



London Borough
of Hounslow

Centre Programme

Autumn 2010



**Hanworth
Air Park
Leisure Centre
& Library**



Pool Sessions

Slide & Features

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

Adventure Swim in the Leisure Pool

Thursday	18:00 – 19:00
Saturday	11:00 – 12:00
Sunday	11:00 – 12:00

Early Riser Sessions

Monday – Friday	07:00 – 09:00	Term time
Monday – Friday	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 – 13:00

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

Health Suite

Relax and feel the heat – If you want to feel relaxed and refreshed few things are as effective as a steam or sauna.

Mixed Sessions

Suitable for men and women

Monday – Sunday

07:00 – 08:30
08:30 – 10:00
10:00 – 11:30
12:00 – 13:30
13:30 – 15:00
15:00 – 16:30
17:00 – 18:30*
18:30 – 20:00*
20:00 – 21:30*

* Health Suite closes at 17:00 Saturday and Sunday

Health Suite Sessions Guide

For your safety

Remember you will probably get thirsty so drink plenty of water.

We advise you do not use the sauna or steam without consulting your GP if you suffer from any of the following conditions;

- CV conditions such as angina
- Abnormally high or low blood pressure
- Congestive conditions of the lungs
- Epilepsy
- Diabetes – except with doctors permission
- Severe exhaustion.



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

07:00 – 07:30	Spinning
07:30 – 08:00	Spinning
10:00 – 10:45	Aquafit
11:00 – 12:00	Total Body
18:15 – 19:15	Hi/Lo to Go
19:15 – 20:15	Pilates
20:30 – 21:15	Spinning

Tuesday

09:30 – 10:30	Pilates
10:30 – 11:15	Spinning
18:00 – 20:00	Womens session – Evening
20:15 – 21:15	Box Zone

Wednesday

10:00 – 11:00	Stretch and Tone
11:00 – 11:45	Spinning
13:00 – 14:00	Pilates
19:00 – 19:45	Aquafit
19:00 – 20:00	Body Zone
20:15 – 21:00	Deep Water Workout

Thursday

09:00 – 13:00	Womens Session – Day
12:15 – 13:00	Aquafit
18:30 – 20:00	Kundalini Yoga
20:00 – 21:00	Pilates

Friday

10:00 – 11:00	Body Zone
11:00 – 12:00	Pilates
12:00 – 13:00	Pilates

Saturday

10:00 – 10:45	Spinning
10:45 – 11:30	Spinning

Sunday

10:00 – 10:45	Spinning
10:45 – 11:30	Spinning

* 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
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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.



