

Sport & Leisure Programme

Wandsworth 2012



Balham Leisure Centre
020 8772 9577

Latchmere Leisure Centre
020 7207 8004

Putney Leisure Centre
020 8785 0388

Roehampton Sport and Fitness Centre
020 8785 0535

Tooting Bec Lido
020 8871 7198

Tooting Leisure Centre
020 8333 7555

Wandle Recreation Centre
020 8871 1149

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Contact

1.) Roehampton Sport and Fitness Centre

Laverstoke Gardens, Roehampton, SW15 4JB

☎ 020 8785 0535

✉ enquiries@roehamptonssportandfitnesscentre.co.uk

2.) Putney Leisure Centre

Dryburgh Road, Putney, SW15 1BL

☎ 020 8785 0388

✉ enquiries@putneyleisurecentre.co.uk

3.) Wandle Recreation Centre

Mapleton Road, Wandsworth, SW18 4DN

☎ 020 8871 1149

✉ enquiries@wandlerecreationcentre.co.uk

4.) Latchmere Leisure Centre

Burns Road, Battersea, SW11 5AD

☎ 020 7207 8004

✉ enquiries@latchmereleisurecentre.co.uk

5.) Balham Leisure Centre

Elmfield Road, Balham, SW17 8AN

☎ 020 8772 9577

✉ enquiries@balhamleisurecentre.co.uk

6.) Tooting Bec Lido

Tooting Bec Road, Tooting Bec, SW16 1RU

☎ 020 8871 7198

✉ enquiries@balhamleisurecentre.co.uk

7.) Tooting Leisure Centre

Greaves Place, Tooting, SW17 0NE

☎ 020 8333 7555

✉ enquiries@tootingleisurecentre.co.uk

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Welcome...

to Wandsworth's Fantastic Leisure Facilities

DC Leisure Management Ltd are delighted to manage the leisure facilities in Wandsworth on behalf of Wandsworth Council. DC Leisure aim to provide our customers with committed, safe and enjoyable leisure pursuits.

This brochure aims to give you a good understanding of all the services that we offer, and to help you plan your leisure time around all your other commitments. Please browse through our Sport & Leisure programme and if you have any questions, please contact sites directly or visit www.dcleisurecentres.co.uk.



Our Customer Promise

We will strive to:

- Serve every customer effectively and efficiently and with courtesy
- Provide customers with a welcoming, clean and safe building, car park and grounds
- Provide an extensive programme of courses, activities and events
- Ensure that the Centre provides Sport for All
- Provide a Manager at all public opening times to deal with all matters of concern to our users
- Regularly monitor our customers' satisfaction with our service
- Never forget that it is the customers who are the focus of our business

We ask our Customers to:

- Enjoy their visit, tell their friends if they did and inform the Centre Management if they did not
- Abide by the Centre's rules and regulations which are there for the safety and benefit of everyone
- Respect our property and buildings and the property of other customers

Customer Care

We aim to provide a quality leisure experience for all of our users through the provision of a flexible and varied programme of activities and to deliver a first class service to every customer on each visit.

We recognise that our customers are the most important people in our business and we aim to exceed their expectations at every given opportunity.

Access for those with disabilities

Please contact reception with all enquiries. All leisure facilities have disabled parking bays, and all receptions have a hearing loop.

Cancellation Policy

24 hours notice must be given for cancellation of all activities in this brochure, anyone failing to do so will still be charged for the booking.

Please be aware that the charges shown in this brochure are available to kinetika members and centre members.

All non-members will be charged a £1.05 admission fee.

Inclusive Fitness in Wandsworth

Wandsworth has benefited from the Inclusive Fitness Initiative (IFI) as the Wandle Recreation Centre was chosen as one of the 150 sites to be registered under the scheme. The Centre now offers a wide range of benefits to disabled customers, including:

- Improved physical and communication access;
- Equipment, which has been tested and accredited by disabled people, and will enable the vast majority of disabled people to access a full body workout;
- Highly trained staff, who are more aware of the needs of disabled people both inside and outside the fitness suite;
- A 'Gym Buddy' scheme, where a friend or carer can accompany a disabled member into the gym and assist with training;
- A truly inclusive environment for exercise, and
- Better access to healthy lifestyle choices.

If you're interested in getting involved in physical exercise contact our friendly staff at Wandle Recreation Centre, Roehampton sports and Fitness Centre or Putney Leisure Centre for more information. Contact details can be found on the front of this brochure.



