



# EALING

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## Active Ealing: Aqua Extreme

**Age Range:** 8-12 years

An exciting new opportunity for 8-12 year olds to take part in Flip N Fun, Ariel Aqua Fun and Rookie Lifeguard. Children must be able to swim 25 metres and be confident in deep water. This is an all-inclusive session.

**Venue:**

Gurnell Leisure Centre, Ruislip Road East, Ealing, W13 0AL

**Dates & Times:**

31 July to 28 August,  
1.30pm - 3.00pm (Tuesday's only)

**Cost:**

£2.00

**Contact:**

020 8998 3241

## Active Ealing: Circuit Training

**Age Range:** 11-15 years

Gurnell Leisure Centre will be running circuit training sessions for 11-15 year olds this summer holiday. The session will run on a circuit format, using a variety of aerobic and endurance exercises.

**Venue:**

Gurnell Leisure Centre, Ruislip Road East, W13 0AL

**Dates & Times:**

Tuesday 31 July to Thursday 30 August  
4.00pm - 5.00pm (Tuesdays & Thursdays only)

**Cost:**

Classes are free for “Active Wellness” members, as they are included in the membership. Pick up a FREE Pay & Play card today!

**Contact:**

020 8998 3241

## Active Ealing: Gym Workout Sessions

**Age Range:** 11 - 15 years

During the school holidays the gyms at these centres are open to young people everyday, allowing them use of the fitness equipment in the cardio theatre. Qualified instructors offering guidance and advice on training programmes supervise the sessions.

**Venue:**

Gurnell Leisure Centre, Ruislip Road East, W13 0AL

**Dates & Times:**

Monday 23 July to Sunday 2 September (including weekends)

Monday to Friday 4.00pm - 5.30pm

Saturdays & Sundays 1.00pm - 5.00pm

**Cost:**

Available to Active Wellness members only. Pick up a FREE Pay & Play card today. Contact the centre for more information\*.

**Contact:**

020 8998 3241

\* An induction must be completed before visiting the gym. Induction cost: £4.90 / £3.30 Junior Leisure Pass

## Active Ealing: Kids Swim for Free

**Age Range:** Under 16 years

With a 'Kids swim for free pass', children aged under 16 who live or attend school in the borough of Ealing can swim for FREE for limited periods\*.

These fun swim sessions are a great way to introduce children and families to the benefits of taking part in physical activity.

To take part in this FREE swimming scheme, visit [www.ealing.gov.uk/sports](http://www.ealing.gov.uk/sports) where you can print and complete a Kids Swim for Free application form\*\*. Take your completed form along to the centre where you wish to swim at and you'll then be issued with a pass\*\*\*.

**Venue:**

Gurnell Leisure Centre, Ruislip Road East, W13 0AL

**Dates & Times:**

Monday 30 July to Friday 3 August

Tuesday 28 August to Friday 31 August

2.00pm - 4.00pm

**Cost:**

Free

**Contact:**

020 8998 3241

\* Subject to demand 2 X 50min sessions may be offered and terms and conditions apply.

\*\* Forms are also available from participating centres.

\*\*\* The pass MUST be shown each time you want to enjoy a free swim session.

## Active Ealing: Soccer School

**Age Range:** 4 - 12 years

Sessions include turning, goal keeping, ball manipulation, passing & control, shooting, keep-ups, dribbling moves. Children will need to bring a drink, waterproof clothing, t-shirt, shorts, socks, tracksuit, trainers/ football boots.

**Venue:**

Gurnell Leisure Centre, Ruislip Road East, W13 0AL

**Dates & Times:**

Monday 30 July to Friday 31 August (except bank holidays)

10.00am - 11.00am (4-7 years)

11.00am - 12.00pm (8-12 years)

**Cost:**

£21.00 for 5 day course

£16.80 for 4 day course

£4.20 per day for drop-in session

**Contact:**

020 8998 3241

## Active Ealing: Swimming - Short Courses

**Age Range:** Under 16 years

**Levels:** Beginners 1 to Intermediate 1

All swimmers must wear a swimming hat. Lessons will run subject to minimum numbers being met and must be booked at least one week in advance of the course start date.

