

Paddington Recreation Ground

How to find us

Randolph Avenue, Maida Vale W9 1PD

Buses: 16, 16A, 28, 31, 36 & 98

Tube: Kilburn Park, Maida Vale

Rail: Kilburn High Road

Contact details

Bookings & Enquiries: 020 7641 3642

Fax: 020 7328 7033

Email: padrec.membership@nuffieldhealth.com



Welcome to Paddington Recreation Ground.

January - March 2010



City of Westminster

N.B. Some of the pictures shown in this brochure show other sites managed by Nuffield Health Wellbeing Ltd.



City of Westminster

 **Nuffield Health**
community fitness



Welcome to Paddington Recreation Ground.

Whatever you're looking for, you'll find it at your local Nuffield Health Community Fitness Centre. Working in partnership with City of Westminster council, you'll find a great range of facilities and services, at a price you can afford. With so much going on, we're sure you'll find something to enjoy.

At Paddington Recreation Ground

We pride ourselves in providing accessible, affordable leisure activities to the local community, clubs and schools. As well as enjoying the paths and gardens, visitors can use the free 'trim trail' to exercise within the park. For children we have a full programme of junior activities including a number of weekly sessions run by the Westminster Sports Unit and partnership arrangements with Fulham FC and London Tigers.

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Opening times

We're open all year round and there's always plenty going on so if you have any questions - just speak to one of our helpful staff.



Opening Times (Park Gates)

Mon - Fri, 7am - 9.30pm

Gym 7am - 9pm | Outdoor activities 8am - 9pm

Weekends

7am - 4.30pm 31 Oct - 14 Feb 2010

7am - 5.30pm 20 & 21, 27 & 28 Feb & 6 & 7 March 2010

7am - 6.00pm 13 & 14, 20 & 21 March 2010

7am - 7.30pm 27 & 28 March, 3, 4 & 10 April 2010

7am - 9.30pm 11 April 2010 through the summer

Gym 9am - 1/2 hr before park gates close

(6pm during summer opening hours)

Outdoor activities 8am - 1/2 hour
before park gates close

Pay and display Car Parking is available
at the Carlton Vale gate.

For any questions and to make bookings please
contact reception, we're here to help.

Facilities Guide

Sports facilities

To use the facilities please go to the ticket office in the pavillion.

 Ticket Office	 Gym
 Athletics Track	 Cricket/Rounders/ Softball Pitch
 Bowling Green	 Meeting Room
 Cricket Nets	 Hockey/Football Pitch
 Basketball & Netball Court	 Tennis Court
 Football Pitch	 Nature trail You will also discover nature points dotted about the rest of the park

Café Verona

A range of hot and cold snacks, meals, drinks and ice creams available 9.30am - 5pm. Indoor and outdoor seating available.

Trim trail

Run around the park, using the fitness points as you go to keep your heart healthy.

- 1** Chin-up bars
- 2** Single trapeze swing
- 3** Monkey bars
- 4** Hurdles
- 5** Pole climber
- 6** Parallel dips
- 7** Multi-exercise beams

Facilities

-  Café
-  Children's play area
-  Dog exercise area
-  Toilets
-  Toilets
-  Car Park
-  Coach Park



Fitness classes

Our team of instructors are fully qualified professionals, all bringing different personalities and styles to their workout. They have one main goal which is to make your fitness class enjoyable and effective.

Class entry guidelines

- Use your receipt or pass to enter a class (including Direct Debit members).
- Customers must be aged sixteen and over to take part in our regular classes.
- Classes are available on a first come first served basis, bookings taken up to 30 minutes before the class start time. Capacity levels apply.
- Please wear training shoes in all classes.
- Please meet you instructor in the reception area prior to the class.

Monday

19.30
20.30
Legs, Bums & Tums

Wednesday

19.30
20.30
Circuits

Saturday

10.00
11.00
Outdoor Circuits

Prices per session	Ultimate member	Sports member	Non-member	Residents card
All classes	Free	£5.65	£4.75	£4.20

Open Age classes (50+) Tel: 020 8964 1900

Tuesday 12.00 Powerwalking
£1.50 per session

Fridays 11.00 Powerwalking
£1.50 per session

Please note

- For health and safety reasons no-one is admitted into a class after the first 10 mins.

