

Active Slough timetables

15 April to 21 July 2019 (timetable correct at time of printing)

Active Life (low intensity activities for adults)

Walking Football Rehab Starts 29 April	MON 14.00-15.00	Willowbrook Centre, Eton, SL4 6HL	Free	Active Slough
Seated Exercise	MON 14.45-15.15	Cippenham Library, Elmshott Lane, SL1 5RB	£1	everyone ACTIVE
Healthy Walks	TUE 10.00	Black Park, Black Park Road, SL3 6JJ	Free	Active Slough
Classic Aerobics	TUE 09.45-10.45	Langley Pavilion, Langley Road, SL3 8BS	£3	Active Slough
Seated Exercise	TUE 10.30-11.00	Langley Library, Trelawney Avenue, SL3 7UF	£1	Active Slough
Yoga	TUE 10.45-11.45	Britwell Centre, Wentworth Avenue, SL2 2DS	£2	Active Slough
Healthy Walks	WED 10.00	Grand Union Canal, Red Lion Car Park, SL3 7EN	Free	Active Slough
Walking Football	WED 11.00-12.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£3.50	Active Slough
Seated Exercise	WED 12.15-12.45	Polish Roman Catholic Church, Pitts Road, SL1 3XH	£1	everyone ACTIVE
Tai Chi	WED 12.30-13.30	Salt Hill Activity Centre, Bath Road, SL1 3SS	£2	Active Slough
Pilates	WED 14.45-15.45	Britwell Centre, Wentworth Avenue, SL2 2DS	£2	Active Slough
No Strings Badminton	WED 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£2	everyone ACTIVE
Badminton	WED 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£2	everyone ACTIVE
Yogalates	THU 10.00-11.00	Upton Lea Community Centre, Wexham Road, SL2 1NP	£2	Active Slough
Seated Exercise	THU 12..0-12.30	Colnbrook Village Hall, Vicarage Way, SL3 0RF	£1	everyone ACTIVE
Pilates	THU 10.45-11.45	Cippenham Community Centre, Earls Lane, SL1 5TD	£2	Active Slough
Seated Exercise	FRI 10.30-11.00	The Curve, 1 William Street, Slough SL1 1XY	Free	Active Slough
Pilates	FRI 17.00-18.00	The Centre, Farnham Road, SL1 4UT	£2	Active Slough
Healthy Walks	SAT 10.00 (2nd & 4th Sun of month)	Upton Court Park, Upton Court Road, SL3 7LU	Free	Active Slough
Yoga	SAT 10.30-11.30	The Langley Academy Primary, Langley Rd, Langley SL3 7EF	£3	Active Slough

Active Teen 12-17 years

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	SLOUGH
Boy's After School Football	MON 17.00-18.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£2	Active Slough
Disability Football	TUE 17.00-18.00	Arbour Park, Stoke Road, SL2 5AY	Free	Active Slough
Judo	TUE 19.00-20.00	Singh Sabha Sports Centre, Stoke Poges Ln, SL1 3LW	£4	Star
Tag Rugby	WED 15.40-16.40	Monksfield Rec, Long Furlong Drive, SL2 1QT	Free	Active Slough
Girl's Cricket	WED 16.30-18.00	Singh Sabha Sports Centre, Stoke Poges Ln, SL1 3LW	Free	Active Slough
Judo	WED 17.30-19.00	The Centre, Farnham Road, SL1 4UT	£5	Star
Junior Cricket (13-16yrs)	WED 18.30-20.00	Slough & Eton School, Ragstone Road, SL1 2PU	Free	Active Slough
Table Tennis	THU 17.15-19.15	Cippenham Table Tennis Club, Gippenham Ln, SL1 5AH	£3	Table Tennis
Teen Futsal	THU 17.30-18.30	Ditton Park Academy, Kings Reach, SL3 7UX	£3	Active Slough
Teen Football	THU 18.00-19.00	Manor Park Muga, Villiers Road, SL2 1NP	Free	Active Slough
Ice Disco	FRI 20.30-22.00	Ice Arena, Montem Lane, SL1 2QG	£5	everyone ACTIVE
PALS Football	SAT 10.00-11.30	Arbour Park Stadium, Stoke Road, SL2 5AY	Free	Active Slough
Self Defence Starts 27 April	SAT 10.30-12.00	Upton Lea Community Centre, Wexham Rd, SL2 1NP	£2	Active Slough
Teen Basketball (14+) Starts 27 April	SAT 15.00-16.00	Ditton Park Academy, Kings Reach, SL3 7UX	£2	Active Slough
Open Session: Rowing & Kayaking	SAT 11.00-13.00	Jubilee Riverside Centre, Slough Road, SL1 2BP	£6	Jubilee Riverside Centre

Creative Academy Saturdays

The award winning Creative Academy Saturdays are back! Each individual class is £45 for the 12 week term, running from 4 May to 27 July (1 June off for half-term). All classes should be booked in advance and participants joining later in the programme will still be required to pay the full term price. For more info and to book your spot contact Creative Academy Saturdays via info@creativeacademy.org or call 01753 875400.

