

Active Slough timetables 22 May to 30 July 2017 (timetable correct at time of printing)

Get Active Teen 12-17 years

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| Disability Football | MON 10.30-11.30 | Montem Leisure Centre, Montem Lane, SL1 2QG | Free |
| Break Dance | MON 17.30-18.30 | Langley Pavilion, Langley Road, SL3 8BS | £5 |
| Judo | TUES 19.00-20.00 | Singh Sabha Sports Centre Stoke Poges Lane, SL1 3LW | £4 |
| Disability Dance | WED 10.30-11.30 | Montem Leisure Centre, Montem Lane, SL1 2QG | £5 |
| Disability Multi-Sports | WED 15.30-17.00 | Arbour Vale School, Farnham Road, SL2 3AE | Free |
| Wheelchair Basketball | WED 17.00-18.00 | Arbour Vale School, Farnham Road, SL2 3AE | Free |
| Disability Multi-Sports | THUR 13.30-14.30 | Montem Leisure Centre, Montem Lane, SL1 2QG | £1 |
| Tennis | THUR 16.00-18.00 | St Bernard's School, Langley Road, SL3 7AF | £3 |
| Table Tennis | THUR 17.15-19.15 | Cippenham Table Tennis Club Cippenham Lane, SL1 5AH | £3 |
| Football | THUR 18.00-19.30 | Powerleague, Ragstone Road, SL1 2PU | Free |
| Boxercise | THUR 19.00-20.00 | Wexham School, Norway Drive, SL2 5QP | £2 |
| Touch Rugby | THUR 19.30-20.30 | Slough Rugby Club, Upton Court Road, Tamblyn Fields, SL3 7LT | Free |
| Disability Dance | FRI 10.30-11.30 | Montem Leisure Centre, Montem Lane, SL1 2QG | £5 |
| Youth Paddle Club Rowing & Kayaking | FRI 16.00-17.30 | Jubilee Riverside Centre, Slough Road, SL1 2PX | Free |
| Female Football | FRI 18.00-19.00 | Powerleague, Ragstone Road, SL1 2PU | Free |
| Ice Skating Disco | FRI 20.00-22.30 | Silver Blades Ice Rink, Montem Lane, SL1 2QG | £5 <small>quote Active Slough</small> |
| Park Run | SAT 09.00 | Upton Court Park, Upton Court Road, SL3 7LU | Free |
| Street Dance | SAT 10.00-11.00 | Creative Academy (The Orchard) Portsmouth Court, SL1 3NY | Free |
| Football for Fun | SAT 10.30-12.00 | Herschel Grammar, Northampton Ave, SL1 3BW | £5 |
| Self Defence/ Mixed Martial Arts | SAT 11.00-12.00 | Manor Park Community Centre, Villiers Road, SL2 1NP | £2 |
| Street Dance | SAT 12.30-13.30 | Creative Academy (The Orchard) Portsmouth Court, SL1 3NY | Free (12-14yrs) |
| Youth Dance Company | SAT 12.30-13.30 | Creative Academy (The Orchard) Portsmouth Court, SL1 3NY | Free (14-19yrs) |
| Open Session Rowing & Kayaking | SUN 11.00-12.30 | Jubilee Riverside Centre, Slough Road, SL1 2PX | £5 |

