



SYLVESTRIAN
LEISURE CENTRE



Facilities Brochure

ABOUT US

From its opening in 2007, the Sylvestrian Leisure Centre has welcomed members into its comprehensive facilities and offers a diverse range of exercises classes led by **Professional Trainers**. We are a dual purposed leisure centre driven by both the community of Forest School and the public.

Located in the heart of Forest school, we are surrounded by the business of day-to-day school life, hosting the schools various sporting matches, practices, and P.E. sessions.

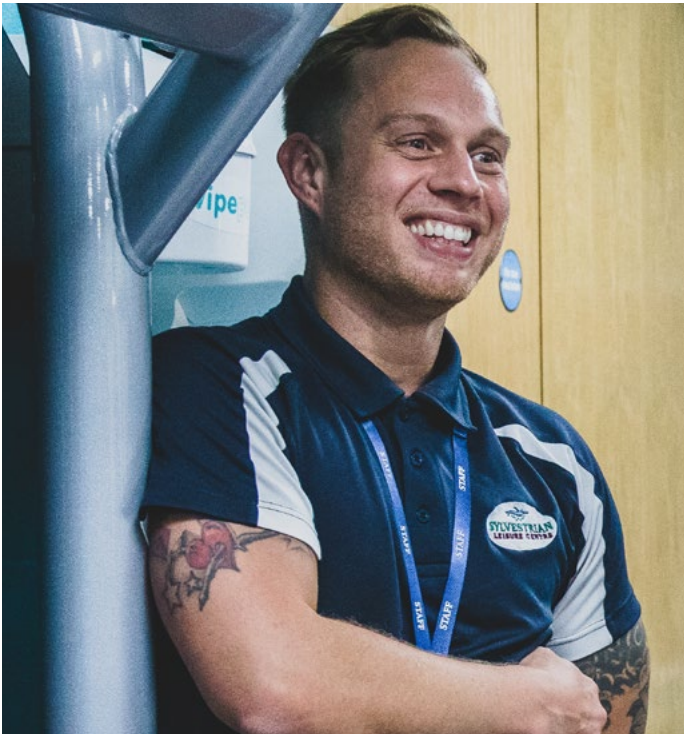
During the evenings, we welcome all our members by hosting various **Sporting clubs**, **Swimming lessons** and **Fitness classes**.

During the **London 2012 Olympics**, we were chosen to house Boxing, Fencing, Swimming, Taekwondo and Hockey and act as a quiet training camp for **Team GB**.

Since 2012, we have continued to use our facilities for external and internal events that are supporting the school and the local community in their physical endeavours.

“We want to reach out to support physical and mental wellbeing for teaching and non-teaching staff alike.”

SLC Duty Manager



STATS

- ▶ **2,500** Gym members per year
- ▶ **13** Fitness classes per week
- ▶ **1400** Children attending holiday club per year
- ▶ **1500** Children enrolled in our swim school
- ▶ **55** External hirers per year

CALORIE BURN

Fast paced workouts that will increase calorie burn and improve aerobic fitness while burning fat.

CONDITIONING

Improve athletic performance and appearance.

CLASS TIMETABLE

MON	18:00 - 18:45	▶ Pilates
	19:00 - 20:00	▶ Kettlebell Chaos
	20:00 - 20:30	▶ CORE Blimey
TUE	18:00 - 19:00	▶ Strength LAB
	19:00 - 20:00	▶ BEAR RAW
WED	18:00 - 19:00	▶ Pilates
	19:00 - 20:00	▶ Vinyasa Yoga
THU	18:00 - 19:00	▶ BEAR RAW
	19:00 - 19:30	▶ CORE Blimey
	19:30 - 20:30	▶ Kettlebell Chaos
FRI	18:00 - 19:00	▶ Pregnancy Yoga
SAT	10:00 - 11:00	▶ Strength LAB
	11:00 - 12:00	▶ Strength LAB

There are no classes that currently taking place on a Sunday.

RE-ENERGISE

Relax and restore energy levels while improving muscular control.