Inclusive fitness
accredited site 2006



USE OF PHOTOGRAPHIC EQUIPMENT

Photography is permitted on our premises but only with the prior written permission of the manager

Special Needs Provisions

You may be interested to know that the following facilities are available at the Wandsworth Leisure Centres:

- Disabled Parking
- Disabled Changing rooms & Toilets
- Family / Baby Changing facilities
- Pool Hoist
- Hearing induction Loop
- Lift
- Accessible main entrances for wheelchairs & pushchairs

Please contact reception with all enquiries prior to your visit.

Disability Centre Membership

Wandsworth Borough Council provides discounted single visits, pool usage, monthly and annual memberships to all potential customers with a registered disability. To avoid constantly producing disability documentation to receive these rates a free Centre Membership Card can be issued to eligible customers

The following items of identification have been chosen to provide clarity and understanding throughout all Wandsworth Leisure Facilities and improve communication channels within our Centres and to our customers.

1. Evidence of receiving Disability Living Allowance (personal letter)
2. Orange Freedom Pass (Disability Bus Pass)
3. Blue Parking Badge

If you need this brochure in large font please contact your nearest centre.

Children's pool parties available – see separate Party time leaflet for more info

Swimming Prices

Balham, Latchmere, Putney & Tooting

Adults (16+)	£3.55
Child (5-15)	£1.90
65 years +	£1.90
Concession/Student/Unemployed*	£1.90
Family (2 Adults, 2 Children – Weekends Only)	£9.00
kinetika Swim Members	FREE
kinetika All-inclusive Members	FREE
kinetika Gym Members	£3.55
Group Exercise Members	£3.55
Non Member Admission Fee	£1.05
Child (5-15) swim season ticket	£90
Senior Citizen (65+) swim season ticket	£90
Family swim season ticket	£550

We also offer monthly single and family swimming only memberships, please ask at reception for further details.

Tooting Bec Lido

Adults (16+)	£6.00
After 6pm	£3.70
Child (5-15)	£3.70
65 years +	£3.70
Concession/Student/Unemployed	£3.70
Family (2 Adults, 2 Children)	£15.70
kinetika Swim Members	FREE
kinetika All-inclusive Members	FREE
NO ADMISSION FEE IS CHARGED AT TOOTING BEC LIDO	



Children under 8 years old MUST be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities. Maximum ratio of 3 children to 1 adult. Those supervising must accompany the children in the water.

Swimming Academy

All of our lessons are taught by qualified instructors who will help to develop confidence both in and around the water. Please ask at reception for enrolment details.

Parent & Baby

4 – 18 mths

Designed to introduce you and your baby to the water including toys and games.

Parent & Toddler

18mths – 2 ½ yrs

Designed to introduce you and your toddler to the water including fun games and activities.

Aqua Tots

2 ½ yrs – 3 ½ yrs

As your child is more able to understand simple instructions they will be taught the basics of becoming a confident swimmer.

Junior Lessons

3 yrs and over

Swimming lessons are taught by using the nationally recognised ASA National Plan for Teaching Swimming helping your child develop into a confident swimmer.

Individual Lessons

3 yrs and over

Individual lessons are available for children and adults helping you to learn at your own pace. Available for all abilities at a time to suit you.

Adult Lessons

Learn to swim or develop your stroke technique.



*Student concession price applies in off peak times only. These are 9am-4pm Monday-Friday.

Balham Leisure Centre



Facilities

- 25m pool
- kinetika gym
- Free weights gym
- Group exercise studio
- Indoor cycling
- Squash courts
- Mind & body studio
- Crèche
- Junior activities
- Birthday parties
- 50+ activities
- Sauna & Steam room
- Sports massage therapy
- Beauty therapy
- Clubs and therapies



Centre Opening Times

Monday – Friday	6:30am – 10:30pm
Saturday	7:30am – 8:30pm
Sunday	7:30am – 10:00pm
Bank Holidays	9:00am – 5:00pm

Please check with Reception prior to your visit as opening times for certain facilities and bank holiday opening times may vary.

How to contact us...

Balham Leisure Centre
Elmfield Rd, Balham, SW17 8AN
Tel: 020 8772 9577
Fax: 020 8673 1810
Email: enquiries@balhamleisurecentre.co.uk
Website: www.balhamleisurecentre.co.uk
Buses: 155, 355, 249
Tube: Balham, Tooting Bec
Train: Balham



kinetika Gym



Our kinetika Fitness Suite is state of the art and offers something for everyone. Our fully qualified team are on hand to provide you with the advice & support you need to help you achieve fantastic results.