Active Senior 50+ years

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| Healthy Walks | MON 10.00 1st & 3rd MON of month | Salt Hill Park, Bath Road, SL1 3SS | Free |
| Healthy Walks | MON 10.00 2nd & 4th MON of month | Upton Court Park, Upton Court Road, SL3 7LU | Free |
| Seated Exercise | MON 14.45-15.15 | Cippenham Library, Elmshott Lane, SL1 5RB | Free |
| Healthy Walks | TUES 10.00 1st & 3rd TUES of month | Black Park, Black Park Road, Fulmer, SL3 6JJ | Free |
| Classic Aerobics | TUES 10.00-11.00 | Langley Pavilion, Langley Road, SL3 8BS | £3 |
| Yoga | TUES 11.00-12.00 | Langley Pavilion, Langley Road, SL3 8BS | £3 |
| Core Balance | TUES 11.00-12.00 | Britwell Centre, Wentworth Avenue, SL2 2DS | £2 |
| Seated Exercise | TUES 11.00-12.00 | Tesco Community Room, Wellington Road, SL1 1XW | Free |
| Core Balance | TUES 19.00-20.00 | Langley Pavilion, Langley Road, SL3 8BS | £2 |
| Bhangra Dance | TUES 19.30-20.30 | Manor Park Community Centre, Villiers Road, SL2 1NP | £3 |
| Healthy Walks | WED 10.00 | Grand Union Canal, Red Lion Car Park, SL3 7EN | Free |
| Healthy Walks | WED 10.30 | The Curve, William Street, SL1 1XY | Free |
| Seated Exercise | WED 10.30-11.00 | New Langley Association, Meadow Way, SL3 7QA | Free |
| Seated Exercise | WED 12.15-12.45 | Polish Roman Catholic Church, Pitts Road, SL1 3TJ | Free |
| Pilates | WED 15.00-16.00 | Britwell Centre, Wentworth Avenue, SL2 2DS | Free |
| Healthy Walks | THUR 10.00 | Salt Hill Park, Bath Road, SL1 3SS | Free |
| Yogalates | THUR 10.00-11.00 | Upton Lea Community Centre, Wexham Road, SL2 5JU | Free |
| Pilates | THUR 12.30-13.30 | Manor Park Community Centre, Villiers Road, SL2 1NP | Free |
| Yoga | THUR 17.00-18.00 | Resource Centre, Church Street, SL1 1PL | Free |
| Seated Exercise | FRI 10.30-11.00 | The Curve, William Street, SL1 1XY | Free |
| Senior Paddle Club Rowing & Kayaking | FRI 12.00-13.00 | Jubilee Riverside Centre, Slough Road, SL1 2PX | Free |
| Badminton | FRI 17.30-18.30 | East Berkshire College, Station Road, SL3 8BY | Free |
| Walking Football | FRI 18.30-19.30 | Arbour Park Stadium, Stoke Road, SL2 5AY | Free |
| Park Run | SAT 09.00 | Upton Court Park, Upton Court Road, SL3 7LU | Free |
| Healthy Walks | SAT 10.00 2nd & 4th SAT of month | Upton Court Park, Upton Court Road, SL3 7LU | Free |

Active Junior 5-11 years

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| Hip Hop/Street Dance | MON 16.30-17.30 | Langley Pavilion, Langley Road, SL3 8BS | £5 |
| Indoor Cricket | MON 18.00-19.30 | Wexham School, Norway Drive, SL2 5QP | Free |
| Ice Skating | TUES 16.15-18.00 | Silver Blades Ice Rink, Montem Lane, SL1 2QG | £4 inc. skate hire |
| Junior Paddle Club Rowing & Kayaking | TUES 16.30-18.00 | Jubilee Riverside Centre, Slough Road, SL1 2PX | £3 |
| Judo | TUES 18.00-19.00 | Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW | £4 |
| Indoor Cricket | WED 18.00-19.30 | Slough & Eton School, Ragstone Road, SL1 2PU | Free |
| Ice Skating | THUR 16.15-18.00 | Silver Blades Ice Rink, Montem Lane, SL1 2QG | £4 inc. skate hire |
| Football | THUR 18.30-19.30 | Powerleague, Ragstone Road, SL1 2PU | Free |
| Multi Sports | FRI 15.45-16.45 | Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW | Free |
| Softball | FRI 17.30-18.30 | Farnham Park, Beaconsfield Road, SL2 3BP | £3 |
| Self Defence/ Mixed Martial Arts | SAT 11.00-12.00 | Manor Park Community Centre, Villiers Road, SL2 1NP | £2 |
| Street Dance | SAT 10.15-11.15 | Creative Academy (The Orchard) Portsmouth Court, SL1 3NY | Free (5-7yrs) |
| Musical Theatre | SAT 11.20-12.20 | | Free (5-7yrs) |
| Musical Theatre | SAT 10.15-11.15 | | Free (8-11yrs) |
| Street Dance | SAT 11.20-12.20 | | Free (8-11yrs) |
| Jazz | SAT 12.30-13.30 | | Free (8-11yrs) |
| Family Tennis | SAT 13.30-14.30 | GDT Tennis Centre, Salt Hill Park, Bath Road, SL1 3SS | £2 per person/ £4 per family |

