

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

[www.slough.gov.uk](http://www.slough.gov.uk)  
**Slough**  
Borough Council

# Active Slough



OVER 100 HOURS OF WEEKLY ACTIVITY!

6 January-5 April 2020

## Active Junior 5-11 years

(must be accompanied by an adult)

Junior Netball (5-7yrs)	MON 16.00-16.30	The Centre, Farnham Road, SL1 4UT	£2.50	everyOne ACTIVE
Junior Netball (7-9yrs)	MON 16.30-17.00	The Centre, Farnham Road, SL1 4UT	£2.50	everyOne ACTIVE
Junior Netball (9-11yrs)	MON 17.00-18.00	The Centre, Farnham Road, SL1 4UT	£3	everyOne ACTIVE
Boy's Junior Football (5-12yrs)	MON 17.00-18.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£2	Active Slough
Foxborough Sports Club	TUE 17.00-18.00	Horsemoor Green Community Centre, 8JU, Common Road, SL3 8SX	£2	Active Slough
SSE Wildcats Girls Football	TUE 17.30-18.30	Arbour Park Stadium, Stoke Road, SL2 5AY	£3	Active Slough
Judo	TUE 18.00-19.00	Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW	£4	Star
Junior Disability Football	WED 17.00-18.00	Manor Park Community Centre, Villiers Road, SL1 2NP	FREE	Active Slough
Junior Cricket (8-12yrs)	WED 17.30-18.30	Slough & Eton School, Ragstone Road, SL1 2PU	FREE	BCF
Bhangra Dance 'Mum & Kids'	WED 19.00-20.00	Wexham Parish Hall, Norway Drive, SL2 5QP	£2	BHANGRA DANCE LONDON
Junior Cricket (8-12yrs)	THU 16.00-17.30	Beechwood School, Long Readings Lane, SL2 1QE	FREE	BCF
Junior Futsal	THU 17.30-18.30	Ditton Park Academy, Kings Reach, SL3 7UX	£3	active sports
Self Defence	SAT 10.30-12.00	Upton Lea Community Centre, Wexham Road, SL2 1NP	£2	Active Slough
Disney Fun Swim	SAT 12.30-13.30	The Centre, Farnham Road, SL1 4UT	£5	everyOne ACTIVE
junior parkrun (4-14yrs)	SUN 09.00	Salt Hill Park, Bath Road, SL1 3SS	FREE	parkrun

## Active Teen 12-17 years

Teen Boxing	MON 17.00-18.00	Britwell Centre, Wentworth Avenue, SL2 2DH	FREE	Active Slough
Girl's Netball	MON 18.00-19.00	GDT Tennis Centre, Salt Hill Park, Bath Road, SL1 3SS	£2	SNC
Basketball	MON 19.00-20.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£3	GOO SLough
Teen Disability Football	MON 17.00-18.00	Arbour Park Stadium, Stoke Road, SL2 5AY	FREE	Active Slough
Judo	TUE 19.00-20.00	Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW	£4	Star
Girl's Cricket	WED 16.30-18.00	Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW	FREE	BCF
Judo	WED 17.30-19.00	The Centre, Farnham Road, SL1 4UT	£4	Star
Teen Cricket (13+)	WED 18.30-20.00	Slough & Eton School, Ragstone Road, SL1 2PU	FREE	BCF
Table Tennis	THU 17.15-19.15	Cippenham Table Tennis Club, Cippenham Lane, SL1 5AH	£3	Table Tennis
Teen Football	THU 18.00-19.00	Manor Park Muga, Villiers Road, SL2 1NP	FREE	PAVING THE WAY
Ice Disco	FRI 20.30-22.00	Ice Arena, Montem Lane, SL1 2QG	£5	everyOne ACTIVE
Wheelchair Basketball	SAT 11.00-13.00	The Centre, Farnham Road, SL1 4UT	£2	everyOne ACTIVE

## Delivery Partners



[www.sloughtown.net](http://www.sloughtown.net)  
[gensec@sloughtownfc.net](mailto:gensec@sloughtownfc.net)

**everyOne ACTIVE**

[www.everyoneactive.com](http://www.everyoneactive.com)  
[jacksteadman@everyoneactive.com](mailto:jacksteadman@everyoneactive.com)



[www.cippenhamttc.co.uk](http://www.cippenhamttc.co.uk)  
[info@cippenhamttc.co.uk](mailto:info@cippenhamttc.co.uk)



[www.sloughbasketball.com/index.html](http://www.sloughbasketball.com/index.html)  
[info@sloughbasketball.com](mailto:info@sloughbasketball.com)