Squash Courts

Availability:

Monday – Friday	7.30am – 9.45pm
Saturday	7.30am – 7.30pm
Sunday	7.30am – 9.00pm

Sessions are for 45 minutes

Peak court	£9.10
Off-peak court	£6.90
Racquet hire	£1.00

Off peak times are Monday – Friday, 9.00am – 4.00pm, and weekends before 9.00am

Health Suite

Unwind after your day or workout with a session in our relaxing health suite, and choose to use the sauna and/or steam room.

Mon, Wed, Fri	7.00am – 9.00pm (mixed 50+ mixed session 9.30am – 11.30am)
Tuesday	7.00am – 9.00pm (women only)
Thursday	7.00am – 9.00pm (men only)
Saturday & Sunday	7.30am – 7.00pm

Prices

Price per session £8.40
 kinetika All-inclusive members FREE
 kinetika Swim members concessions and
 swim members £4.60

Birthday Parties

Options include

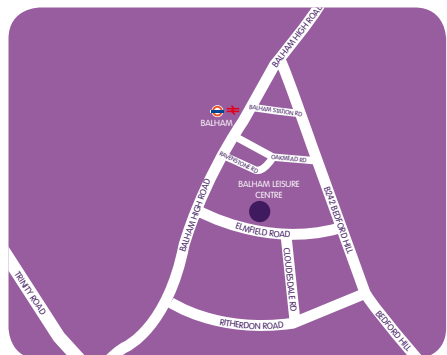
- Pool parties
- Tumble time (soft play and bouncy castles)
- Big splash
- Disco Bounce

Please contact the centre for details.



Group Workout Classes Notice

Please note that tickets for our group workout classes are available on the day in person.



Low cost Gym
Memberships now
available!
Join online now!

Latchmere Leisure Centre



Facilities

- Leisure pool with wave machine
- Teaching pool
- kinetika gym
- Group exercise studio
- Indoor cycling
- Sports hall
- Adventure Zone
- Crèche
- Junior activities
- Birthday parties
- 50+ activities
- Beauty therapy
- Café
- Sauna



Centre Opening Times

Monday – Friday	7:00am – 10:30pm
Saturday	7:00am – 8:00pm
Sunday	7:00am – 10:00pm
Bank Holidays	9:00am – 5:00pm

Please check with Reception prior to your visit as opening times for certain facilities and bank holiday opening times may vary.

CAR PARKING CONTROL IN OPERATION –

Please ensure you park in a marked bay and register your car details at reception on every visit. Members & customers can park free of charge for 2.5 hours.



How to contact us...

Latchmere Leisure Centre
Burns Rd, Battersea, SW11 5AD
Tel: 020 7207 8004
Fax: 020 7924 3783
Email: enquiries@latchmereleisurecentre.co.uk
Website: www.latchmereleisurecentre.co.uk
Buses: 44, 345, 319, 344, 49
Train: Clapham Junction, Battersea Park

kinetika Gym



Our kinetika Fitness Suite is state of the art and offers something for everyone. Our fully qualified team are on hand to provide you with the advice & support you need to help you achieve fantastic results.

Sports Hall Activities

Cost per hour:	Peak	Off-peak
Badminton	£10.70	£8.75
5-aside	£45.20	£35.20
Netball	£45.20	£35.20
Cricket nets	£22.60	£18.40
Basketball	£45.20	£35.20

Off-peak times are Monday – Friday
9.00am – 4.00pm

Adult Activities

Badminton Social

Mondays 8:30pm – 10:30pm £5.70

Basketball

Sundays 6:30pm – 9:30pm £5.95

Hall Hire

Our Sports Hall has hosted many sporting competitions and is available for hire for competitions or special events. There is a capacity, with 'grandstand' seating, for 300 people.

Please contact the Reception Manager for information on availability.

Sauna

Unwind after your day or a workout in our pool side sauna.

Cafe

Come and treat yourself in our cafe after your workout or while waiting for the kids.

Swim Academy at Latchmere

Parent & Baby, toddler, Aqua tots, Junior lessons and Adult lessons all available.
Book your place now!

