



London Borough
of Hounslow

Further Information

For more information please contact us:

Brentford Fountain Leisure Centre
658 Chiswick High Road
Brentford
Middlesex TW8 0HJ

www.hounslow-leisure.com

Telephone: **0845 456 6675****

**Calls from BT max 5ppm, other providers may vary



**Brentford
Fountain
Leisure
Centre**



Visit our website
www.hounslow-leisure.com



London Borough
of Hounslow

Centre Programme

From Monday 4th January 2010



**Brentford
Fountain
Leisure
Centre**



Leisure Pool Timetable

| Leisure Pool | 06:00 | 07:00 | 08:00 | 09:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | 21:00 | 22:00 | | |
|--------------|--------|-------|-------|-------------------------|------------------------|--------------|-------|-------|-------|-------|--------|--------|-------|--------|--------------------------|------------------------|-------|-------------------------|--------------|
| Monday | Closed | | | General Swim | | | | | | | | | | Closed | People with Disabilities | | | | |
| | | | | | | | | | | | | | | | Over 30's | | | | |
| Tuesday | Closed | | | Adult & Toddler | General Swim | | | | | | | | | | Wave and Slide Session | | | | |
| | | | | Over 50's | | | | | | | | | | | | | | | |
| Wednesday | Closed | | | TERM TIME: Schools Only | | General Swim | | | | | | | | | | Wave and Slide Session | | Women's Session Evening | General Swim |
| | | | | HOLIDAYS: General Swim | | | | | | | | | | | | | | | |
| Thursday | Closed | | | Adult & Toddler | General Swim | | | | | | | | | | Wave and Slide Session | | | | |
| | | | | Over 50's | | | | | | | | | | | | | | | |
| Friday | Closed | | | TERM TIME: Schools Only | | General Swim | | | | | | | | | | Wave and Slide Session | | Closed | |
| | | | | HOLIDAYS: General Swim | | | | | | | | | | | | | | | |
| Saturday | Closed | | | General Swim | | | | | | | | Closed | | Closed | | | | | |
| | | | | Closed | Wave and Slide Session | | | | | | Closed | | | | | | | | |
| Sunday | Closed | | | General Swim | | | | | | | | Closed | | Closed | | | | | |
| | | | | Closed | Wave and Slide Session | | | | | | Closed | | | | | | | | |

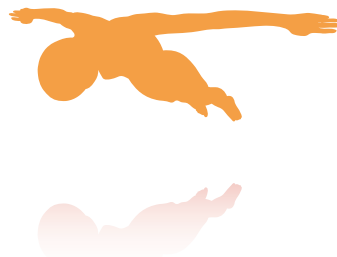
Pool Sessions

Swimming Lessons

We offer a comprehensive programme of swim lessons for under 5's, children and adults. Courses last for 10/12 weeks and commence in January, April and September. In addition, we offer holiday crash courses. Please contact reception for details of the current course programme.

Group Swims

Discounted rates available for groups of 4 or more. Please contact reception for more details.



- Under 8's must be accompanied in the water by a responsible adult aged 16+.
- Last admission to the pool will be available half an hour before closing times shown.
- The centre reserves the right to alter this pool programme when necessary.



Fitness / Teaching Pool Timetable

| Fitness/ Teaching Pool | 06:00 | 07:00 | 08:00 | 09:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | 21:00 | 22:00 |
|---------------------------|--------|------------------|--|--------------|---|--------------------|-----------------------------|------------------|---------------------------------------|-------|-------|-------|--------|-------|-------|-------|-------|
| Monday | Closed | Early Riser Swim | TERM TIME: Schools Only HOLIDAYS: Courses | Lanes | TERM TIME: Schools Only HOLIDAYS: General Swim | TERM TIME: Lessons | Lanes | Closed | People with Disabilities Over 30's | | | | | | | | |
| Tuesday | Closed | Early Riser Swim | TERM TIME: Schools Only HOLIDAYS: Courses | Lanes | TERM TIME: Schools Only HOLIDAYS: General Swim | TERM TIME: Lessons | Lanes | | | | | | | | | | |
| Wednesday | Closed | Early Riser Swim | TERM TIME: Schools Only HOLIDAYS: Courses | Lanes | TERM TIME: Schools Only HOLIDAYS: General Swim | TERM TIME: Lessons | Lanes Women Only Lessons | Lanes Women Only | Lanes | | | | | | | | |
| Thursday | Closed | Early Riser Swim | TERM TIME: Schools Only HOLIDAYS: Courses | Lanes | TERM TIME: Schools Only HOLIDAYS: General Swim | TERM TIME: Lessons | Adult lessons | Lanes | Lanes | | | | | | | | |
| Friday | Closed | Early Riser Swim | TERM TIME: Schools Only HOLIDAYS: Courses | Lanes | TERM TIME: Schools Only HOLIDAYS: General Swim | TERM TIME: Lessons | Swim Club | Lanes | | | | | | | | | |
| Saturday | Closed | | Lanes | Lessons | Pool Parties | | | | | | | | Closed | | | | |
| Sunday | Closed | | Lanes | General Swim | Pool Parties | | | | | | | | Closed | | | | |



- Under 8's must be accompanied in the water by a responsible adult aged 16+.
- Last admission to the pool will be available half an hour before closing times shown.
- The centre reserves the right to alter this pool programme when necessary.