[www.projectactivate.co.uk/  
chelsea.piggott@getberkshireactive.org](http://www.projectactivate.co.uk/chelsea.piggott@getberkshireactive.org)



[www.berks-bucksfa.com](http://www.berks-bucksfa.com)  
[Development@Berk-BucksFA.com](mailto:Development@Berk-BucksFA.com)



[www.sloughnetballleague.com/](http://www.sloughnetballleague.com/)  
[sloughnetball@gmail.com](mailto:sloughnetball@gmail.com)



[www.se-martialarts.co.uk](http://www.se-martialarts.co.uk)  
[michael\\_payne@hotmail.co.uk](mailto:michael_payne@hotmail.co.uk)



[www.berkshirecricketfoundation.org/](http://www.berkshirecricketfoundation.org/)  
[Adam.davidson@berkshirecricket.org](mailto:Adam.davidson@berkshirecricket.org)



[www.goodgym.org/areas/slough](http://www.goodgym.org/areas/slough)  
[manjit@goodgym.org](mailto:manjit@goodgym.org)



[www.cippenhamcarnival.com](http://www.cippenhamcarnival.com)  
[cippenhamcarnival@gmail.com](mailto:cippenhamcarnival@gmail.com)  
[cippenhamcarnival@gmail.com](mailto:cippenhamcarnival@gmail.com)



[www.facebook.com/  
BhangraDanceLondon](http://www.facebook.com/BhangraDanceLondon)  
[asasinghkalsi@hotmail.com](mailto:asasinghkalsi@hotmail.com)



[www.moberlystars.com](http://www.moberlystars.com)  
[mobstar8@aol.com](mailto:mobstar8@aol.com)



[twitter.com/pavingtheway121](https://twitter.com/pavingtheway121)  
[pavingtheway@hotmail.co.uk](mailto:pavingtheway@hotmail.co.uk)



[www.manvfatfootball.org/slough](http://www.manvfatfootball.org/slough)  
[football@manvfat.com](mailto:football@manvfat.com)



[www.getsportsinspired.org.uk](http://www.getsportsinspired.org.uk)  
[garth@getsportsinspired.org.uk](mailto:garth@getsportsinspired.org.uk)



[www.tgogc.com](http://www.tgogc.com)  
[enquiries@tgogc.com](mailto:enquiries@tgogc.com)



[www.sloughRFC.com](http://www.sloughRFC.com)  
[kidsfirst@sloughrfc.com](mailto:kidsfirst@sloughrfc.com)



[www.parkrun.org.uk/uptoncourt](http://www.parkrun.org.uk/uptoncourt)  
[uptoncourt@parkrun.com](mailto:uptoncourt@parkrun.com)



[www.parkrun.org.uk/salthill-juniors/](http://www.parkrun.org.uk/salthill-juniors/)  
[salthilljuniors@parkrun.com](mailto:salthilljuniors@parkrun.com)

TURN OVER FOR MORE SESSIONS



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

[www.slough.gov.uk](http://www.slough.gov.uk)  
**Slough**  
Borough Council

# Active Slough



OVER 100 HOURS OF WEEKLY ACTIVITY!

