



Family Fun

Family Health Walks **FREE**

WHEN Every Friday 10.30 to 11.30

Cycling Courses **FREE**

WHEN TBC

Children over 9 years old can receive free cycle lessons any time of the year from cyclinginstructor.com. To book a lesson complete the booking form, call 0845 6520421 or email info@cyclinginstructor.com with your name and phone number. Someone will then contact you to arrange a time.

Fathers and Children activity - quality time with dad

WHEN 1st and 3rd Friday each month
1st Friday 18.00 to 20.00
3rd Friday 19.00 to 21.00

Promotions

2 for 1 Badminton

WHEN Monday 22nd July to Friday 30th August
Friday 12.00 to 14.00

PRICE 2 for 1

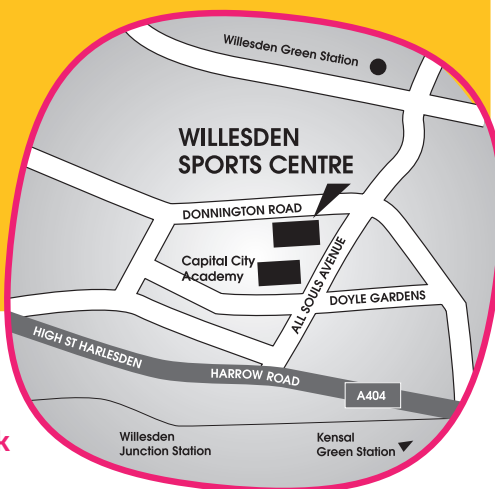
10 for 8 Swim sale

WHEN Saturday 27th July to Wednesday 31st July
Wednesday 28th August to Saturday 31st August

PRICE £25.00

Health Checks

WHEN Wednesday 10.00 to 12.00
Friday 16.00 to 17.00



For travel information visit tfl.gov.uk

Don't forget you can book and pay online for all our classes.

Visit 1Life.co.uk

Willesden Sports Centre

Donnington Road, Willesden, London NW10 3QX

Email willesden@1Life.co.uk

Phone **020 8955 1120**



Willesden Community Sports Ltd



Brent 1Life
Live more. Live well.

Willesden Sports Centre operated by Willesden Community Sports Ltd and managed by 1Life on behalf of Brent Council.

summer fun

Come & play with us this summer!

Monday 29th July to Friday 30th August

at Willesden Sports Centre...

We have lots of fun activities, sports, and challenges planned to keep you happy and active this summer.

COMMUNITY OPEN DAY
FRIDAY 2ND AUGUST
2PM til 6PM



1Life
Live more. Live well.



1Life.co.uk

Summer Holiday Activity Camps bigger and better than ever!
THURSDAY 27th JUNE - WEDNESDAY 4th SEPTEMBER. DATES VARY PER CAMP.

Including 4 exciting new programmes!

ELMER JAGTAG #theOLYMPIANS LEGACY LEGENDS ZOOLAB

MULTI-SPORTS • ARTS & CRAFTS • THEMED ACTIVITIES • ACTIVITY CHALLENGES

Book now!
fitforsport.co.uk
020 8742 4990

Fit For Sport is the UK's leading provider of fun-filled Activity camps for 4-12 year olds. Book now and join us at one of our 60 locations across the country!

Book by Friday 12th July for 10% off! Prices from as little as £25.00 per day!
*Quote SUMMER10 when booking

Ofsted @fitforsportuk FitForSportLffs #EveryChildActive

ALL Fit For Sport staff members are trained, DBS-checked and full of enthusiasm to deliver fun and inclusive activities, to keep children entertained all day. Ages, prices and activities vary depending on venue. Visit fitforsport.co.uk for more information.

