

ASHTON PLAYING FIELDS

Tel: 020 8559 0486

ATHLETICS: (per hour)	Track training: Adult (daily)	£4.00
	Track training: Under 16s (daily)	£1.50
	Track training: Adult (annual)	£104.00
	Track training: Under 16s / Students (annual)	£42.00
FITNESS: (Ashton only)	Gym induction	£31.00
	Gym (per hour)	£4.90

CRICKLEFIELDS ATHLETIC GROUND

Tel: 020 8550 2366

ATHLETICS: (per hour)	Track training: Adult (daily)	£4.00
	Track training: Under 16s (daily)	£1.50
	Track training: Adult (annual)	£104.00
	Track training: Under 16s / Students (annual)	£42.00

FAIRLOP OUTDOOR ACTIVITY CENTRE

Tel: 020 8500 1468

MEMBERSHIP:	Adult	£50.00
	Junior / OAP	£25.00
SAILING / WINDSURFING:	Adult (members)	£9.00
	Junior (members)	£7.00
ROWING:	Per boat	£10.00
PADDLESPOUT:	Adult (members)	£8.00
	Junior (members)	£6.50
COURSES:	Sailing private tuition	£45.00
	Adult sailing course	£180.00
	Junior sailing course	£150.00
	Junior paddlesport course	£120.00
	Multi-splash session (per day)	£50.00
BIRTHDAY PARTY:	Watersports	£150.00

SOUTH WOODFORD LIBRARY & GYM

Tel: 020 8708 9067

FITNESS / GYM:	Gym induction	£30.00
	Gym (per hour)	£7.40
	Gym – Leisure Pass (per hour)	£2.60
	Junior Gym (per hour)	£2.50
FITNESS CLASSES:	Aerobics	£6.00
	Fitness class	£6.70
	Yoga	£8.90

WANSTEAD LEISURE CENTRE

Tel: 020 8989 1172

BADMINTON:	One hour	£9.80
SQUASH:	45 minutes (peak / off peak)	£9.30 / £7.50
	One hour (peak / off peak)	£13.00 / £10.90
	League (peak / off peak)	£7.40 / £7.50
BASKETBALL:	One hour	£18.90
5-A-SIDE FOOTBALL:		£75.00
FITNESS / GYM:	Gym induction	£30.00
	Junior Gym induction includes first session	£11.40
	Gym (per hour)	£7.40
	Gym – Leisure Pass (per hour)	£2.60
	Circuit training	£7.30
	Junior Gym (per hour)	£2.50
FITNESS CLASSES:	Aerobics	£5.80
	Fitness class	£6.50
	Yoga	£8.40
JUNIOR COURSES: (per week)	Badminton (member / non-member)	£5.00 / £6.50
	Trampoline (member / non-member)	£5.00 / £6.50
	Football (member / non-member)	£4.50 / £5.60
MULTISPORTS:	Per day (member / non-member)	£18.00 / £19.50
ADULT COURSES: (per week)	Badminton (member / non-member)	£5.50 / £8.00
	Trampoline (member / non-member)	£5.50 / £8.00
NON-MEMBER FEES:	Adult	£2.50

FAIRLOP WATERS

Tel: 020 8500 9911

GREEN FEES:	Adult 18 hole (Monday to Friday)	£18.10
	Adult 18 hole (weekend)	£27.10
	Junior / OAP 18 hole	£12.50
	Twilight 18 hole (Monday to Friday after 4pm)	£9.50
	Adult 9 hole (Monday to Friday)	£12.50
	Adult 9 hole (weekend)	£18.10
	Junior / OAP 9 hole	£10.10
	Monday to Friday ticket	£25.50
	Weekend day ticket	£40.00
	Winter 18 hole	£12.00
	Junior / OAP winter 18 hole	£9.90
DRIVING RANGE:	Token (small / large)	£2.80 / £4.80
PAR 3:	Par 3 weekday 1 round	£9.90
	Par 3 weekend 1 round	£12.60
ANGLING:	Adult season ticket	£190.00
	Junior / OAP season ticket	£105.00
	Winter ticket	£100.00
	Day ticket	£11.50

FULLWELL CROSS LEISURE CENTRE

Tel: 020 8550 2366

WHY NOT PAY FOR YOUR SWIMMING LESSONS BY DIRECT DEBIT?

SWIMMING:	Adult (peak / off peak)	£3.80 / £2.60
	Junior / OAP (peak / off peak)	£2.30 / £1.80
	Adult book of tickets (10 for price of 8)	£30.40
	Swim – Leisure Pass	£1.70
	Spectators	50p
SWIMMING LESSONS:	Adult (per lesson)	£5.70
	Junior (per lesson)	£5.20
	One-to-one tuition for 12 weeks (30 minute lesson)	£16.20

FULLWELL CROSS LEISURE CENTRE

Tel: 020 8550 2366

SPA:	Adult	£12.00
	OAP	£6.00
	Ladies recreation session	£7.00
FITNESS:	Gym induction	£30.00
	Gym (per hour)	£7.40
	Gym – Leisure Pass	£2.60
	Circuit training (per hour)	£7.30
	Junior Gym (per hour)	£2.50
FITNESS CLASSES:	Aerobics / Water	£6.00
	Fitness class	£6.70
	Yoga	£8.90

OWLS PLAY CENTRE

Tel: 020 8500 9669



Babies under 6 months	FREE
Babies 6 months to 1 year	£1.50
Toddlers 1 year to 3 years	£4.00
Junior 4 years +	£6.00
Adults	£1.00
Senior/Leisure Pass	50p

REDBRIDGE CYCLING CENTRE

Tel: 020 8500 9359

CASUAL USE: (2 hours)	Full road circuit	£4.20
	Part road circuit (north or south)	£2.20
	MTB track	£4.20
	MTB track (junior and Leisure Pass)	£2.60
	Full road circuit (junior and Leisure Pass)	£2.60
	Part road circuit (junior and Leisure Pass)	£1.60
CASUAL USE: (10 for price of 8)	Adult	£35.00
	Junior and Leisure Pass	£21.00
Please ask for Terms and Conditions of hire or visit our website		



Take the stress out of life and treat yourself, a friend or a loved one to some serious pampering. The Spa at Fullwell Cross Leisure Centre offers a luxurious environment, in which our trained staff offer beauty treatments and a spa experience that will transport you to another world!

- Massages
- Manicure/Pedicure
- Eyelash/Eyebrow tinting
- Threading
- Elemis® facials
- Gel nails
- Individual lashes
- Spa Day packages also available
- Elemis® body wraps
- Spray tans
- Waxing

Fullwell Cross Leisure Centre, Barkingside, Essex IG6 2EA
Call 020 8550 2366 ext 129 or email spa@vision-rcl.org.uk
Visit www.thespalondonandessex.com or www.vision-rcl.org.uk



DON'T MISS OUT – BOOK ONLINE!

(MEMBERS 14 DAYS IN ADVANCE AND NON-MEMBERS 2 DAYS IN ADVANCE)

Collect your log in details from Reception or visit www.vision-rcl.org.uk and select 'Online Bookings'.

SAVE MONEY WITH OUR MEMBERSHIP

You can enjoy our facilities without being a member, but by becoming a member you will save money. Paying for your membership is easy – pay monthly or annually and receive a discount! Just call **020 8550 2366, 020 8989 1172 or 020 8708 9067**.

GET OUR FREE TIME-SAVING APP

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www.vision-rcl.org.uk



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