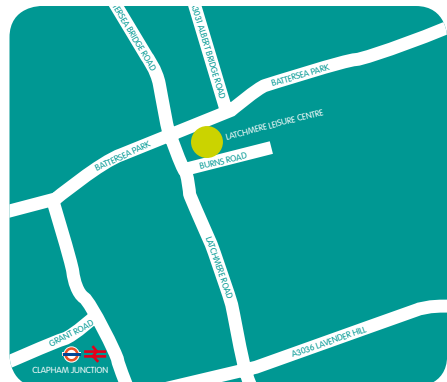


Birthday Parties

Options include

- Pool parties
 - Water Polo parties
 - Trampolining
 - Football
 - Basketball
 - Netball
 - Tumble Time
 - Kiddi karts
- (soft play & bouncy castle)

Please contact the centre for details.



Putney Leisure Centre



Facilities

- 33m L-shaped main pool
- Splash pool
- 12m teaching pool
- Diving pool
- kinetika gym
- Group exercise studio
- Indoor cycling
- Junior activities
- Birthday parties
- 50+ activities
- Dryburgh function hall with kitchen
- Sports massage clinic
- Beauty therapy
- Sauna, steam room & spa pool
- Creche
- Full-time nursery
- Meeting/conference rooms



Centre Opening Times

Monday – Friday	6:30am – 10:30pm
Saturday	7:30am – 7:30pm
Sunday	8:30am – 9:00pm
Bank Holidays	9:00am – 5:00pm

Please check with Reception prior to your visit as opening times for certain facilities and bank holiday opening times may vary.

How to contact us...

Putney Leisure Centre
Dryburgh Rd, Putney, SW15 1BL
Tel: 020 8785 0388
Fax: 020 8789 2387
Email: enquiries@putneyleisurecentre.co.uk
Website: www.putneyleisurecentre.co.uk
Buses: 337, 430
Tube: East Putney
Train: Putney



kinetika Gym



Our kinetika Fitness Suite is state of the art and offers something for everyone. Our fully qualified team are on hand to provide you with the advice & support you need to help you achieve fantastic results.

Table Tennis

Per hour	£4.40
Bats/ball hire	50p per item
Deposit	£5.00

Diving Group lessons

For Children competent in Deep water and Adults.

Water Polo sessions

For Children with Stage 3+ swimming abilities.
Contact reception for further details

Health suite

Unwind after your day or workout with a session in our relaxing health suite, which includes sauna, steam room and spa pool

Cafe

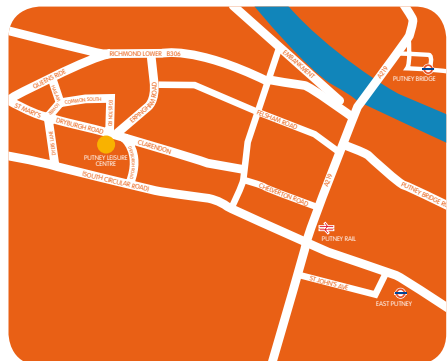
Come and treat yourself in our cafe after your workout or while waiting for the kids

Birthday Parties

Options include

- Pool parties
- Tumble time (soft play and bouncy castles)
- Big splash
- Disco Bounce

Please contact the centre for details.



Low cost Gym
Memberships now
available!
Join online now!

Roehampton Sport and Fitness Centre



Facilities

- kinetika Gym
- Sports hall
- Junior activities
- Birthday parties
- 50+ activities
- Group Exercise Studio
- Multi-purpose room
- Adventure Zone
- Inclusive Fitness gym

Centre Opening Times

Monday – Friday	7:00am – 10:30pm
Saturday	8:00am – 6:00pm
Sunday	8:00am – 6:00pm
Bank Holidays	9:00am – 5:00pm

Please check with Reception prior to your visit as opening times for certain facilities and bank holiday opening times may vary.

CAR PARKING CONTROL IN OPERATION –

Please ensure you park in a marked bay and register your car details at reception on every visit. Members & customers can park free of charge for 2.5 hours.

How to Contact us...

Roehampton Sport and Fitness Centre
Laverstoke Gardens, Roehampton, SW15 4JB
Tel: 020 8785 0535
Email:
enquiriesroehamptonssportandfitnesscentre.co.uk
www.roehamptonssportandfitnesscentre.co.uk
Buses: 430, 170



kinetika Gym



Our kinetika Fitness Suite is state of the art and offers something for everyone. Our fully qualified team are on hand to provide you with the advice & support you need to help you achieve fantastic results.

