



London Borough
of Hounslow



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Further Information

For more information please contact us:

Lampton Sports Centre
Lampton Avenue
Hounslow
Middlesex TW3 4EP

www.hounslow-leisure.com

Telephone: **0845 456 6675***

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

**Lampton
Sports
Centre**

Price & Booking Information

2009 – 2010



**Lampton
Sports
Centre**



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4 life
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 **fusion**

	ADULT STANDARD £	STATUS CONCESSION £	ABILITY TO PAY £
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Sports Hall

Badminton / Short Tennis <i>Per person, 60 minutes</i>	3.05	2.35	1.00
Full Hall – 60 minutes Football, Volleyball, Basketball	38.35	N/A	N/A
Half Hall – 60 minutes	24.25	N/A	N/A
Equipment Hire (Deposit of £5)	1.30	1.30	1.30

LifeZone Gym

Pay & Play Session	5.85	3.90	1.50
Pay & Play Induction	17.15	11.10	5.05
Pay & Play Programme	22.20	22.20	22.20

Fitness Classes

Legs, Bums & Tums	5.35	4.25	1.50
Hi / Lo Tone to Go	5.35	4.25	1.50
Circuit Class	5.35	4.25	1.50

Kids' Sessions

Junior Basketball	N/A	2.50	N/A
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How to Book

Members with booking rights can book 7 days in advance and pay at anytime before the booking takes place. Booking restrictions allow only 1 class/session and court per day, per member.

These can be booked 7 days in advance and the member booking the activity must take part.

Non Members can book 4 days in advance.

Payment must be made at time of booking.

Cancellation Policy

If you cancel any bookable activity, notification is requested at least 24 hours in advance or a charge will be payable (includes classes, inductions, crèche, sports hall and court hire etc.) Any activity not cancelled with 24 hours notice or not used will be charged at the full rate for all members.

Membership

Our membership scheme gives you unlimited access to a range of activities across six Leisure Centres at any time.

Payment options include Direct Debit, Prepaid and Pay and Play.

A range of discount schemes are available including Status Concession and Ability to Pay. Please refer to the membership brochure for details.

Gym Opening Hours:

Monday to Friday	07:00 – 22:00
Saturday and Sunday	09:00 – 18:00
Bank Holidays	09:00 – 17:30

Sports Hall Opening Hours (term time)

Monday, Wednesday, Friday	08:00 – 22:00
Tuesday and Thursday	16:00 – 22:00
Saturday and Sunday	09:00 – 18:00

Sports Hall Opening Hours (holiday time)

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

The Sports Hall is also available for single use hire or multiple bookings, please call to find out more information.