



London Borough  
of Hounslow

# Centre Programme

From Monday 4th January 2010



**Feltham  
Airparcs  
Leisure  
Centre**



# Pool Timetable

- Adult & Toddler - Child must be under 5yrs old.
- 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.
- Please note that the Teaching Pool is used for swimming lessons and school swimming. Please contact reception for times.
- \* EarlyRiser Swim available until 08:15 during school holidays
- # General swim starts at 09:15 during school holidays

Main 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
Monday	Closed	Early Riser Swim*		Schools	Aquafit	Schools	Lanes	Schools	General Swim					Lessons	Club Use Only	
Tuesday	Closed	Early Riser Swim*		General Swim#			Adult only	Schools	Club Use	Lessons	Women's Session Evening		Adult only			
Wednesday	Closed	Early Riser Swim*		General Swim#			Adult only	Schools	Club Use	Lessons	Lanes		Aquafit	Over 30s and People with Disabilities		
Thursday	Closed	Early Riser Swim*		General Swim#			Adult only	Schools	Club Use	Lanes	Lessons	Club Use Only				
Friday	Closed	Early Riser Swim*		Closed			Lanes	Schools	Club Use	Lessons			Club Use Only			
Saturday	Closed	Club Use Only		General Swim									Closed			
Sunday	Closed	Club Use Only			Lessons			Lanes		Club Use Only			Closed			
				General Swim					Pool Parties							

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
Monday	Closed			Schools					Schools	General Swim	Children's Lessons				Closed	
Tuesday	Closed			Schools			Children's Lessons		Schools	General Swim	Children's Lessons		Women's Session Evening		Closed	
Wednesday	Closed			Schools		Children's Lessons		Schools	Children's Lessons				Aquafit	Closed		
Thursday	Closed			Schools			Aquafit	General Swim	Schools	Primetime session (50+)	Children's Lessons		General Swim		Closed	
Friday	Closed			Schools		Children's Lessons			Schools	General Swim	Children's Lessons			Club Use Only		
Saturday	Closed			Children's Lessons						Pool Parties			Closed			
Sunday	Closed			General Swim				Pool Parties				Closed				

## Pool Sessions

### Slide & Features

	Term time	Holidays
<b>Monday</b>	16:30 – 19:00	10:00 – 19:00
<b>Tuesday</b>	N/A	10:00 – 16:00
<b>Wednesday</b>	16:30 – 19:00	10:00 – 19:00
<b>Thursday</b>	17:00 – 20:00	10:00 – 20:00
<b>Friday</b>	16:30 – 19:00	10:00 – 19:00
<b>Saturday</b>	10:00 – 16:00	10:00 – 16:00
<b>Sunday</b>	10:00 – 14:00	10:00 – 16:00

### Adventure Swim in the Leisure Pool

<b>Thursday</b>	18:00 – 19:00
<b>Saturday</b>	11:00 – 12:00
<b>Sunday</b>	11:00 – 12:00

### Early Riser Sessions

<b>Monday – Friday</b>	07:00 – 09:00	Term time
<b>Monday – Friday</b>	07:00 – 08:15	Holidays

### Group Swims

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



## Women's Sessions

### Day

#### Thursday 09:00 – 12:00

09:00 – 12:00	Gym*	(30 minute, mixed sessions)
09:45 – 10:30	Tone & Stretch	
10:45 – 11:30	Tone & Stretch	
12:15 – 13:00	Aquafit	
09:00 – 12:00	Swimming	(mixed sessions)

### Evening

#### Tuesday 18:00 – 20:00

18:00 – 20:00	Gym*	(30 minute mixed sessions)
18:15 – 19:00	Tone & Stretch	
19:00 – 19:45	Tone & Stretch	
18:45 – 19:15	Aquafit	
19:15 – 19:45	Aquafit	
19:45 – 20:15	Aquafit	
18:00 – 20:00	Squash	
18:00 – 20:00	Swimming	

- \* Gym induction card holders only. See reception for details of induction times.
- Women only swim lessons are available at an additional cost and take place on Tuesdays 18:15 – 18:45 in the Teaching Pool. Please see reception for more details.
- Crèche available for an additional cost subject to availability of places – Women's morning only.
- Over 16's only admitted.
- These sessions are staffed by male and female staff.
- Early Riser Swim – Splash pool closed.

## Gym Opening Times

Monday to Friday	07:00 – 22:00
Saturday and Sunday	09:00 – 18:00

## Children's Programme

### Karate

Karate is a good form of self defence and teaches confidence, good posture and increases awareness, flexibility and fitness. Beginners are welcome to these sessions as are the most advanced pupils.

### Saturday

Beginners	09:30 – 10:30
Intermediate	10:30 – 11:30
Advanced	11:30 – 12:30

### Crèche

There is a crèche to make it easier for you to enjoy the facilities. Children under 5 years of age may be left under the full supervision of qualified staff. The maximum session time per child is 1 hour 45 minutes.

Monday	09:30 – 12:00
Tuesday	09:15 – 12:30
Wednesday	09:30 – 12:30
Thursday	09:30 – 13:30
Friday	09:30 – 12:00



## Fitness Class Programme

### Monday

10:00 – 10:45	Aquafit* (term time only)
11:00 – 12:00	Total Body*
18:15 – 19:15	Hi/Lo to Go
19:15 – 20:15	Pilates
20:30 – 21:30	Circuit

### Tuesday

09:30 – 10:30	Pilates
18:00 – 20:00	Women's Session - Evening
20:15 – 21:15	Box Zone

### Wednesday

10:00 – 11:00	Stretch & Tone*
11:00 – 12:00	Box Zone*
13:00 – 14:00	Pilates
19:00 – 19:45	Aquafit
19:00 – 20:00	Body Zone
20:00 – 20:45	Deep Water Workout

### Thursday

09:00 – 13:00	Women's Session - Day*
12:15 – 13:00	Aquafit*
20:00 – 21:00	Pilates

### Friday

10:00 – 11:00	Body Zone*
11:00 – 12:00	Pilates

\* Crèche available

Deep Water Workout takes place in the main pool.

#### 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.

## Adult Programme

### Karate

Karate is the most popular Japanese martial art in Britain. It is a good form of self defence and teaches confidence, good posture and increases awareness, flexibility and fitness. Beginners are welcome to these sessions as are the most advanced pupils.

Friday	19:00 – 20:30
--------	---------------

### Primetime Activity Afternoon (50+)

For an all inclusive price, we offer a wide range of activities including: racketball, squash, keep fit, swimming, aquafit and swim lessons. Join and meet new friends.

Thursday	13:00 – 16:00
Sunday	16:00 – 18:00 Gym only

### Squash

One court is available to book. Please contact reception for times.

### Squash Coaching

Friendly, fun and all abilities catered for. These sessions cover stroke technique, tactics and rules of the game. Meet and play with a variety of opponents.

Tuesday	18:00 – 19:30 Women Only
Thursday	11:00 – 13:00 Women Only
Friday	19:30 – 21:30 Mixed Session

Any standards welcome

### Swim School - swimming lessons

Swimming lessons run every spring, summer, autumn and winter. Courses are available for children and adults of all ages and abilities





London Borough  
of Hounslow

## Further Information

For more information please contact us:

Feltham Airparcs Leisure Centre  
Uxbridge Road  
Hanworth  
Middlesex TW13 5EG

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

Telephone: **0845 456 6675\*\***

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



**Feltham  
Airparcs  
Leisure  
Centre**



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