Sports Hall Activities

Cost per hour:	Peak	Off-peak
Badminton	£10.70	£8.75
5-aside	£45.20	£35.20
Netball	£45.20	£35.20
Cricket nets	£22.60	£18.40
Table Tennis	£10.70	£8.75
Volleyball	£45.20	£35.20
Basketball	£45.20	£35.20

Off-peak times are Monday – Friday, 9.00am – 4.00pm.

Adult activities

Badminton Social

Wednesday 8.30pm-10.30pm
£3.70



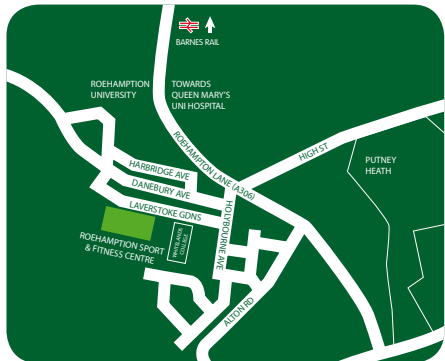
Advanced Student Memberships available at fantastic prices!

Birthday Parties

Options include

- Trampolining
- Football
- Basketball
- Netball
- Tumble Time
- Kiddi karts (soft play & bouncy castle)

Please contact the centre for details.



Tooting Leisure Centre



Facilities

- 33m main pool
- 12m teaching pool
- kinetika gym
- 3 group exercise studios
- Indoor cycling
- Sports hall
- 3 squash courts
- Junior activities
- Birthday parties
- Crèche
- Adventure Zone
- 50+ activities
- Lola Jones function hall with kitchen
- Beauty therapy
- Meetings/Conference room
- Sauna and steam room



Centre Opening Times

Monday – Friday	6:30am – 10:30pm
Saturday	7:30am – 7:30pm
Sunday	8:30am – 9:30pm
Bank Holidays	9:00am – 5:00pm

Please check with Reception prior to your visit as opening times for certain facilities and bank holiday opening times may vary.

CAR PARKING CONTROL IN OPERATION –

Please ensure you park in a marked bay and register your car details at reception on every visit. Members & customers can park free of charge for 2.5 hours.

How to contact us...

Tooting Leisure Centre
Greaves Place, Tooting, SW17 ONE
Tel: 020 8333 7555
Fax: 020 8333 7711
Email: enquiries@tootingleisurecentre.co.uk
Website: www.tootingleisurecentre.co.uk
Buses: 44, 77, 270, G1
Tube: Tooting Broadway
Train: Tooting, Earlsfield



kinetika Gym



Our kinetika Fitness Suite is state of the art and offers something for everyone. Our fully qualified team are on hand to provide you with the advice & support you need to help you achieve fantastic results.

Sport Hall Activities

Cost per hour:

	Peak	Off-peak
Badminton	£10.70	£8.75
5-aside	£45.20	£35.20
Netball	£45.20	£35.20
Cricket nets	£22.60	£18.40
Table Tennis	£10.70	£8.35

Off-peak times are Monday – Friday,
9.00am – 4.00pm

Adult Activities

Badminton social

Monday 8.30pm – 10.30pm £5.70

Trampolining Sessions

Various sessions available. Please ask at reception for further details.

Birthday Parties

Options include

- Pool Parties
(Big Splash & Wet and Wild)
- Adventure Zone
- Bouncy Castle and Games
- Football
- Multisport
- Trampolining

Please contact the centre for details.



Squash

Sessions are for 45 minutes

Peak court	£9.10
Off-peak Court	£6.90
Racquet Hire	£1.00

Off peak times are Monday – Friday,
7.00am – 4.00pm

Diving Board

On Saturday and Sunday between 2pm – 3pm and during school holidays the diving board will be in use and so lane swimming length will be reduced.

Hall Hire (Sports Hall)

Sporting competitions and special events available for hire. Please contact booking manager for information and availability.

Health suite

Unwind after your day or workout with a session in our relaxing health suite, which includes sauna and steam room.

Prices

Price per session £8.40

kinetika All-inclusive members FREE

kinetika Swim members concessions and swim members £4.60



Low cost Gym
Memberships now
available!
Join online now!

