



West London Academy - Community Sports Centre

Winter Newsletter

For more details:

Visit - www.wlacsc.co.uk, call - 020 8842 7930 or drop in and speak to reception

Prices with effect from 3 rd September 2009 (prices per hour unless stated)	Charge	Special Offer Rate
Badminton Court	£9.30	£7.90
Table Tennis	£9.30	£7.90
Dance Studio	£22.50	£19.20
Gymnasium Hall	£22.50	£19.20
Gymnasium + Wall	£45.00	£37.35
Main Sports Hall	£40.00	£34.00
Astroturf – 1/3 Pitch	£42.50	£36.75
Astroturf – Full Pitch	£90.00	£76.50
Astroturf – 1/3 Pitch(90mins)	£63.75	£54.00
Astroturf – Full Pitch(90mins)	£110.00	£93.50
Netball (90mins)	£21.50	£18.30
Tennis	£9.30	£7.90
MUGA Whole Area	£35.75	£30.40
Core Hours	Monday – Friday 6pm-10pm Saturday / Sunday 10am-4pm	
Special Offer Times		Saturday / Sunday 9am-10am & 4pm-6pm

"Leisure passes" are accepted for all facilities, courses and sessions operated by the Community Sports Centre.



Pay and Play...

Sporting opportunities for young people

Take part in one of our fantastic Pay and Play activities, just turn up, pay and then play! It's as simple as that!

Community Climbing

One of our most popular activities. Each session covers basic climbing technique with an emphasis on safety, teamwork and fun!

When: Wed Where: Gym Time: 5.30-6.30pm Price: £1

Trampolining

Trampolining is a sport that can be enjoyed by everyone. Trampolining is a growing club which focusses on learning new skills through a fun and safe environment.

When: Tues Where: Gym Time: 5-6pm Price: £1

Badminton

Badminton is a great way of getting into racquet sports. Played within our sports hall it's a great introduction to the sport.

Learn the difference between a "drop shot" and "lob" whilst getting fit and having fun!

When: Tues Where: Sports Hall Time: 6-7pm Price: £1

Football

Take part in organised football matches and games letting you learn new skills and make new friends.

When: Tues+Thurs Where: ATP Time: 6-7pm Price: £1

Congratulations!

To our prize draw winner Adam Frailing. Adam wins 50% off his next pitch booking.

To be in with a chance of winning the next prize draw remember to fill out one of our feedback forms on each of your visits. Forms are always available at reception or just ask one of the Sports Centre Staff.

Have you visited our Customer Corner at www.wlacsc.co.uk?

Visit it today and take the first step towards promoting your club or activity!

The Community Sports Centre closes from

Wednesday 23rd December 2009 and re-opens on Monday 4th January 2010.

Make sure you make the most of our facilities before we close to prepare for the Christmas break then let us help you work off the holiday cheer in the New Year!



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Childrens Climbing Birthday Parties!

Need an exciting and memorable birthday party for your child and their friends? Why not book a two hour climbing party at West London Academy!

Designed as a fun introduction for the complete novice, these sessions are great and are for children aged 8 to 15 years old.

The emphasis during the 1½ hour instructed climbing session is on fun which also means keeping the children busy and involved throughout the session.

Food is not provided; however, you are more than welcome to bring your own birthday tea and are invited to use the Dolplins café!

Please call for enquires and to make a booking.



February Football! 7-a-side Football Tournament

- £40 per team entry fee
- £20 deposit
- Maximum of 10 players in a squad
- Will be a group format followed by semi-finals and final
- Normal 7-a-side rules will apply
- Food and refreshments available throughout the day
- Prizes for winning team

For more information please ask the CSC team.



Please pick up one of our new feedback forms at reception and help us improve our game!

10% off your ATP booking!

Offer eligible between January and March 2010.

Offer is for 10% discount off a 1/3 pitch booking. Please cut out this voucher and bring it with you on the day of your booking.

Terms and Conditions apply.

Dolphins Cyber Café

Monday - Friday: 5.30-8.30pm
Saturday/Sunday: 9.30am - 1pm

Dolphins is West London Academy's Cyber Café.

A range of coffees, teas and soft drinks are available along with some sweet treats such as cakes and croissants.

Filter coffee	£1.00
Latte	£1.00
Cappuccino	£1.00
Espresso	single 50p/ double £1.00
Hot chocolate	£1.00
Variety of teas	50p
Bottled Water	70p
Selection of cakes	50p each
Mini Croissant	50p



***Paralympic sports sessions for young people and adults with disabilities**
(Junior: 5 - 11yrs and Senior: 12+ and adults)

Starting 9th January 2010

Venue: West London Academy (Bengerth Road, Northolt, UB5 5LQ)

New Time: 10.00 - 11.30am

Climbing Multi-Sports Wheelchair football

Extreme Ability

Sports include wheelchair football / basketball and multi sports (Kurling, Tri-Golf, Basketball, Table Tennis and Boccia)

For further information and to register interest please contact:
Peter Shears
Extreme Ability Co-ordinator
Brentford FC Community Sports Trust
on 0845 262 9495 or email pshears@brentfordfcst.com

Extreme Ability is an In-Field and Non-Field Co-Open project specifically designed for people with disabilities and supported learning needs.