

| Sport | Brief outline | Weblink | Contact |
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| Dance | | | |
| Futunity UK | Contemporary, ballet, tap, hip hop, street dance, gymnastics. | Home | 07525900428 |
| Anita Arora | Bollywood and Bhangra classes for girls, boys and ladies. | Group Classes - Anita Arora Dance Company Anita Arora Bollywood & Modern Bhangra Classes | 07985 498 577 |
| Footloose | Ballet, tap, musical theatre, cheerleading, adults and babies. | Dance School Footlooseschoolofdance.co.uk Greater London | 07854848807 |
| Gymnastics | | | |
| Futunity UK | Gymnastics, Squad and recreational classes. | Home | 0752590042 |
| Botwell Leisure centre | Gymnastics, floor, beam and barre work. | Botwell Green Sports and Leisure Centre Gym, Swimming Pool & Classes in Hillingdon Better | Better Contact Us |
| Football | | | |
| Sandgate FC | Football training for girls and boys. Football based holiday camps | Sandgate Youth Football Club Hayes Middlesex | Contact Us Sandgate Youth Football Club Hayes Middlesex |
| Southall Football Academy | Football training for girls and boys | https://www.southallfootballacademy.co.uk/football | https://www.southallfootballacademy.co.uk/football-weekl |

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| Brook House FC | Football training for boys and girls Football based holiday camps | https://www.brookhousefc.co.uk/ | https://www.brookhousefc.co.uk/contact/ |
| London Tigers | Football, cricket, multisports and youth interventions sessions for boys and girls Holiday clubs and free events available. | London Tigers – Community Sports & Charity Organisation | Products - London Tigers |
| We Make Footballers | Weekly training and holiday camps for girls and boys age 4-12 with a free trial class. | Hayes Kids' Football Training - We Make Footballers | 07951 774 660 |
| Cricket | | | |
| Hayes Cricket club | Cricket lessons and holiday camps. | hayescricketclub.co.uk | Hayes Cricket Club Contact us |
| Uxbridge Cricket Club | Cricket lessons and holiday camps available. | Uxbridge Cricket Club | UXBRIDGE CRICKET CLUB Contact us |
| Rugby | | | |
| Hillingdon Abbots | Awaiting response | | |
| Ruislip Rugby Club | Rugby club offering team training and matches on Sunday Mornings from age 5-18 | https://findrugbynow.com/london/rugby-clubs/youth/ruislip-rfc-youth/ | Kevin Woodward 07917 062170 |
| Martial Arts | | | |
| Trenic TKD Hayes | Clubs and training for girls and boys. | Trenic TKD Academy - Hayes : | 01895 459944 |

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| | | BTC Club listing | |
| London Taekwondo Warriors | Training for boys and girls. | Hayes - London Taekwondo Warriors | Contact - London Taekwondo Warriors |
| Hayes Boxing Club | Boxing club for boys and girls. | Hayes ABC | Hayes ABC |
| Yeading Amateur Boxing Club | Awaiting response | | |
| Tennis | | | |
| Rosedale Park Tennis Club | Training sessions in tennis and paddle. Free park tennis sessions available. | Clubspark / Rosedale Park / Home | Clubspark / Rosedale Park / Contact |
| Wayfarers Tennis Club | Group session, private sessions available. | Clubspark / Wayfarers LTC / Coaching | Clubspark / Wayfarers LTC / Coaching |
| Swimming | | | |
| Botwell Leisure Centre | Swimming lessons from beginners to advanced available. | Botwell Green Sports and Leisure Centre Gym, Swimming Pool & Classes in Hillingdon Better | Better Contact Us |
| Hillingdon Sports complex | Swimming lessons from beginners to advanced available. | Welcome to Hillingdon Sports & Leisure Complex | Better Contact Us |
| Athletics | | | |
| Hillingdon Athletics | Athletics for children and adults, offers a competitive level. and social levels. | Hillingdon Athletic Club - Join Us - Hillingdon Athletic Club | Contact HAC - Hillingdon Athletic Club |
| London Tigers | Football, cricket, | London Tigers - | Products - London |

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| | <p>multisports and youth interventions sessions for boys and girls Holiday clubs and free events available.</p> | <p>Community Sports & Charity Organisation</p> | <p>Tigers</p> |
| <p>Friendship, Fun and Outdoor Activities</p> | | | |
| <p>Beavers</p> | <p>Activities designed to be hands-on, including The activities are designed to be active and "hands-on." Here is a breakdown of a typical Beaver experience: Outdoor adventures, creative skills, life Skills, community impact, games</p> | <p>6 - 8 yrs</p> | <p>Get in touch via the following link: https://www.scouts.org.uk/groups/10014689?loc=UB4%20ONR&slug=12th-Hayes-%28St-Edmund%29</p> |
| <p>Cubs</p> | <p>As above, with a focus on a progression into adventure and skill-building.</p> | <p>8-10½ yrs 12th Hayes - St Edmunds Thursdays St. Edmunds Church, Edmunds Road, Middlesex, UB4 OHA</p> | |

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| <p>Scouts</p> | <p>As above, with a focus on progression into independence and exploration.</p> | <p>10½ to 14</p> | <p>Get in touch via the following link: https://www.scouts.org.uk/groups/10014689?loc=UB4%20ONR&slug=12th-Hayes-%28St-Edmund%29</p> |
| <p>St Johns ambulance badger</p> | <p>Children aged 5-10 Badger Setts are all about fun, adventure, and learning first aid! During their weekly meetings, Badgers take part in a mix of fun activities/ Alongside first aid, these subjects range from communication skills, healthy living and being safe, to name a few examples.</p> | <p><u>Badgers meet Thursdays at 6.30pm</u></p> <p>53/55 Norwood Road, Southall, Greater London, UB2 4EA</p> | <p><u>Sign up for a free account to make an application - applications are open</u></p> |
| <p>St John's Ambulance Cadets</p> | <p>Children aged 10+ Life saving skills are at the heart of the cadet programme Many Cadets join St John Ambulance to gain relevant experience before pursuing a career in health, such as being a paramedic or health care professional.</p> | <p><u>Cadets meet on Tuesdays at 7.00pm</u></p> <p>Hayes Scout Hut, Bothwell Lane, Hayes, Middlesex, UB3 2AB</p> | <p><u>Sign up for a free account to make an application - applications are open</u></p> |

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| Park Run | A free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds). | The event takes place at Lake Farm Country Park, Botwell Common Road, Hayes, UB3 1JA. | home Lake Farm junior parkrun Lake Farm junior parkrun |
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