

# Hillingdon Sports & Leisure Complex

Hillingdon Council's new flagship complex, enhancing sport & leisure in the community

**Come  
and visit  
your £31m  
redevelopment  
now**



**HILLINGDON**  
LONDON

[www.hillingdon.gov.uk/leisure](http://www.hillingdon.gov.uk/leisure)

# Enjoy at your leisure

Your new Hillingdon Sports and Leisure Complex is complete and open for you to enjoy.

Following £26m of investment from Hillingdon Council and supportive funding from Sport England, The London Development Agency and the Heritage Lottery Fund, this multi-million pound complex provides world-class sport and leisure facilities for all ages and abilities.

The complex will officially open to all in March 2010 but Hillingdon residents are invited now to come and spend the day with us.

Play sport, improve your personal health and well-being, or just have fun with the family. From spin classes to 5-a-side football, 50m lane swimming or an exhilarating dip in the outside pool, you can enjoy doubles badminton, indoor tennis or an exercise class while the children are being cared for in the crèche. There are a range of opportunities on offer for you...



## Hillingdon Sports and Leisure Complex has:

### Olympic sized indoor pool and leisure pool

This 50m Olympic-sized pool offers an excellent swimming and training facility for groups or individuals, with a movable floor allowing different depths according to use. Alongside is a leisure pool complete with waterbeds and jet streams for fun with the family or enjoy a moment to unwind alone in the health suite.

### Outdoor swimming pool

Take a dip in the newly refurbished outdoor pool. Built in the 1930s and the only remaining 12-sided 'star' swimming pool in the country, the pool and grandstand have been carefully restored to bring this great outdoor facility back to life.

### State-of-the-art gym

Fitted with all the latest cardio and resistance equipment, the gym offers a route to health, well being and fitness for all ages and abilities, with an inspiring rural outlook across neighbouring woodland.

### Exercise studios

A full range of classes are available including high impact cardiovascular classes, body combat, holistic mind, body and spirit classes and those focused on strength and tone. Our fitness team can offer advice about which class would suit your needs the best, from our indoor cycling sessions to a complete mind and body training programme.



## Also at the complex:

### Sports hall and racquet sports

The sports hall provides the perfect venue for a wide range of activities for all ages, interests and abilities. Play team sports such as 5-a-side football, netball, basketball, indoor bowls and cricket or pick up a racquet and try badminton or indoor tennis. With trampolining and gymnastics and regular sessions for those with disabilities, our four-court sports hall with a sprung floor is a great, flexible space.

### Athletics track and spectator stand

Our 400m running track is a graded level 1 track facility with 8 lanes and a 10 lane home straight. It is also floodlit and fully equipped with hurdles and a steeplechase pit. We have covered seating for over 200 spectators offering finishing line views.

### All weather floodlit pitch

Our top quality floodlit 3G AstroTurf pitches means that you can enjoy your sport all year round.

### Crèche

Enjoy some time to yourself for sport or leisure and relaxation with the reassurance that your children are being cared for by experienced and professional staff in a fun and safe environment.

### Meeting rooms

Meeting rooms that overlook the athletics track and outdoor swimming pool are available for hire. They are ideal venues for small business meetings, conferences, courses, training sessions and 1-2-1 sessions. In-house caterers can provide refreshments to meet your requirements.

### Café

The café offers a wide variety of hot and cold drinks, snacks and self-serve refreshments. Perfect for an energy boost before or after your exercise and a great place to while away time...

**If you are a Hillingdon resident, drop in whenever it suits you or take advantage of our flexible membership packages which offer excellent value and no long term contract. So why not make your new local complex your first choice when you want to get active?**



## General Information

Welcome to the Hillingdon Sports & Leisure Complex. We aim to provide an affordable and diverse range of quality leisure facilities and activities for all. We strive to make each visit an enjoyable one so please do let us know your thoughts about our levels of service by completing a 'Please Tell Us What You Think' form available in reception or online.

## Memberships

A full range of memberships are now available for Hillingdon residents with non-residents memberships' active in March.

## Where To Find Us:

### Hillingdon Sports & Leisure Complex

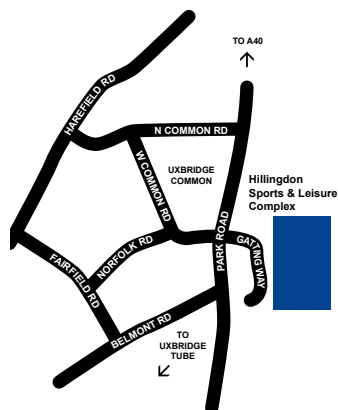
Garthing Way, Uxbridge, Middlesex, UB8 1ES

Tel: 0845 130 7324

## Opening Hours:

Mon – Fri 07:00 – 22:00

Sat – Sun 08:00 – 20:00



Available in **LARGE** Print

[www.hillingdon.gov.uk/leisure](http://www.hillingdon.gov.uk/leisure)

Hillingdon Sports and Leisure Complex is brought to you by London Borough of Hillingdon, working in partnership with Fusion. As an experienced sport and leisure organisation and a registered charity, Fusion continually reinvests to improve and develop what's on offer in your community.

