

RISE

Richmond upon Thames
Inclusive Sport and Exercise



SPORTS DEVELOPMENT

FOOTBALL

Saturdays

21 April - 26 May

11.30am - 1.00pm

For children 5+ years, young people and adults

📍 Shene Sports & Fitness Centre

Session cost: R/C £5.00 / £5.50

FUSION DANCE AND DRAMA

Mondays

23 April - 16 July

(not 7 and 28 May)

5.45-7.00pm 16+ yrs

📍 Hampton Sports & Fitness Centre

Course cost: £49.50

JUNIOR FUSION DANCE

Saturdays

21 April - 21 July

(not 2 June)

11.30am-12.15pm (5-9 yrs)

12.15-1.00pm (10-16 yrs)

📍 Teddington Sports Centre

Course cost: £35.10

MULTI-SPORTS

Saturdays

21 April - 21 July

(not 2 June)

10.30am-11.30am 11-25 yrs

📍 Shene Sports & Fitness Centre

Session cost: R/C £4.70 / £5.40



RISE AND GYM

Tuesdays, 1.00-3.00pm

📍 Shene Sports & Fitness Centre

Wednesdays, 1.00-3.00pm

📍 Teddington Pools & Fitness Centre

Thursdays, 4.00-5.00pm

📍 Hampton Sports & Fitness Centre
16+ yrs

Cost: One off induction fee £6.70
£2.00 per session

RISE AND SWIM

Tuesdays

2.30-4.00pm

16+ yrs

📍 Teddington Pools & Fitness Centre

Session cost: £1.00

TRAMPOLINING

Saturdays

21 April - 21 July

(not 2 June)

11.30am-12.30pm

For children 5+ yrs, young people and adults

📍 Whitton Sports & Fitness Centre

Course cost: R/C £65.00/£78.00



RISE TO SHINE SWIMMING

Tuesdays, 17 April - 17 July

(not 29 May)

6.00 - 6.45pm

📍 Teddington Pools & Fitness Centre

A stroke improver swimming group for young people aged 8 - 18 yrs who live or go to school in the borough. Swimmers need to be able to swim a length of the pool (25m) unaided.

8 - 18 yrs

Course cost: R/C £65.00/£71.50

WHEELCHAIR BASKETBALL

Thursdays

Junior session:

6.30-7.45pm (6-16 yrs)

📍 Waldegrave School

For detail and to book please contact office@knightsbasketball.co.uk or call 020 8797 0477

CANOEING

Fridays

20 April - 20 July (not 1 June)

4.30 - 6.30pm 8+ yrs

📍 Lensbury Watersports Centre

Session Cost: £15.00



If you would like to attend any of these activities or for more details, please contact the Sports Development Team on 020 8831 6134
email: rise@richmond.gov.uk www.richmond.gov.uk/RISE

R/C - Richmond Card with paid for leisure subscription