



London Borough  
of Hounslow

# Centre Programme

Summer 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						
	Closed			General Swim										Closed	Adults Only						
Tuesday	Closed			Adult & Toddler	General Swim										Wave and Slide Session						
	Closed			Over 50's	General Swim										Wave and Slide Session						
Wednesday	Closed			TERM TIME: Schools Only			General Swim										Wave and Slide Session		Women's Session Evening	General Swim	
Thursday	Closed			Adult & Toddler	General Swim										Wave and Slide Session						
	Closed			Over 50's	General Swim										Wave and Slide Session						
Friday	Closed			TERM TIME: Schools Only			General Swim										Wave and Slide Session			Closed	
	Closed			HOLIDAYS: General Swim			General Swim										Wave and Slide Session				
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		Lanes		TERM TIME: Schools Only		TERM TIME: Lessons		Lanes		People with Disabilities		Adults Only		
			HOLIDAYS: Courses				HOLIDAYS: General Swim										
Tuesday	Closed	Early Riser Swim	TERM TIME: Schools Only		Lanes		TERM TIME: Schools Only		TERM TIME: Lessons		Lanes		Lanes				
			HOLIDAYS: Courses				HOLIDAYS: General Swim										
Wednesday	Closed	Early Riser Swim	TERM TIME: Schools Only		Lanes		TERM TIME: Schools Only		TERM TIME: Lessons		Women Only		Lanes				
			HOLIDAYS: Courses				HOLIDAYS: General Swim										
Thursday	Closed	Early Riser Swim	TERM TIME: Schools Only		Lanes		TERM TIME: Schools Only		TERM TIME: Lessons		Adult lessons		Lanes		Lanes		
			HOLIDAYS: Courses				HOLIDAYS: General Swim										
Friday	Closed	Early Riser Swim	TERM TIME: Schools Only		Lanes		TERM TIME: Schools Only		TERM TIME: Lessons		Lanes		Swim Club		Lanes		
			HOLIDAYS: Courses				HOLIDAYS: General Swim										
Saturday	Closed		Lanes		Lessons		Pool Parties		Pool Parties		Closed		Closed		Closed		
Sunday	Closed		Lanes		General Swim		Pool Parties		Pool Parties		Closed		Closed		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.

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.

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.

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.

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

Learn how to master the game. All standards welcome.

Wednesday	20:00 – 22:00
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### Squash

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

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

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

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

### Crèche

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

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, 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 parties and sports parties including football, basketball and badminton.

All parties include a 45 minute "Party Tea" session on the pool lower terrace section.

## Women's Sessions

### Evening

#### Wednesday 18:00 – 20:00

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

### 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	Swimming	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.
- Please note that it is a mixed pool on Thursday's Women's Morning Session.



### Use of Mobile Phones, Photographic and Video Recording Equipment

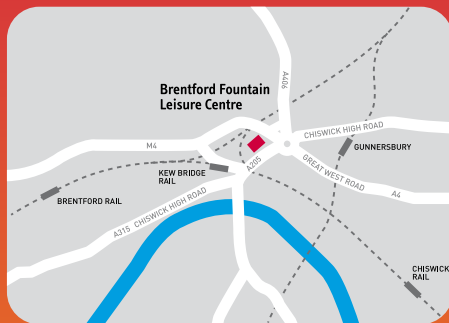
Fusion's policy prohibits the use of mobile phones beyond the centre reception point. Unauthorised use of photographic or video recording equipment is not permitted in any area of the facility without written authorisation of the Duty Manager. Please contact reception for more details.



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](http://www.hounslow-leisure.com)  
Telephone: **0845 456 6675\*\***

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

**Brentford  
Fountain  
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Centre**



Visit our website  
[www.hounslow-leisure.com](http://www.hounslow-leisure.com)



The centre programme is subject to change. Please visit the website for the most up to date information.