

Sport	Brief outline	Weblink	Contact
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
Music			
Uxbridge Piano School	Piano lessons available at Global Academy and other venues.	Piano & Music Lessons Uxbridge. Hayes & West Drayton	077821 460583
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	Sandgate Youth	Contact Us

	girls and boys. Football based holiday camps	Football Club Hayes Middlesex	Sandgate Youth Football Club Hayes Middlesex
Southall Football Academy	Football training for girls and boys	https://www.southall footballacademy.c o.uk/football	https://www.southal lfootballacademy.c o.uk/football-weekl y-timetable
Brook House FC	Football training for boys and girls Football based holiday camps	https://www.brookh ousefc.co.uk/	https://www.brookh ousefc.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	https://findrugbyno w.com/london/rugb y-clubs/youth/ruisli	Kevin Woodward 07917 062170

	Mornings from age 5-18	p-rfc-youth/	
Martial Arts			
Trenic TKD Hayes	Clubs and training for girls and boys.	Trenic TKD Academy - Hayes : BTC Club listing	01895 459944
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		
Brunel weight lifting	Youth classes available taught by Jessica Gordon Brown. A team GB common wealth silver medalist.	Brunel Weightlifting Club London in Uxbridge Premier Weightlifting Community	kristian@brunelweightlifting.com
Hillingdon BJJ	Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu 7 days a week! HILLINGDON BJJ	07954 378027
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, multisports and youth interventions sessions for boys and girls Holiday clubs and free events available.	London Tigers - Community Sports & Charity Organisation	Products - London Tigers
Friendship, Fun and Outdoor Activities			
Beavers	Activities designed to be hands-on, including The activities are designed to be active and "hands-on." Here is	6 - 8 yrs	Get in touch via the following link: https://www.scouts.org.uk/groups/10014689?loc=UB4%20ONR&slug=12th-Hayes-%28St-Edmu

	a breakdown of a typical Beaver experience: Outdoor adventures, creative skills, life Skills, community impact, games		nd%29
Cubs	As above, with a focus on a progression into adventure and skill-building.	8-10½ yrs 12th Hayes - St Edmunds Thursdays St. Edmunds Church, Edmunds Road, Middlesex, UB4 OHA	
Scouts	As above, with a focus on progression into independence and exploration.	10½ to 14	Get in touch via the following link: https://www.scouts.org.uk/groups/10014689?loc=UB4%20ONR&slug=12th-Hayes-%28St-Edmund%29
St Johns ambulance badger	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	Badgers meet Thursdays at 6.30pm 53/55 Norwood Road, Southall, Greater London, UB2 4EA	Sign up for a free account to make an application - applications are open

	skills, healthy living and being safe, to name a few examples.		
St John's Ambulance Cadets	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.	Cadets meet on Tuesdays at 7.00pm Hayes Scout Hut, Bothwell Lane, Hayes, Middlesex, UB3 2AB	Sign up for a free account to make an application - applications are open
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
Special Forces			
Air Cadets	The RAF Air Cadets offer young people exciting opportunities for personal and professional development. We're an inclusive organisation that cares about helping young people reach their potential.	Find your local squadron Royal Air Force Air Cadets	01895 442329

Army Cadets	Whether you're looking for a way to make new friends, take on exciting new activities, or even gain some qualifications, the Army Cadet Force can make it happen	Find a Detachment Join Now Army Cadets UK	Contact Us Get in Touch Army Cadets UK
Police Cadets	Metropolitan Police Cadets	Volunteer police cadets Activities and events Metropolitan Police	Volunteer police cadets Activities and events Metropolitan Police