Gym

Whatever your fitness goals, our gym has all the facilities you need to help you get there.



New members will receive a free introduction, consultation and programme upon starting their membership. In addition all our new members can choose to have a "Super session" (taster 60min personal training session) instead of a programme for only £12.

All of our instructors are fully qualified and registered.

Gym prices	Sports member	Non-member	Residents card	Concession card
PAYG 16+ Yrs	£5.80	£6.95	£5.00	£2.75
Introduction 16+ Yrs*	£18.25	£24.30	£16.00	£14.40

Introductions are an essential one off session to ensure you understand and operate the equipment properly and safely, resulting in maximum benefits from your exercise programme. Please book your introduction session with a Fitness Advisor.

Access to the gym can either be as an Ultimate member or on a pay as you go basis.

**Non-members are also expected to undertake the introduction, to ensure that they are able to use the gym equipment safely.*

Personal Training

Personal trainers are behind you every step of the way delivering the technical aspect to all your training goals. Providing you with easy to follow training cards with the relevant information to lead you progressively to success, as well as teaching you the effective and safe exercise techniques and patterns right from the beginning.

Personal Training	Prices
Block booking: A block of five sessions. Whether you are new to exercise or a regular exerciser, this is the most effective way to achieve results within a short period of time at an affordable price.	£130
Group booking: Booking with groups of minimum of 2 people. A great way to share the cost or train with your partner or friends.	£45
60 Minutes: Personal training sessions for clients who prefer one to one personal fitness training. Ideal for clients who are looking for quick and effective results.	£30
30 Minutes: Ideal for clients who have limited time but prefer one to one personal fitness training and who would also like quick and effective results at an affordable price.	£21

More activities

Whether you like football, cricket, or tennis, whatever you're into we've got a great range of activities to get involved in.



Prices per hour including floodlights	Sports member	Non-member	Residents card
11-a-side 3G Tiger Turf Pitch	Adult: £81.65 Junior: £18.05	Adult: £88.00 Junior: £18.05	Adult: £64.40 Junior: £16.45
5-a-side Rubbercrumb Pitch	Adult: £41.00 Junior: £8.25	Adult: £44.00 Junior: £8.25	Adult: £34.75 Junior: £7.50
Hockey/ Football Pitch - 11-a-side water based pitch	Adult: £91.20 Junior: £18.85	Adult: £97.15 Junior: £18.85	Adult: £71.15 Junior: £17.15
Prices per hour	Sports member	Non-member	Residents card
Basketball and Netball Court	Adult: £18.05 Junior: £7.90	Adult: £21.15 Junior: £7.90	Adult: £15.40 Junior: £7.20

Bookings

Phone bookings taken 14 days in advance from 8am for Sports Members and Ultimate Members. MyWestminster ResCard holders and Non Members can book 7 days in advance from 8am in person at reception with payment at the time of booking. For ResCard holders with Sports Membership rescard prices will be charged at time of payment.

Concession rates valid only with a concession pass. Concession members can only make advance telephone bookings with a current Sports or Ultimate membership.

Athletics Track

All weather 6 lane track 400m
- FREE to all park users

Community Resource Room

Meeting room for up to 30 people.

Prices per hour	Sports member	Non-member	Residents card
	£39.25	£39.25	£26.15

Tennis, courses and more...

Prices per court per hour including floodlights	Sports member	Non-member	Residents card
6 Tarmac courts	Adult: £6.90	Adult: £7.60	Adult: £5.55
	Junior: £2.50	Junior: £3.10	Junior/Concession: £2.20
6 Synthetic courts	Adult: £10.95	Adult: £11.60	Adult: £8.45
	Junior: £4.60	Junior: £5.15	Junior/Concession: £4.10

Equipment hire

Equipment is available to hire from reception.

Rackets & Balls	£1.85
Deposit required	£20 per racket or set of 3 balls

Cancellation

24hrs notice is required for tennis court cancellation or full payment will be charged. For rain cancellations a 2hr cancellation notice period is required.