Wandle Recreation Centre



Facilities

- kinetika gym
- Inclusive Fitness gym
- 50+ activities
- Group exercise studio
- Sports hall
- 5-a-side 3G & astro turf pitch
- 7-a-side 3G & astro turf pitch
- Junior activities
- Birthday parties
- Adventure Zone
- Nursery – Dojo
- Creche



Centre Opening Times

Monday – Friday	7:30am – 11:00pm
Saturday	9:00am – 8:00pm
Sunday	9:00am – 10:00pm
Bank Holidays	9:00am – 5:00pm

Please check with Reception prior to your visit as opening times for certain facilities and bank holiday opening times may vary.

How to contact us...

Wandle Recreation Centre
Mapleton Rd, Wandsworth, SW18 4DN
Tel: 020 8871 1149
Fax: 020 8870 4134
Email: enquiries@wandlerecreationcentre.co.uk
Website: www.wandlerecreationcentre.co.uk
Buses: 44, 270, 28
Train: Wandsworth town, Earlsfield

kinetika Gym Opening Times

Monday-Friday 6.30am-11.00pm

Saturday 9.00am-8.00pm

Sunday 9.00am-10.00pm

Bank Holidays 9.00am-5.00pm

Last ticket sold 30mins before closing

kinetika Gym



Our kinetika Fitness Suite is state of the art and offers something for everyone. Our fully qualified team are on hand to provide you with the advice & support you need to help you achieve fantastic results.

Sport Hall Activities

Cost per hour:	Peak	Off-peak
Badminton	£10.70	£8.75
5-aside	£45.20	£35.20
Basketball	£45.20	£35.20
Table Tennis	£10.70	£8.75
Volleyball	£45.20	£35.20

Off-peak times are Monday – Friday,
7.30am – 4.30pm, and weekends

Adult Activities

Badminton Social

Friday 7:30pm – 10:30pm £5.00

Basketball

Saturday 9:30am – 10:30am £3.10

Adult pay as you go football £4.20

Junior pay as you go football £2.10

Pay as you go pitches available when pitches are not booked £4 per person

3rd Generation Pitches

1 Pitch Area (Before 6pm)	£45.00
1 Pitch Area (After 6pm)	£48.25
1 Pitch Area (Friday – Sunday)	£45.00
2 Pitch Area (Before 6pm)	£67.50
2 Pitch Area (After 6pm)	£87.00
2 Pitch Area (Friday – Sunday)	£67.50

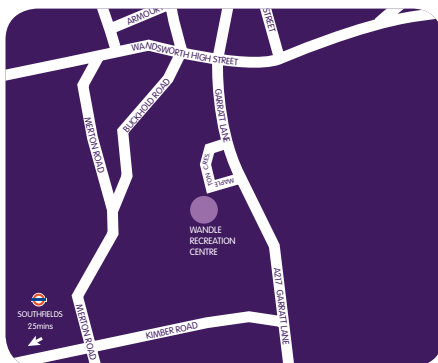


Birthday Parties

Options include

- Trampolining
- Football
- Basketball
- Netball
- Tumble Time (soft play & bouncy castle)
- Kiddi karts

Please contact the centre for details.



Tooting Bec Lido

Tooting Bec Lido is the second biggest outdoor pool in Europe, and has been voted 'Best Outdoor Pool' by the London Pools Campaign for the second year in succession. With a paddling pool, café, cubicles and lockers for small valuables too, it's a great place to visit in the summer to relax.

Casual entry and season tickets are available.

Facilities

- 91.5m open air pool
- Paddling pool
- Relaxation and sunbathing area
- Café

Centre Opening Times

Main Pool

19th May – 31st August 6:00am – 8:00pm

1st September – 30th September 6:00am – 5:00pm

Paddling Pool

19th May – 31st August 10:00am – 6:00pm

Café

19th May – 31st August 7:00am – 7:00pm

All opening hours are weather permitting and subject to change.

South London Swimming Club (SLSC)

The South London Swimming Club has been around for as long as the Lido itself, and it's members range from 6 to 93 years old. The one thing they all share is the love of open water. SLSC members can swim at the Lido every day of the year.

How to contact us...

Tooting Bec Lido

Tooting Bec Rd, Tooting Bec, SW16 1RU

Tel: 020 8871 7198

Website: www.tootingbecrido.co.uk

Buses: 155, 249, 319, 355

Tube: Tooting Bec, Balham

Train: Balham



Over 50's Activities

Keeping active is an important part of a healthy lifestyle for people of all ages, as it can:

- Give you more energy
- Help improve your sleep
- Relieve stress
- Protect against heart disease
- Improve your circulation
- Help you meet new people
- Give you a sense of achievement

Balham Leisure Centre £2.70

Monday, Wednesday, Friday

Swim, gym, health suite & squash
9.00am – 12.00pm

Tuesday & Thursday

Swim, Gym & health suite
1.00pm – 4.00pm

Latchmere Leisure Centre £2.70

Monday, Wednesday, Friday

Swim, gym, badminton
9.00am – 12.00pm

Tuesday & Thursday

Swim, sauna and gym
9.00am – 12.00pm

(50+ aerobics is also available.)