Get Active Adult 18+ years

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| PiYO® | MON 09.30-10.15 | Langley Pavilion, Langley Road, SL3 8BS | £4 |
| Disability Football | MON 10.30-11.30 | Montem Leisure Centre, Montem Lane, SL1 2QG | Free |
| Fire Fit Camp | MON 18.30-19.30 | Slough Fire Station, Tuns Lane, SL1 2XA | £3 |
| Bollywood Fitness | MON 19.30-20.30 | Wexham School, Norway Drive, SL2 5QP | £2 |
| Netball | TUES 18.00-19.00 | Salt Hill Park, Bath Road, SL1 3SS | £2 |
| All Body Workout | TUES 18.00-19.00 | Langley Pavilion, Langley Road, SL3 8BS | £2 |
| Bootcamp | TUES 18.30-19.30 | Kennedy Park, Long Furlong Drive, SL2 2PG | £2 |
| Running Group (Beginner & Intermediate) | TUES 18.30-19.30 | Upton Court Park, Upton Court Road, SL3 7LU | Free |
| Bhangra Dance | TUES 19.30-20.30 | Manor Park Community Centre, Villiers Road, SL2 1NP | £3 |
| Disability Dance | WED 10.30-11.30 | Montem Leisure Centre, Montem Lane, SL1 2QG | £5 |
| Running Group (Intermediate) | WED 18.30-19.30 | Salt Hill Park, Bath Road, SL1 3SS | Free |
| Bhangra Dance (Female Only) | WED 19.00-20.00 | Wexham Parish Hall, Norway Drive, SL2 5QP | £3 |
| Ladies Night Rowing & Kayaking | WED 18.00-20.00 | Jubilee Riverside Centre, Slough Road, SL1 2PX | U18 £6 18+ £8 |
| Disability Multi-Sports | THUR 13.30-14.30 | Montem Leisure Centre, Montem Lane, SL1 2QG | £1 |
| Running Group (Beginner) | THUR 18.00-19.00 | Salt Hill Park, Bath Road, SL1 3SS | Free |
| H.I.I.T Cardio | THUR 18.30-19.00 | Mercian Rec. Ground, Mercian Way, SL1 5UH | £2 |
| H.I.I.T Attack | THUR 19.00-19.30 | Mercian Rec. Ground, Mercian Way, SL1 5UH | £2 |
| Softball | THUR 19.00-20.00 | Farnham Park, Beaconsfield Road, SL2 3BP | £3 |
| Boxercise | THUR 19.30-20.30 | Wexham School, Norway Drive, SL2 5QP | £2 |
| Touch Rugby | THUR 19.30-20.30 | Slough Rugby Club, Upton Court Road, Tamblyn Fields, SL3 7LT | Free |
| Disability Dance | FRI 10.30-11.30 | Montem Leisure Centre, Montem Lane, SL1 2QG | £5 |
| Badminton | FRI 17.30-18.30 | East Berkshire College, Station Rd, SL3 8BY | Free |
| Walking Football | FRI 18.30-19.30 | Arbour Park Stadium, Stoke Road, SL2 5AY | Free |
| Softball | FRI 19.00-20.00 | Farnham Park, Beaconsfield Road, SL2 3BP | £3 |
| Park Run | SAT 09.00 | Upton Court Park, Upton Court Road, SL3 7LU | Free |
| Total Body Workout | SAT 09.30-10.30 | Langley Pavilion, Langley Road, SL3 8BS | £2 |
| Riverside Water Bootcamp | SAT 10.00-11.00 | Jubilee Riverside Centre, Slough Road, SL1 2PX | £3 |
| Pilates | SAT 10.15-11.15 | Creative Academy (The Orchard) Portsmouth Court, SL1 3NY | Free |
| Core Balance | SAT 10.30-11.30 | Langley Pavilion, Langley Road, SL3 8BS | £2 |
| Netball | SAT 11.00-12.30 | Salt Hill Park, Bath Road, SL1 3SS | £4 |
| Aerobics | SAT 11.20-12.20 | Creative Academy (The Orchard) Portsmouth Court, SL1 3NY | Free |
| Open Session Rowing & Kayaking | SUN 11.00-12.30 | Jubilee Riverside Centre, Slough Road, SL1 2PX | £10 |