Uimate members of Paddington Recreation Ground receive 1hr free tennis court hire per day

- Group Tennis Lessons 6 week courses £52.25 members, £62.60 non members
- Adult social tennis £6.25 members, £12.50 non members
- Private Lessons £38 per hour

All adult and junior programmes are run by qualified coaches. For details of junior tennis including mini tennis grass roots and performance tennis please contact Andrea Radics, Sports Development Manager.

Adult Football Programmes

Mens Football 16+

London Tigers

Tel: 0207 2893395

E: info@londontigers.org for details of sessions

Ladies Football 16+

Regents Park Rangers Tues 7-9pm £3 per session

Tel: Julie 07956 918 062

E: Julie.Syer@disney.com

Upcoming Events

Unity in the Community Football Tournament

Saturday 20th Feb 09.30 registration U12s, 13.30 registration U14s

Sunday 21st Feb 09.30 registration U16s, 13.30 registration U19s

Junior Courses & Programmes

Age 5-15yrs 1/2 term camps Feb 16th - 19th

Tennis, Football and Cricket

For details of Junior Programmes including holiday camps and courses please refer to the Junior Programmes Brochure which is available at reception.

Prices per hour	Sports member	Non-member	Residents card
Cricket Pitch Village Green May - Sept	Adult: £30.35	Adult: £30.35	Adult: £18.40
	Junior: £8.30	Junior: £8.30	Junior/Concession: £8.10
Cricket Nets 4 nets, synthetic surface	Adult: £4.40	Adult: £5.00	Adult: £3.65
	Junior: £2.25	Junior: £2.50	Junior/Concession: £2.00

Stumps Hire (£20 deposit) £1.85

Prices per hour	Sports member	Non-member	Residents card
Softball/ Rounders Village Green May - Sept	Adult: £21.35	Adult: £21.35	Adult: £15.60
	Junior: £8.00	Junior: £8.00	Junior/Concession: £7.80

Lawn Bowls

Bowls Green open May - September

Membership

Ultimate membership

Ultimate membership is our most popular option, allowing unlimited use of the gym, swimming pool, fitness classes and the Sauna and Steam room at any Nuffield Health Community Fitness Centre (excluding Porchester Spa). It also gives you advance booking privileges and discounts on sports activities. Join at Pad Rec and receive 1hr free tennis per day and bowl for free on Monday evenings from May - September (£1.85 equipment hire charge and £20 equipment deposit required).

Gym only membership

This allows unlimited use of the gym at any Nuffield Health Community Fitness Centre.

Corporate membership Options

Corporate discounts are available for groups of employees who join together. For more information please contact Edo the Gym Manager on 020 7641 3642.

Concession Membership

Concession membership is available free to Westminster residents claiming the relevant benefits as detailed in the concessionary leaflet.

This membership provides free swimming at any time (subject to programme) and discounts on activities during off peak periods. Concessionary application forms are available from reception.

Category	Users	Renewal
A	Disabled users /carers (Resident and non-resident)	One year
B	Residents senior citizens (aged 60 and above)	One year
C	Resident unemployed + max of 2 dependents under 16	3 Months

Sports Membership

The benefits of sports membership include;

- Booking 14 days in advance.
- Option to book by phone.
- Reduced activity prices.

	Residents	Non-Residents
Adult	£23.75	£48.60
Junior	£11.90	£24.30
Family	£35.60	£72.90

MyWestminster ResCard, Youth & Junior Passport

The MyWestminster ResCard entitles Westminster residents to discounts on a range of activities.

Apply online at: www.westminster.gov.uk

The Urban Access Youth Passport and the Junior Passport is your backstage pass to accessing great discounts, offers and give-aways in and around Westminster. Benefits include free swimming, reduced rates on activities and much more.