ONLINE BOOKING is now available! Log onto [www.gll.org](http://www.gll.org) and follow the London Swim School link.

**Venue:**

Gurnell Leisure Centre, Ruislip Road East, W13 0AL

**Dates & Times:**

Monday 30 July to Friday 31 August (except bank holidays)

Courses available between 9.00am to 11.00am

(30 minutes per class)

**Cost:**

£22.50 per week (£17.25 with Junior Leisure Pass)

£18.00 per 4 day week (£13.80 with Junior Leisure Pass)

**Contact:**

020 8998 3241

## Aktiva Camps Holiday Play Scheme

**Age Range:** 4 -12 years

Safe, fun and friendly choice based activity camp where children can participate in sports, arts & crafts, dance & drama. We have a choice of over 30 activities throughout the week, working with our qualified, trained & enthusiastic staff. We are an Ofsted registered provision. We also accept childcare vouchers.

**Venue:**

Fielding Primary School, Wyndham Road, Ealing, W13 9TE

**Dates & Times:**

Monday 30 July to Friday 24 August

Standard day: 9.00am - 5.00pm

Shorter day: 10.00am - 3.00pm

**Cost:**

Standard day £135 per week or £35 per day

Shorter day £99 per week or £25 per day

**Contact:**

Ben Douglas on 020 8878 0100

**Email:**

ben@aktivacamps.com

**Website:**

www.aktivacamps.com

## Amanda's Action Kids Summer Fun

**Age Range:** Under 5's

Extra fun this summer with Amanda. Following the great success last year, Amanda is back with her outdoor summer classes. She will be running fun, fitness and music classes all summer at a venue near you. No need to book, just turn up on the day.

**Venue:**

Pitshanger Playcentre, Meadvale Road, W5

**Dates & Times:**

Thursday's 4.00pm - 4.45pm  
(Starting Thursday 26 July)

**Cost:**

£5 per child, £9 for two children

**Contact:**

020 8578 0234 / 07946 707 695

**Email:**

[info@amandasactionkids.co.uk](mailto:info@amandasactionkids.co.uk)

**Website:**

[www.amandasactionkids.co.uk](http://www.amandasactionkids.co.uk)

## Bronwen Dace Art Classes

**Age Range:** 8 - 13 years

Each class takes a different theme such as pop art, animals or faces. Please phone or email for programme. Children explore a variety of media, improve their drawing, learn about artists and enjoy themselves. The groups are very small so early booking is recommended.

**Venue:**

The Studio, 158 Midhurst Road, Ealing, W13 9TP

**Dates & Times:**

Wednesday 25 July

Thursday 26 July

Tuesday 31 July

Wednesday 15 August

Monday 20 August

Tuesday 28 August

9.30am - 12.30pm / 2.00pm - 5.00pm

**Cost:**

£20 per class, including all materials

**Contact:**

Bronwen Dace on 020 8840 8528

**Email:**

bron158@hotmail.com

## Cadenza Music & Movement Classes

**Age Range:** 0 - 5 years

Cadenza is an established music session for young children run by an ex Royal College Music Graduate Helen Smith. During the 40 minute session, children have fun learning to clap in time, sing new and traditional songs and watch puppets and listen to musical stories. All classes are drop in, no need to book.

**Venue:**

Ealing Town Hall, Ealing, W5 2BY

**Dates & Times:**

Every Tuesdays & Thursdays  
10.00am - 11.00am

**Cost:**

£6.00

**Contact:**

Helen Smith on 020 8746 9160 / 07973 522 494

**Email:**

hairybear4helen@hotmail.com

**Website:**

[www.cadenzaclasses.com](http://www.cadenzaclasses.com)

## Children's Fun Zone

**Age Range:** 4 - 12 years

Local community group, providing high quality, affordable childcare. Secure, friendly family atmosphere. Large inside/outside play area. Choice of exciting, challenging fun activities. Breakfast available, health snacks offered. Packed lunch required. Staff are experienced/qualified play leaders. Registered with Ofsted.

