

West London Academy

Summer Holiday

Sports Activities 2009



WEEKLY SCHEDULE

Week 1 (Mon 20 - Fri 24 July)

Week 2 Summer Uni (Mon 27 - Fri 31 July)

Week 3 (Mon 3 - Fri 7 August)

Week 4 (Mon 10 - Fri 14 August)

Week 5 (Mon 17 - Fri 21 August)

Week 6 (Mon 25 - 28 August)

Ealing Connexions

Bookings for this new activity can be undertaken in advance through Ealing Connexions (details below).

There are many diverse activities underway this Summer Holiday if you choose to sign-up onto our accredited "Summer Uni" programme. Activities will include Singing & Vocal Coaching, Musical Theatre, Tennis Academy, Tennis Workshops and a Climbing Academy.

Each session is fully supervised by fully qualified and CRB checked staff. To book please telephone 0208 825 8226 or email PAYP@ealing.gov.uk. Alternatively visit

www.summerunilondon.org

Summer Uni

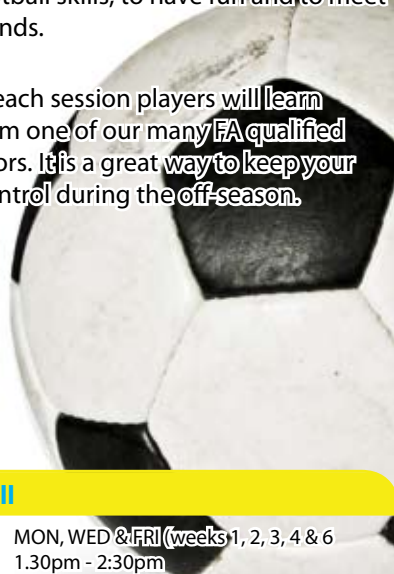
When: Mon - FRI (week 2)
Time: 9am - 2pm
Price: Free of charge

Age 13 - 19 years

Football

These sessions are a great way to show off your football skills, to have fun and to meet new friends.

During each session players will learn skills from one of our many FA qualified instructors. It is a great way to keep your close control during the off-season.



Football

When: MON, WED & FRI (weeks 1, 2, 3, 4 & 6)
Time: 1.30pm - 2:30pm
Price: £1 per session (50p JLP)

Age 8 - 12 years

Tennis Academy

(sessions must be pre-booked)

Players will learn a multitude of shot types including the forehand, backhand, volley, smash and dropshot.

Grips will be looked at in depth to make these shots as easy as it looks on the telly!

Tennis Academy

When: WED (weeks 1, 3 & 6)
Time: 10am - 11.30am
Price: £3.50 per session (£2.65 JLP)

Age 8 - 16 years



www.wla.csc.co.uk

Golf Extreme (sessions must be pre-booked)

Participants will learn how to hold the club properly, how to play a variety of shots and how to create demanding and fun golf holes.

Even Tiger Woods would have problems with some we have seen!

Golf

When: TUE & THURS (weeks 1, 3 & 6)
Time: 10am - 11.30am
Price: £3.50 per session (£2.65 JLP)

Age 8 - 16 years

**Complete our 'Customer Feedback' form and be entered into our FREE summer Holiday prize draw!
No purchase necessary**



Climbing

(sessions must be pre-booked)

We've got loads of different routes to explore on the wall. Learn how to master each one during one of our Community Climbing sessions.

It's not as easy as Stallone made it look! Join us this summer and reach for the top!

Community Climbing

When: MON & FRI (weeks 1, 3 & 6)
Time: 10am - 11:30am
Price: £6.50 per session (£5.00 JLP)

Age 9 - 16 years



How to book an activity:

An activity booking form must be completed in advance of each session you are looking to take part in.

1. Drop into the Academy and book at reception (address below)
2. Call 020 8842 7930 or 020 8841 4511 and speak to a member of the sports centre team.
3. Email us at: cscm@westlondonacademy.co.uk
4. Fax your completed form to 020 8841 4480 and we will call to confirm the booking.
5. Visit our website www.wlacsc.co.uk to download a booking form and view our facilities.

Courses run over the Summer Holiday prove to be very popular; therefore we advise you to book in advance to avoid disappointment.

Sessions must be pre-booked one week in advance

How to find us:



West London Academy
Bengarth Road
Northolt
Middlesex
UB5 5LQ
Tel: 020 8842 7930
Fax: 020 8541 4480
www.wlacsc.co.uk

How to reach the Academy using public transport:

By Bus: Routes 90, 120, 140 and 282 all stop along Church Road

By Tube: Northolt is the nearest tube station and is on the Central Line. It's approximately a 10-15 minute bus ride then walk from the station to the Academy.