Centre, Wentworth Avenue, SL2 2DS	£2	
Outdoor Bootcamp	TUE 18.15-19.15	MUGA, Pippins Park, Raymond Close, SL3 0PP	£2	
Running Group	TUE 18.30-19.30	Upton Court Park, Upton Court Road, SL3 7LU	Free	
Boxercise	TUE 19.00-20.00	Langley Pavilion, Langley Road, SL3 8BS	£2	
Table Cricket	WED 11.00-12.00	Manor Park Pavilion, Villiers Road, SL2 1NP	Free	
No Strings Badminton	WED 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£2	
Running Group	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	
Bhangra Dance 'Mum & Kids'	WED 19.00-20.00	Wexham Parish Hall, Norway Drive, SL2 5QP	£4 Adult £2 child	
Men's Fitness Class	WED 19.15-20.15	Westgate School, Cippenham Lane, SL1 5AW	£3	
Bhangra Dance	WED 20.00-21.00	Wexham Parish Hall, Norway Drive, SL2 5QP	£4	
Boxercise	WED 20.00-21.00	Colnbrook Village Hall, Vicarage Way, SL3 0RF	£2	
Carribean Dance	THU 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£4	
No Strings Badminton	THU 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£2	
Bollywood Dance	THU 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£4	
Just Play Football 16+	THU 18.30-19.30	Herschel Grammar Sports Centre, Whitby Rd, SL1 3BW	£2.50	
Futsal	THU 18.30-19.30	Ditton Park Academy, Kings Reach, SL3 7UX	£3	
Boxercise	THU 19.00-20.00	Westgate School, Cippenham Lane, SL1 5AW	£3	
Zumba	THU 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	The Centre, Farnham Road, SL1 4UT	£5	
parkrun	SAT 09.00	Slough Rugby Club, Upton Court Park, Upton Court Road, SL3 7LU	Free	
Big Community Workouts	SAT 10.00-11.00	Green Gym, Salt Hill Park, Bath Road, SL1 3SS Green Gym, Manor Park Rec, Villiers Road, SL2 1NP	Free	
Ladies Fitness Class	SAT 10.00-11.00	Colnbrook Village Hall, Vicarage Way, SL3 0RF	£2	
Yoga	SAT 10.30-11.30	The Langley Academy Primary, Langley Road, Langley SL3 7EF	£2	
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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Salt Hill junior parkrun!

Delighted to announce that 'junior parkrun' has officially arrived in Slough!

This popular national initiative is coming to **Salt Hill Park**, courtesy of the Active Slough team and a group of committed local volunteers!

It provides **free weekly 2km timed runs** for children **aged 4-14 years olds, 09.00 every Sunday morning.**

More info on the route and volunteering opportunities is available online at <https://www.parkrun.org.uk/salthill-juniors/>

Please register in advance at <https://www.parkrun.org.uk/register/>, this will provide you with a unique individual



'parkrun' barcode, which enables times to be recorded. **Parents are encouraged to run/jog/walk alongside their children** but must drop out just before the finish, so only junior times are officially recorded.

Free parking is available at Salt Hill Park and all junior parkrun finishers are eligible to receive 20%* off activities in Salt Hill Activity Centre.



junior parkrun

*discount applicable on activities only, not eligible for food/drink or refreshments. Discount only applicable to junior parkrun participants (aged 4-14 years old), not accompanying adults/guardians. Junior parkrun participants must show their parkrun barcode to redeem the 20% discount. The discount is only available on Sundays i.e. Salt Hill junior parkrun event day.

Breaking Boundaries

Breaking Boundaries makes the most of cricket's potential to bring different ethnic and faith communities closer together, fostering mutual friendships and creating opportunities for young people.

In Slough we're using cricket to deliver community-led approaches to help unite the town by:

- creating opportunities for young people to build leadership skills and gain qualifications
- forging partnerships that will allow us to build positive activities and create wider opportunities
- creating fun festival days over the year with a weekly cricket programmes for both girls and boys

To get involved in this project email: daragh.doyle@slough.gov.uk or call: 07749 046782

**BREAKING
BOUNDARIES**



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In the spotlight...

School's Out: Junior Summer Programme!

Monday 29 July to Friday 30 August

Five weeks of fun filled activities for 5-12 year old children and young people.



Day	Activity	Age	Location	Time	Price
MON	Junior Football	5-12yrs	Arbour Park Stadium, Stoke Road, SL2 5AY	17.00-18.00	£2
	Boxing	8-18yrs	Britwell Centre, Wentworth Ave, Slough SL2 2ER	17.00-18.00	FREE
TUE	Family Fitcamp Parents with children	5-11yrs	Horsemoor Green, Spitfire Close, SL3 8JU	15.00-16.00	FREE
	Junior Multi Sports Skills with adults outdoor bootcamp	5-11yrs	MUGA Pippins Park, Raymond Close, SL3 0PP	18.00-19.00	£2
WED	Junior Cricket	8-12yrs	Slough & Eton School, Ragstone Road, SL1 2PU	17.30-18.30	FREE
THU	Slough Skills Cricket Tour (1, 8, 15, 22 and 29 August only)	5-16yrs	Salt Hill (1 Aug)	13.00- 14.00	FREE
			Manor Park (8 Aug)		
			Chalvey Rec (15 Aug)		
			Lascelles Park (22 Aug)		
			Monksfield Rec (29 Aug)		
FRI	Junior Street Football	5-11yrs	Chalvey Rec, High Street Chalvey, SL1 2TS	12.00-13.00	FREE
SAT	Multi Sports	8-18yrs	Monksfield Park, Monksfield Way, SL2 1QT	17.00-18.30	FREE

No need to book in advance, simply turn up in sportswear and bring a drink. All children aged under 8 must be accompanied by an adult for the duration of the session.

Slough Cycle Hire

It is now easier than ever to decide to ride a Slough cycle hire bike and make a journey with pedal power. Changes in the hire system means you can decide to use one of the bikes and within minutes be able to ride it away.

There are a total of 17 stations where bikes can be hired from and dropped off, with easy registration via a revamped website.

The sign up means you can register and enter payment card details before being sent a bike access code. You will then be able to start your journey within minutes of logging onto the website.

Pay as you go
riders now pay
£1 for trips
lasting up to an
hour. For more
regular users, the
new weekly,
monthly and annual
tariff incurs a flat fee which includes
unlimited hour long use of the bikes with the
small charge of 50p for every 30 minutes
thereafter.

Visit www.cycleslough.com to sign up



Delivery Partners



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



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