**Venue:**

St John's Primary School, Felix Road, Ealing, W13 0NY

**Dates & Times:**

Monday 30 July to Friday 31 August

8.00am - 6.00pm

**Cost:**

£18 per day, concessions available. (Trips extra).

**Contact:**

Pauline Bryant on 020 8567 9732 (am) / 07828 879 023 (pm)

**Email:**

pbr8830531@aol.com

## Ealing Cycling Campaign: Social Bike Rides

**Age Range:** 11+

We run a variety of social bike rides around Ealing and beyond suitable for responsible children and accompanied by their parents.

This year we're going to a pick-your-own farm again, a tour around the City, and a special family picnic ride on the 24th June.

Rides last typically all day with return to the Town Hall at around 4.00pm

**Venue:**

Ealing Town Hall, Uxbridge Road, Ealing, W5 2BY

**Dates & Times:**

First Sunday of every month at 10.00am

**Cost:**

Free

**Contact:**

David Eales on 07990 531 472

**Email:**

[info@ealingcycling.org.uk](mailto:info@ealingcycling.org.uk)

**Website:**

[www.ealingcycling.org.uk](http://www.ealingcycling.org.uk)

## Ealing Library Service

**Age Range:** 4+

Come and join in the “Big Wild Read” at your local library. Read great books and collect prizes along the way. Read six books over the Summer Holidays and you will receive a medal.

Meet library staff at the “Summer Festival” in Walpole Park on July 21st & 28th where you can sign up for the “Big Wild Read” or go along to your local library and register there.

**Venue:**

Pitshanger Library, 143-145 Pitshanger Lane, W5 1RH

**Dates & Times:**

Wednesday 8 August to Wednesday 22 August

11.00am - 12.00pm

Storytime every Tuesday 2.00pm - 2.30pm

**Cost:**

This event is free but is ticketed due to limited space. Please call in advance before bringing groups.

**Contact:**

020 8997 0230

## Ealing Play Service: Play Centre

**Age Range:** 0 - 8 years

There is a full programme of children's activities (including arts & crafts, table top game), with an outside play area, sandpit and nature area where parents/carers can sit and have a picnic etc. There is an extensive range of outdoor trikes and bikes and the play area includes climbing frames, swings and other fun play activities.

All children must be accompanied by an adult.

**Venue:**

Lammas Park Play Centre, Lammas Park, Elers Road

**Dates & Times:**

Monday to Friday

11.00am - 3.30pm

(open all year round)

**Cost:**

Free

**Contact:**

Beverley Robinson on 020 8810 0240

## Ealing Play Service: Holiday Play Schemes

**Age Range:** 4 - 7 years, 8 - 12 years

This is a childcare scheme where Play Service staff care for children all day. There will be an exciting programme of activities including arts and crafts, games, sport, outings etc. The children will be provided with light snacks but need to bring a packed lunch.

**Venue:**

(4 - 7 Years)

Christchurch Junior School, New Broadway, W5 2XA

(8 - 12 Years)

St Gregorys RC Primary School, Woodfield Rd, W5 1SL

**Dates & Times:**

Monday 30 July to Friday 24 August

8.30am - 5.45pm

**Cost:**

£55.00 per week. £50.00 per week for siblings

**Contact:**

020 8825 5659

## Fit for Sport Holiday Kids Camps

**Age Range:** 3 - 14 years

Fit for Sport run their health lifestyle kids camps in Ealing.

Activities include: multi-sports, football, rounders, gymnastics, cricket, arts & crafts, drama dudes, talent shows & weekly day trips. We also do a daily 'Keeping the future fit' session to encourage kids to lead a healthier lifestyle.