09.00-09.45	ISTD Modern (Pri-GI) (3-6yrs)	Open Street (7-11yrs)	Open Street (12-17yrs)
09.50-10.35	Acro Dance (5-11yrs)	Hip Hoppers (3-6yrs)	Open Jazz (12-17yrs)
10.40-11.25	ISTD Modern (GV-VI) (12-17yrs)	Baby Ballet (3-6yrs)	Open Jazz (7-11yrs)
11.30-12.15	Acro Dance (12-1 yrs)	Open Ballet (7-11yrs)	
12.20-13.30	Youth Dance Company (14+)		

ISTD- Imperial Society of Teachers of Dancing - classes for pupils to gain accredited dance grades and certificates.

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

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

activeslough@slough.gov.uk

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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	everyone ACTIVE
Polar Cubs (Ice Skating)	TUE 11.00-12.00	Slough Ice Arena, Montem Lane, SL1 2QG	£4	everyone ACTIVE
4 Your Future Soccer Academy	WED 18.00-19.00	PowerLeague, Slough & Eton School, Ragstone Rd, SL1 2PU	£7.50	Active Slough
Polar Cubs (Ice Skating)	THU 11.00-12.00	Slough Ice Arena, Montem Lane, SL1 2QG	£4	everyone ACTIVE
4 Your Future Soccer Academy	SAT 11.00-12.00	PowerLeague, Slough & Eton School, Ragstone Rd, SL1 2PU	£7.50	Active Slough
Parent & Toddler Trampoline	SAT 09.45-10.45	Salt Hill Activity Centre, Bath Road, SL1 3SS	£6	everyone ACTIVE
Parent & Toddler Trampoline	SUN 09.45-10.45	Salt Hill Activity Centre, Bath Road, SL1 3SS	£6	everyone ACTIVE

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

Climb & Dine (Clip & Climb + Dinner)	MON 17.00, 18.00 & 19.00	Ice Arena, Montem Lane, SL1 2QG	£10	everyone ACTIVE
Boy's Junior Football (5-12yrs)	MON 17.00-18.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£2	Active Slough
SSE Wildcats Girls Football	TUE 17.30-18.30	Arbour Park Stadium, Stoke Road, SL2 5AY	£3	SSE Wildcats
Multi-Sport Skills	TUE 18.00-19.00	MUGA, Pippins Park, Raymond Close, SL3 0PP	Free	Active Slough
Judo	TUE 18.00-19.00	Singh Sabha Sports Centre, Stoke Poges Ln, SL1 3LW	£4	Star
Junior Cricket (5-11yrs)	TUE 18.00-19.00	Cippenham Community Centre, Earls Lane, SL1 5TD	£2	Active Slough
Climb & Dine (Clip & Climb + Dinner)	WED 17.00, 18.00 & 19.00	Ice Arena, Montem Lane, SL1 2QG	£10	everyone ACTIVE
Judo	WED 17.30-19.00	The Centre, Farnham Road, SL1 4UT	£5	Star
Junior Cricket (8-12yrs)	WED 17.30-18.30	Slough & Eton School, Ragstone Road, SL1 2PU	Free	Active Slough
Bhangra Dance 'Mum & Kids'	WED 19.00-20.00	Wexham Parish Hall, Norway Drive, SL2 5QP	£2	Bhangra London
Junior Cricket	THU 16.15-17.45	Beechwood School, Long Readings Lane, SL2 1QE	Free	Active Slough
Junior Football (Boys & Girls)	THU 16.30-17.30	Mercian Way Rec, Mercian Way, Slough, SL1 5LX	Free	Active Slough
Self Defence Starts 27 April	SAT 10.30-12.00	Upton Lea Community Centre, Wexham Rd, SL2 1NP	£2	Active Slough
Taekwondo	SUN 12.30-13.30	Slough & Eton School, Ragstone Road, SL1 2PU	£5	Active Slough