Adult Programme

Basketball

You don't have to be good; you just have to like the game. The session involves basic ball skills and team play.

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| Monday | 19:00 – 20:30 |
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People with Disabilities

A variety of leisure activities are available for people with disabilities and their carers, including swimming, badminton, short tennis, short mat bowls and various games.

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| Monday | 19:30 – 21:45 |
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Women's Sessions

These sessions offer an excellent combination of fitness and fun for women of all ages and abilities in a relaxed and friendly atmosphere.

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| Thursday | 10:00 – 12:00 |
| Wednesday | 18:00 – 20:00 |

Please refer to Women's Sessions timetable for more details.

Primetime Session (50+)

For an all inclusive price we offer a wide range of activities including Keep Fit, Aquafit, Swimming and LifeZone Gym.

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| Monday | 10:00 – 12:00 |
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Badminton Club

Learn how to master the game. All standards welcome.

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| Wednesday | 20:00 – 22:00 |
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Squash

Three glass backed courts available to book between the following times:

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| Monday – Friday | 07:10 – 21:50 |
| Saturday and Sunday | 09:10 – 17:50 |

Squash leagues run on a monthly basis.

Adult Courses

Course programmes run every spring, autumn and winter. Swimming courses include beginners, improvers and women only.

Children's Programme

Fountain Fun Swims

Fun for all the family in the pool with our exciting play and adventure equipment. Please refer to pool timetable for daily times.

Play Centre Club

Experience our exciting Play Centre with mountain challenge, wobbly bridge and amazing arial runway over a water logged pitch.

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| Monday – Friday | 10:00 – 16:00 |
| Saturday and Sunday | 09:00 – 11:15 |

Karate

A good form of self defence and teaches confidence, good posture and increases awareness, flexibility and fitness. Beginners and experts are welcome.

Every Saturday

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| 6 – 8yrs | 09:15 – 09:45 |
| 9 – 14yrs | 09:45 – 10:45 |

Crèche

There are Crèche facilities throughout the week to make it easier for you to find time to enjoy the facilities.

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|------------------------------|---------------|
| Monday, Tuesday and Thursday | 09:00 – 16:00 |
| Wednesday | 10:00 – 19:45 |
| Friday | 10:00 – 14:00 |

Children's Courses

Course programmes run every spring, summer, autumn and winter. Courses include swimming for all ages and abilities from beginners through to advanced swimmers, badminton, football, gymnastics, short tennis, trampolining and under 5's activities. In addition we offer holiday swimming crash courses.

Children's Parties

Children's party packages comprise of the Play Centre, fitness & leisure pool parties and sports parties including football, basketball, badminton, short tennis and volleyball.

One hour additional studio hire is available immediately after party hire at an additional cost. Please contact reception for details of prices.

Women's Sessions

Day

Thursday 10:00 – 12:00

| | | |
|---------------|--------------------------|--------------|
| 10:00 – 10:45 | Hi/Lo Tone to Go | Studio |
| 10:45 – 11:30 | Body Conditioning | Studio |
| 10:00 – 12:00 | Badminton & Short Tennis | |
| 10:00 – 12:00 | Squash | |
| 10:00 – 12:00 | Swimming | Leisure Pool |

Evening

Wednesday 18:00 – 20:00

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|---------------|-------------------|--------------|
| 18:15 – 19:00 | Legs, Bums & Tums | Stadium |
| 19:00 – 19:45 | Hi/Lo Tone to Go | Stadium |
| 18:00 – 18:30 | Swimming | Fitness Pool |
| 18:00 – 20:00 | Swimming | Leisure Pool |
| 18:30 – 19:15 | Aquafit | Leisure Pool |
| 19:15 – 20:00 | Aquafit | Leisure Pool |

- Crèche available for an additional cost subject to availability of places.
- Other activities from 18:00 – 20:00 include badminton and squash.
- Life Centre is available but is not included in the Women's Session package.
- Swimming is also available. Women's Session – evening users can swim until 21:45.
- Mixed Swim sessions 20:00 – 21:45.
- These sessions are staffed by male and female staff.
- Over 16's only.



Use of Mobile Phones, Photographic and Video Recording Equipment

Fusion's policy prohibits the use of mobile phones beyond the centre reception point. Unauthorised use of photographic or video recording equipment is not permitted in any area of the facility without written authorisation of the Duty Manager. Please contact reception for more details.