CHILDCARE VOUCHERS ACCEPTED

TENNIS **Tennis for kids**

SATURDAY TENNIS LESSON From 9 am to 1 pm
New Venue at WILLESDEN SPORT CENTRE

9 am to 9:30 am: TOTS TENNIS 3-5 years old Price: £9
9:30 to 10:30 am: Mini red 5 to 8 years old Price: £15
10:30 to 11:30 am: Mini orange 4-9 years old Price: £15
11:30 to 12:30 am: Mini Green 9-10 years old Price: £15

12:30 to 1:30 pm: DROP IN PAY & PLAY

Group ratio: 1/6 with Tots tennis & 1/6 with mini tennis (limited spaces)

Location: Willesden Sport Centre Donnington Rd, London NW10 3QX

T: 07930 631 830 E: nicolas.marinopoulos@gmail.com
W: www.urbantennislondon.com
@_nicolas_urban_tennis

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Pool Fun

Swimming Crash Course

WHEN Monday 29th July to Friday 23rd August
Monday to Friday
Pre School 10.00
Stage 1 at 10.30
Stage 2 at 11.00
Stage 3 at 11.30

PRICE £31.80 per week

**LIMITED
FREE SPACES**
available for
new swimmers

FAMILY SWIM SESSIONS INSPIRED BY

Disney Pixar **TOY STORY 4** ONLY IN CINEMAS

JOIN POOL ADVENTURES TO LEARN A KEY LIFE SKILL
PERFECT FOR 3-11 YEAR OLDS

Disney Family Swim

WHEN Monday 29th July to Friday 30th August
Monday to Friday (except bank holiday)
13.30 to 14.15

PRICE £9.70 - 2 adults and 2 children

Adults Only Swim

WHEN Monday to Friday 12.15 to 13.30

Pool Inflatable Session

WHEN Saturday 27th July 16.00 to 17.30
Saturday 10th August 16.00 to 17.30
Saturday 24th August 16.00 to 17.30
(Must be able to swim 25m and Under 8's accompanied by an adult)

PRICE £3.50

UNDER 16'S SWIM FREE Through-out the whole of the school holidays!

WHEN Monday to Friday
(except bank holiday)
10.00 to 14.00
13.30 to 14.30
14.45 to 15.45

Main Pool only. On first come first serve basis. Under 8's must be accompanied by an Adult. All under 16's to be registered.

**FREE
SWIM**



Tween and teen drop in sessions

Football drop in sessions
(10.30 to 12.00) £3.50 per session
Age 11-15 years

WHEN Monday 29th July
Wednesday 31st July
Monday 5th August
Wednesday 7th August
Monday 12th August
Wednesday 14th August
Monday 19th August
Wednesday 21st August
Wednesday 28th August

Netball drop in session
(10.30 to 12.00) £3.50 per session
Age 11-15 years

WHEN Tuesday 30th July
Tuesday 6th August
Tuesday 13th August
Tuesday 20th August
Tuesday 27th August

Basketball drop in session
(10.30 to 12.00) £3.50 per session
Age 11-15 years

WHEN Thursday 1st August
Thursday 8th August
Thursday 15th August
Thursday 22nd August
Thursday 29th August

Athletics drop in session
(10.30 to 12.00) £3.50 per session
Age 11-15 years

WHEN Friday 2nd August
Friday 9th August
Friday 16th August
Friday 23rd August
Friday 30th August

Trampolining drop in session
(13.00 to 14.00 and 14.00 to 15.00)
£5.00 per hour
Age 11-15 years (12 spaces per session)

WHEN Thursday 1st August
Thursday 8th August
Thursday 15th August
Thursday 22nd August
Thursday 29th August

Urban Tennis
(9.00 to 13.30)
From tot to teen

WHEN Every Saturday

For more details contact our professional tennis coach Nicolas Marinopoulos:-
T: 07930 631 830
E: nicolas.marinopoulos@gmail.com
www.urbantennislondon.com



LIMITED SPACES
booking in
advance is
recommended

External Camps

Fit for Sport

WHEN Tuesday 23rd July to Friday 30th August
Monday to Friday (except bank holiday)
8.30 to 17.30

PRICE £25 to £32 - Age 5-11 years
www.fitforsport.co.uk

Mg gymstars

WHEN Wednesday 31st July to Friday 9th August
Wednesday to Friday (except Friday
2nd August
8.00 to 16.00

PRICE Check website
www.mggymstars.co.uk