Pick up an application form from a Westminster One Stop Shop, call 0870 736 4040 or visit: www.youthpassport.info

Disabled access	
Accessible toilets for the disabled	✓
Disabled changing facilities	✓
Disabled group activities	✗
Disabled parking facilities	✓
Centre adapted for wheelchair users	outside
Lift	✓
Pool hoist	n/a
Ramp access	✗
Wheelchair access to poolside	n/a



Junior Programmes

Junior Football

Holiday Camps Dates

February 16th-19th

Contact reception to book for a football camp and information on the football clubs associated with us Tel: 020 7641 3642

Junior Tennis

Holiday Camps Dates

February 16th-19th

Contact reception to book for tennis courses, holiday camps and private lessons Tel: 020 7641 3642

All coaches are LTA qualified

Junior Cricket

Holiday Camps Dates

February 16th-19th

Contact reception to book for more information.

Junior Athletics

£ FREE 'Met Track'

Wednesdays 16.30 - 18.00

Boys and Girls 11-17yrs

Contact Tel: Jason 07701 056 323

Email: Jason.hussain@met.police.uk

Junior Hockey

£ FREE Run by Hampstead and Westminster Hockey Club

Tuesday's 16.00 - 18.00,

Sunday's 10.30 - 12.00

For more information on Hockey please contact Mike Hughes
Tel: 07971693754

Email: msw@hotmai.com

For more information regarding the range of Junior activities on offer please refer to Junior Programmes Brochure which is available from reception,

Alternatively contact our sports development team on Tel 020 7641 3642 or via Email on: padrec.sportsdevelopment@nuffieldhealth.com





Other centres

Here's a brief summary of the facilities and services available at each of our five sites in the area. Please remember that you don't have to be a member, as the centres can be used on a pay as you go basis, and are available to the whole community. The centres offer great value and there are excellent discounts for residents, concession groups and members. For further information on sports and leisure in Westminster, pick up a copy of the ActiveWestminster leaflet.

Jubilee Sports Centre

Caird Street, London W10 4RR

Tel: 020 8960 9629

E-mail: jubilee.bookings@nuffieldhealth.com

Facilities include; two gyms, swimming pool, fitness classes, crèche, health suite, squash, sports hall and table-tennis.

The Porchester Centre

Queensway, Bayswater W2 5HS

Tel: 020 7792 2919

E-mail: porchester.sales@nuffieldhealth.com

Facilities include; multi-storey gym, award winning swimming pool, exercise classes, spa and banqueting hall.

Queen Mother Leisure Centre

223 Vauxhall Bridge Road, Victoria SW1V 1EL

Tel: 020 7630 5522

E-mail: queenmothersales@nuffieldhealth.com

Facilities include; gym, swimming pool, exercise classes, health suite, crèche, squash, sports hall.

Seymour Leisure Centre

Seymour Place W1H 5JT

Tel: 020 7723 8019

E-mail: seymour.membership@nuffieldhealth.com

Facilities include; two gyms, swimming pool, fitness classes, health suite, squash, sports hall, kids jungle gym and table-tennis.

Marshall Street leisure Centre - Opening Summer 2010

Marshall Street, London W1 WEB

Marshall Street Leisure Centre is a grade II listed building, which is currently being re-developed and enhanced to provide a stunning new iconic facility in the heart of the West End.

Facilities will include: Swimming pool, Two exercise and dance studios, Two fitness suites & Health suite

For more information visit: www.marshallstreet-w1.co.uk

Contact details

If you need more information, here are some contact details you may find helpful.

To get in-touch, first dial the main switchboard and key in the extension you need. Sometimes, our lines get very busy so if you find it easier, please feel free to email us with your enquiries.

Paddington Recreation Ground: 020 7641 3642

Membership info: Ext. 208

padrec.membership@nuffieldhealth.com

Gym - fitness, studio info: Ext. 208

padrec.fitness@nuffieldhealth.com

Block booking and advanced bookings info: Ext. 204

padrec.bookings@nuffieldhealth.com

Administration Manager: Ext. 204

padrec.admin@nuffieldhealth.com

Junior courses and sports development: Ext. 205

padrec.sportsdevelopment@nuffieldhealth.com

Duty Manager: Ext. 206

padrec.operations@nuffieldhealth.com

Operations Manager: Ext. 206

richard.clayton@nuffieldhealth.com

General Manager

angela.bailey@nuffieldhealth.com