Active Adult 18+ years

Disability Football	MON 10.30-11.30	Arbour Park Stadium, Stoke Road, SL2 5AY	Free	Active Slough
Female Fighting Fit	MON 18.00-19.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£2	Active Slough
GoodGym Running	MON 18.30-20.00	Salt Hill Activity Centre, Bath Road, SL1 3SS	Free	GoodGym
Men's Basketball	MON 20.00-21.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£5	SLOUGH
Pilates	TUE 17.00-18.00	Salt Hill Activity Centre, Bath Road, Slough, SL1 3SS	£2	Active Slough
Outdoor Bootcamp	TUE 18.00-19.00	MUGA, Pippins Park, Raymond Close, SL3 0PP	Free	Active Slough
Running Group	TUE 18.30-19.30	Upton Court Park, Upton Court Road, SL3 7LU	Free	Active Slough
Boxercise	TUE 19.00-20.00	Langley Pavilion, Langley Road, SL3 8BS	£3	Active Slough
Ladies Fitness Class	TUE 19.00-20.00	Cippenham Community Centre, Earls Lane, SL1 5TD	£2	Active Slough
Yogalates	TUE 20.00-21.00	Wexham School, Norway Drive, SL2 5QP	£2	Active Slough
Disability Dance	WED 10.30-11.30	The Centre, Farnham Road, SL1 4UT	£5	Active Slough
Disability Table Tennis	WED 11.00-12.00	Manor Park Pavilion, Villiers Road, SL2 1NP	Free	Active Slough
No Strings Badminton	WED 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£2	everyone ACTIVE
Bootcamp	WED 18.00-19.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AY	£2	everyone ACTIVE
Running Group	WED 18.30-19.30	Eltham Avenue Recreation Ground, SL1 5UP	Free	Active Slough
Yogalates	WED 19.00-20.00	Salt Hill Activity Centre, Bath Road, SL1 3SS	£3	everyone ACTIVE
Bhangra Dance 'Mum & Kids'	WED 19.00-20.00	Wexham Parish Hall, Norway Drive, SL2 5QP	£4 Adult £2 child	Bhangra London
Bhangra Dance	WED 20.00-21.00	Wexham Parish Hall, Norway Drive, SL2 5QP	£4	Bhangra London
Boxercise (Starts Wednesday 8 May)	WED 20.00-21.00	Colnbrook Village Hall, Vicarage Way, SL3 0RF	£2	Active Slough
No Strings Badminton	THU 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£2	everyone ACTIVE
Bollywood Dance	THU 18.00-19.00	The Centre, Farnham Road, SL1 4UT	£4	everyone ACTIVE
Just Play Football 16+	THU 18.30-19.30	Herschel Grammar Sports Centre, Whitby Rd, SL1 3BW	£2.50	Active Slough
Futsal	THU 18.30-19.30	Ditton Park Academy, Kings Reach, SL3 7UX	£3	Active Slough
Boxercise	THU 19.00-20.00	Cippenham Community Centre, Earls Lane, SL1 5TD	£3	Active Slough
Zumba	THU 19.30-20.30	Wexham School, Norway Drive, SL2 5QP	£2	Active Slough
Beginners Running	FRI 09.30-10.30	Upton Court Park, Upton Court Road, SL3 7LU	Free	Active Slough
Disability Dance	FRI 10.30-11.30	The Centre, Farnham Road, SL1 4UT	£5	Active Slough
Ladies Fitness Class (Starts Saturday 18 May)	SAT 10.00-11.00	Colnbrook Village Hall, Vicarage Way, SL3 0RF	£2	Active Slough
PALS Football	SAT 10.30-12.00	Arbour Park Stadium, Stoke Road, SL2 5AY	Free	Active Slough
Yoga	SAT 10.30-11.30	The Langley Academy Primary, Langley Rd, Langley SL3 7EF	£3	Active Slough
Big Community Workout	SAT 10.00-11.00	Green Gym, Salt Hill Park, Bath Road, SL1 3SS Green Gym, Manor Park Rec, Villiers Road, SL2 1NP	Free	Green Gym
Netball	SAT 11.00-12.30	Salt Hill Park, Bath Road, SL1 3SS	£4	SNC
Open Session: Rowing & Kayaking	SUN 11.00-13.00	Jubilee Riverside Centre, Slough Road, SL1 2BP	£10	Jubilee Riverside Centre