Please see the Group Exercise Timetable)

Putney Leisure Centre £2.70

Monday, Tuesday, Wednesday & Friday

Gym & Swimming
10.00am – 12.00pm

Thursday

Gym, Swimming & Table Tennis
12.30pm – 1.30pm

Monday – Friday

50+ Aqua Aerobics (£4.00)
12.30pm – 1.15pm

Roehampton Sport and Fitness Centre £2.30

Monday – Friday

Badminton, table tennis, short tennis and gym
10.00am – 12.30pm

Thursday

Get Active 50+
11.30am-12.30pm

Tooting Leisure Centre £2.70

Mondays & Wednesdays

Badminton, Squash, Gym, Sauna/Steam & Swim
9:00am – 12:00pm

Tuesdays & Thursdays

Badminton, squash, Gym, Sauna/steam & swim
9:00am – 12:00pm

Fridays

Badminton, Short Tennis Squash, Gym,
Sauna/Steam, Swim & Class
9:00am – 12:30pm

Wandle Recreation Centre £2.40

Monday & Tuesday

Badminton, Table Tennis & Gym
9:00am – 12:30pm

Wednesday, Thursday & Friday

Gym
9:00am – 12:30pm



For details on how to save money by becoming a centre or kinetika member please see centre of brochure.

Any person using the gym must attend a gym induction please ask at reception for further information.



Clubs & Therapies

Our centre's are home to a host of independent clubs, many of which are listed below. For details of activities and prices please contact the relevant club directly.

Putney Leisure Centre

Sw Ballet	Karen Langer	0208 392 9565
Beas Baby music	Bea Couch	0208 670 9378
Kumon	Mrs R Ogata	0208 942 8373
Weight watchers	Sarah Gray	0845 073 0340
Fighting Fit	Tony Lloyd	0208 715 0463
Book people	Indi	0845 602 3222
Osteopathy	Barbara Mireka	0796 001 1088
Beauty Therapy	Sham N Farsia	0779 583 0198
Popits nursery / Crèche	Brenda Symes	0789 653 1851

Wandle Recreation Centre

Elms 5-A-Side	Monica Lyons	0208 954 8787
South London 5's	Mark Caswell	0797 783 1519
Pitch Invasion	Steve Banks	0127 337 7261
Aikido	Arthur Austin	0208 395 6407
Wu Shu Kwan	Richard Casim	0793 173 8972
Kick Boxing	Dean Leslie	0783 713 9152
Wado Ryu Karate	Leo Musyoki	0208 764 8508
Park Gardens Nursery	Helen Wifen	0208 947 7058
Karate Jitsu		
Bushi Ryu	Cameron Cook	0798 440 3745
Blueline Massage	Graham Pendrick	0791 934 8100
Be Dance	Becca Allen	0798 994 7929
Hapkido	Daeman Sung	0777 188 6319
Yawara Judo & Karate	Dave Clark	0795 629 1064
Badminton Social	Contact reception	0208 871 1149
Basketball	Contact reception	0208 871 1149
Remedial Massage	Anysha Gill	0208 8711 149

Latchmere Leisure Centre

Basketball	Ali	0207 207 8004
Trampolining		0207 207 8004
Sequence Dancing	Gina	0207 207 8004
Helen O Grady Drama Club	Neil O Gorman	0208 239 0053
Extreme Fitness Kickboxing	Dean Leslie	0783 713 9152
Dolphin Disabled Swim Club		0207 207 8004
Street Dance 1	Conrad	0798 420 7950
Street Dance 2	Kelly	0782 850 2644
Playball	Gavin Marks	0773 837 5317
Jujitsu	Donato	0797 016 6189
Kick Boxing	Dean	0783 173 9152
Water Babies		0707 585 1510
Vicky York Beauty Therapies		
Krav Maga		