**Venue:**

Trailfinders Sports Club, Castle Bar, Vallis Way, Ealing, W13 0DD

**Dates & Times:**

Monday 16 July to Friday 31 August

9.30am - 4.30pm (Early drop off and late pick up available)

**Cost:**

Full day prices from £31

Full week prices from £142.50

25% Sibling discount, book online and receive a 5% discount

**Contact:**

Johann Alexander on 0845 456 3233

**Email:**

[enquiries@fitforsport.co.uk](mailto:enquiries@fitforsport.co.uk)

**Website:**

[www.fitforsport.co.uk](http://www.fitforsport.co.uk)

## Perform Summer Experiences: Drama, Dance and Singing Workshops

**Age Range:** 4 - 8 years

“Perform Experiences” are unique holiday drama workshops for 4-8 year olds that combine music, dance and improvisation to inspire children and encourage confidence and creativity.

This summer, the experiences are based on three different themes: Neverland, Arabian Nights and Superheroes. These fun-packed workshops all culminate in a special performance for family and friends on the final day.

**Venue:**

St Barnabas Millennium Hall, Ealing, W5 1QG

**Dates & Times:**

Monday 30 July to Friday 3 August 2.30pm - 4.30pm

Monday 20 August to Wednesday 22 August 2.30pm - 4.30pm

**Cost:**

Five Day Experiences (Neverland) - £125

Three Day Experiences (Arabian Nights) - £82.50

Half Day Experiences (Superheroes) - £38.50

**Contact:**

0845 400 4000

**Email:**

[enquiries@perform.org.uk](mailto:enquiries@perform.org.uk)

**Website:**

[www.perform.org.uk](http://www.perform.org.uk)

## The Log Cabin Summer Play Scheme

**Age Range:** 4 - 15 years

Fully inclusive Play Scheme for children and young people aged 4 - 15 who have special needs and disabilities. Big outdoor structure, soft play, computer controlled sensory room, arts & crafts, music, sport. Trips organised (many of these are subsidised, but there may be a small charge for some trips). All children must be booked in advance.

**Venue:**

The Log Cabin, 259 Northfield Avenue, Ealing, W5 4UA

**Dates & Times:**

Wednesday 25 July to Friday 31 August  
9.30am - 3.30pm or 8.30am - 5.45pm

**Cost:**

Normal day - £12\* (special needs) / £18.50 (non-special needs)  
Extended day - £16\* (special needs) / £20.50 (non-special needs)

**Contact:**

Alia Latif on 020 8840 3400

**Email:**

[info@logcabin.org.uk](mailto:info@logcabin.org.uk)

**Website:**

[www.logcabin.org.uk](http://www.logcabin.org.uk)

\*For parents of children who do not need 1:1 support

## West London YMCA: Summer Holiday Club

**Age Range:** 4 - 11 years

Come and join our qualified, experienced, friendly & enthusiastic team of staff, for games, sports, drama, arts & crafts. Older children will be visiting places of interests, exploring local nature trails, swimming and many other fun activities at no extra cost.

**Venue:**

25 St. Mary's Road, Ealing, W5 5RG

**Dates & Times:**

Standard day: 9.30am - 4.30pm

Extended hours: 8.30am start, 5.00pm finish or 6.00pm finish

**Cost:**

Standard day - £18.30

8.30am - £1.70 extra

5pm - £1.20 extra

6pm - £2.80 extra

**Contact:**

Louise Edmonds on 020 8832 1512

**Email:**

[louise.edmonds@londonymca.org](mailto:louise.edmonds@londonymca.org)

**Website:**

[www.westlondonymca.org](http://www.westlondonymca.org)

## Youth & Connexions Service: W13 Summer Activity Programme

**Age Range:** 13 - 19 years

Two weeks of fun packed activities and trips.

- Cookery school - Cook some great food
- Music production - Record your own music
- Creative Arts & Crafts
- Sports - Football / Basketball / Badminton
- Pool / Table Tennis Tournaments
- Cinema trip
- Sailing / Kayaking / Wind Surfing

**Venue:**

W13 Youth & Connexions Centre, Churchfield Road, Ealing, W13

**Dates & Times:**

Monday 23 July to Friday 27 July, 12.00pm - 6.00pm

Monday 30 July to Friday 3 August, 12.00pm - 6.00pm

**Cost:**

Free

**Contact:**

020 8567 2821