6 January-5 April 2020

## Active Adults 18+ years

Seated Exercise				
Seated Exercise	MON 14.45-15.15	Cippenham Library, Elmshott Lane, SL1 5RB	£1	everyone ACTIVE
Seated Exercise (1st Tues of the month)	TUE 10.30-11.00	Langley Library, Trelawney Avenue, SL3 7UF	£1	everyone ACTIVE
Seated Exercise	WED 10.30-11.00	The Curve, 1 William Street, SL1 1XY	Free	Active Slough
Seated Exercise (3rd Weds of the month)	WED 13.30-14.30	Cippenham Baptist Church, 11 Elmshott Lane, Slough SL1 5QS	Free	
Seated Exercise	WED 12.15-12.45	Polish Roman Catholic Church, Pitts Road, SL1 3SS	£1	everyone ACTIVE
Seated Exercise	THU 12.00-12.30	Colnbrook Village Hall, Vicarage Way, SL3 0RF	£1	everyone ACTIVE
Seated Exercise	FRI 10.30-11.00	The Curve, 1 William Street, SL1 1XY	Free	Active Slough
Pilates, Yoga & Wellness				
Yoga	TUE 10.45-11.45	Britwell Centre, Wentworth Avenue, SL2 2DH	£2	Active Slough
Relaxation Techniques	WED 12.30-13.00	Salt Hill Activity Centre, Bath Road, SL1 3SS	£2	Active Slough
Pilates	WED 14.45-15.45	Britwell Parish Hall, Long Furlong Drive, SL2 2PH	£2	Active Slough
Yogalates	WED 19.00-20.00	Salt Hill Activity Centre, Bath Road, SL1 3SS	£3	everyone ACTIVE
Yogalates	THU 10.00-11.00	Upton Lea Community Centre, Wexham Road, SL2 5EJ	£2	Active Slough
Pilates	THU 10.45-11.45	Manor Park Community Centre, Villers Road, SL2 1NP	£2	Active Slough
Ballet Fit	FRI 17.00-18.00	The Centre, Farnham Road, SL1 4UT	£2	Active Slough
Yoga	SAT 10.30-11.30	Langley College, Station Road, SL3 8BY	£2	Active Slough
Yogalates	SAT 10.00-11.00	Colnbrook Village Hall, Vicarage Way, SL3 0RF	£2	Active Slough
Running				
GoodGym Running	MON 18.30-20.00	Salt Hill Activity Centre, Bath Road, SL1 3SS	Free	GoodGym
Track Running (starts 13th Jan)	MON 19.00-20.00	Thames Valley Athletics Centre, Pockocks Lane, Eton, SL4 6HN	Free	Active Slough
Road Running	TUE 18.30-19.30	Upton Court Park, Upton Court Road, SL3 7LU	Free	Active Slough
Road Running	WED 18.30-19.30	Eltham Avenue Recreation Gound, SL1 5UP	Free	Active Slough
Beginners Running	FRI 09.30-10.30	Upton Court Park, Upton Court Road, SL3 7LU	Free	Active Slough
parkrun	SAT 09.00	Slough Rugby Club, Upton Court Park, Upton Court Road, SL3 7LU	Free	parkrun

Disability				
Football	MON 11.00-12.00	Arbour Park Stadium, Stoke Road, SL2 5AY	Free	Active Slough
Table Cricket	WED 11.00-12.00	Manor Park Pavilion, Villiers Road, Slough SL2 1NP	Free	Active Slough
Dance	FRI 10.30-11.30	The Centre, Farnham Road, SL1 4UT	£5	Active Slough
Exercise and Dance Classes				
Female Fighting Fit	MON 18.00-19.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£2	Active Slough
Classic Aerobics	TUE 09.45-10.45	Langley Pavilion, Langley Road, SL3 8BS	£3	Active Slough
Bootcamp	TUE 18.00-19.00	Horsemoor Green Community Centre, Common Road, SL3 8SX	£2	Active Slough
Boxercise	TUE 19.00-20.00	Langley Pavilion, Langley Road, SL3 8BS	£2	Active Slough
JAM Afro Caribbean Dance & Exercise	TUE 19.00-20.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£3	Active Slough
Keep Fit Bhangra	TUE 20.00-21.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£5	BHANGRA DANCE LONDON
Boxercise	WED 19.30-20.30	Colnbrook Village Hall, Vicarage Way, SL3 0RF	£2	Active Slough
Beginners Bollywood Dance	THU 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£4	everyone ACTIVE
Bootcamp	THU 19.15-20.15	Westgate School, Cippenham Lane, Slough SL1 5AH	£5	Slough Community Foundation
Big Community Workout	SAT 10.00-11.00	Outdoor Green Gym - Salt Hill Park	Free	Slough Community Foundation
Belly Dance	SUN 11.30-12.30	Langley Leisure Centre, Parluant Road, SL3 8BD	£5	everyone ACTIVE
Team Sports				
Man vs Fat Football	MON 19.00 - 21.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£5	MAN-FAT FOOTBALL
Men's Basketball	MON 20.00-21.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£5	500 SLOUGH
Walking Football	WED 11.00-12.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£3	Slough Football Club
Seniors Bowling	WED 10.00 - 12.00	Salt Hill Park, Bath Road, SL1 3SS	£5	everyone ACTIVE
Social Badminton	WED 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£2	everyone ACTIVE
Walking Netball	WED 13.00 - 14.00	The Centre, Farnham Road, SL1 4UT	£3	everyone ACTIVE
Social Badminton	THU 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£2	everyone ACTIVE
Futsal	THU 18.30-19.30	Ditton Park Academy, Kings Reach, SL3 7UX	£3	Slough Football Club
Back 2 Netball	SAT 11.00-12.30	Salt Hill Park, Bath Road, SL1 3SS	£4	SNC

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/activeslough](http://www.slough.gov.uk/activeslough)

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

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

[@activeslough](https://www.instagram.com/activeslough)



For more information about sessions  
that feature a logo, see reverse for  
full organisation contact details.