Tooting Leisure Centre

Fencing	Tony Cotton	0208 640 4707
Badminton Social	Contact Reception	
Aikido		0208 540 7086
Capoeira	Rodrigo	0705 007 3737
Ju Jitsu	Salur Onural	0208 672 6889
Box London	Scott	0795 063 7345
Karate		0793 137 3149
Kickboxing	Winston/Selvin	0208 679 6357
Self Defence	Tony Lloyd	0208 715 0463
Women's Self Defence	Tony Lloyd	0208 715 0463
Egyptian Belly Dancing	Collette	0793 033 1718
Sam Tu Dang	Laurie Ince	0208 543 8833
Wandle Divers Batterea Jacs Swim Club	Simon Morley	0787 966 5981
Squash Lessons	Shaun Vermaak	0790 311 1275

Balham Leisure Centre

Caroline's Beauty Therapy Room	Caroline O'Reilly	0773 651 9107
Squash Lessons	Shaun Vermaak	0790 311 1275
Leander Swimming Club	Sue Williams	0791 895 6695
Southside District Scouts Swim Club	Phillip Rickard	0208 772 9577
Monkey Music Classes	Bronwyn	0208 764 578
Egyptian Belly Dancing	Collette	0793 033 1718
Little Singers	Nikki Warren	0782 333 6487
Dynamic Dance	Emily Stephenson	0787 902 6417
Marshall Arts	Mike Springer	0208 761 2218
Capoeira	Shaamil Khan	0795 693 2291
Playball	Gavin Marks	0208 123 2217



Junior kinetika Users

We are committed to ensuring that our younger generation is a healthy and active one. Our junior kinetika sessions are ideal for those aged 11 – 15 years. These sessions provide an introduction to health and fitness in a safe environment. All junior users must participate in a junior induction session prior to using the fitness suite and are only permitted to exercise during these sessions.

Induction and session prices along with session times are listed below;

Balham Leisure Centre	£3.50	Latchmere Leisure Centre	£3.50
Monday-Friday 4.00pm-6.00pm		Monday-Friday 4.00pm-6.00pm	
Saturday 1.00pm-3.00pm		Saturday 12.00pm-3.00pm	
Sunday 1.00pm-3.00pm		Sunday 12.00pm-3.00pm	
Putney Leisure Centre	£3.50	Roehampton Sports & Fitness Centre	£3.50
Monday-Friday 4.00pm-6.00pm		Monday-Friday 3.00pm-6.00pm	
Saturday 11.30am-1.30pm		Saturday 12.00-3.00pm	
Sunday 11.30am-1.00pm		Sunday 12.00pm-3.00pm	
Tooting Leisure Centre	£3.50	Wandle Recreation Centre	£3.50
Monday-Friday 4.00pm-6.00pm		Monday-Friday 4.00pm-6.00pm	
Saturday 12.00pm-2.00pm		Saturday 12.00pm-3.00pm	
		Sunday 12.00pm-3.00pm	
		Public school holidays	
		Monday-Friday 9.00am-6.00pm**	

A Junior gym user inductions cost £10. Regular junior gym users can save money by taking out one of our great value junior memberships. Please see centre of brochure for all membership options.

Price does not include admission fee

** at the sites discretion



Junior Activities

We host a wide range of junior activities across all Wandsworth Leisure centres.

Including:

- Adventure Zone
- Football
- Gymnastics Courses
- Fencing
- Trampoline Courses
- Tumble Time

Please contact your nearest centre for more information on what activities are available.



Crèche

3 Months – 5 years. £2.85 per hour.

Leave your child with us while you enjoy your workout.

Balham Leisure Centre

Monday-Friday
9:30am-11:30am

Latchmere Leisure Centre

Monday-Friday
9:45am-11:45am

Putney Leisure Centre

Monday-Friday
9:45am-11:45am

Tooting Leisure Centre

Monday-Friday
9:30am-12:30am

Wandle recreation Centre

Monday, Wednesday & Friday
10:00am-12:00am



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Treadmill. Cross-trainer. Aerobics. Spin class. Swim. Dance. Whatever your favourite way to stay fit, if you want to make the most of every session but don't want to take on more calories than you burn, use Lucozade Sport Lite. With 70% less sugars than regular sports drinks and just 50 calories per bottle, it provides the fluid and electrolytes your body needs to remain hydrated when you exercise, plus energy releasing B vitamins. You've got two thirst-quenching flavours to choose from – Summer Berries and Lemon & Lime – so if you want to get more out, without putting more calories in, try Lucozade Sport Lite and you'll see how your workouts can become lighter work...

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ONLY 50 CALORIES