



West London Academy - Community Sports Centre

Summer 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

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

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 will be closed on
Monday 31st May 2010.



West London Academy - Community Sports Centre

Summer Newsletter

For more details:

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

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.



May Half Term Activities!



Football

"Kick" start your holiday by turning up to our popular pay & play football sessions.

Price: £1.00 per session, Tuesday 1st June & Thursday 3rd June

Get active this half term with some of our fun activities!

Xbox & Wii Challenge

Settle old scores and come along to try your luck against the best.

Price: £1.00 per session, Friday 4th June



Book yourself in for some climbing, football, tennis and much more!



Climbing

"Climb on up" to our community climbing sessions and take part in this highly enjoyable pursuit.

Price: £5.50 per session, Wednesday 2nd & Friday 5th June

For more information and booking details please pick up our half term activities flyer from reception.

Golf Extreme

Golf Extreme is an excellent way of getting to learn the game of golf.

Price: £3.00 per session, Tuesday 1st June



Mini Tennis

"Serve and Volley" your way into Easter with our afternoon Racket-Sports sessions.

Price: £2.50 per session, Thursday 3rd June



15% off your ATP booking!

Offer eligible between May and August 2010.

Offer is for 15% 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.

Tramplining

Tramplining is a sport that can be enjoyed by everyone. The basic skills are so simple that anyone, of any age can do something which is fun and exhilarating.

Price: £2.50 per session, Wednesday 2nd June



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)**

Running until June 19th 2010

Venue:
West London Academy
(Bengarath 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 Ealing and Hounslow C-Span project specifically designed for people with disabilities and supported learning needs.