STRENGTH

Improve overall strength and reduce muscular injury.

WHAT WE OFFER

- ▶ **Personal training** sessions
- ▶ 7 different **fitness classes**
- ▶ **Swim school** for ages 3 years up
- ▶ Fitness suite
- ▶ Hire for **birthday parties** – use the facilities
- ▶ **Holiday camp** throughout the year
- ▶ **Courses** for qualifications
- ▶ **Fitness suite** and **memberships**



FACILITIES FOR HIRE

Hire our facilities for Football, Tennis, Hockey, Volleyball, Netball, Badminton, Gymnastics, Cricket and Basketball.

Space available for hire: gymnasium, cricket suite, badminton courts and sports hall (with retractable seating).

Facilities are available:

Weekdays 6:00pm - 9:00pm
Weekends 8:00am - 6:00pm

MEMBERSHIPS

- ▶ **Peak Membership**
£40 per month

Unlimited use of our SLC FIT gym anytime, full access to our fitness class timetable, free Induction and free Health Overhaul.

- ▶ **Off Peak Membership**
£30 per month

Includes use of SLC FIT Gym from 7:00am until 4:00pm and 8:00pm - 9:00pm weekdays only, and 1:00pm until 6:00pm weekends only. Free Induction and free Health Overhaul.

PAY AS YOU GO

£10 pay as you go option available for such facilities as our racket sports.

WHAT TO DO NEXT

You can **join online** by visiting: www.sylvestrian-leisure.co.uk where you will also save on our usual £20 joining fee.

Alternatively, please call us on **020 8509 6526** where we will be able to schedule an appointment for you to visit our facilities and discuss membership options.



HEALTH OVERHAUL

Our **Health Overhaul Service** is free across all of our memberships.

This service enables you to have a **fitness programme** specifically designed to help reach any goal you may be currently working towards, whilst providing you with **body fat analysis, BMI testing, gait analysis** and **blood pressure tests**.

Our experienced **personal trainer** will aim to meet with you on a 6-12 week basis to ensure that you are heading in the right direction on your way to achieving your desired goal.



FACILITIES

SPORTS HALL

The Sports Hall can cater for most indoor recreational and competitive sports.

Our 4-court Sports Hall now includes **retractable seating** meaning you can use our facilities for entertainment or sport purposes and have a crowd to cheer you on.

The floor is marked out for Netball, Football, Basketball, Badminton, Hockey, and Cricket.

All equipment is provided but feel free to bring your own.

Currently, when the Sports Hall is not in use by our members it acts as a training facility for **Arsenal Football** and **England Netball**.

GYMNASIUM

Our **Multi-purpose Gymnasium** can be hired out for sports and is used for our **7 different Fitness classes**.

The floor is **sprung mounted** which can help enhance one's performance, and significantly reduce injuries. It is perfect for basketball, gymnastics, or dance classes.

You can also book out this space for **Birthday parties**, complete with our own bouncy castle.

CRICKET SUITE

Two bay indoor Cricket nets fully equipped with a Cricket bowling machine. We can provide Cricket equipment but please feel free to bring your own.

Fun fact about our Cricket Suite - Cricket legends such as **James Foster** and **Stuart Turner** have blessed the facilities!

NETBALL COURTS

The Sports hall serves as an indoor court; however, we have one outdoor Netball court which are fully functioning and is constantly being used for matches and practice by teams such as **Pulse Netball** and **England Netball**.

It is also available to anyone should if they want to have some shooting or marking practice.





OUTDOOR 3G PITCH

The 3G Pitch is located behind the leisure centre, and extremely popular for **Football camps** and training.

We hire this 3G Pitch space out to youth organisations, hold tournaments with the pitch predominantly used by **Soccer Days - children's football classes** for ages 2+.

They also offer **football parties** for children.
www.soccerdays.co.uk

TENNIS COURTS

We have two outdoor Tennis courts located on site and additional courts located in **The Park**.

These courts are available all year round.

ASTRO TURF

Located in the Park, it is perfect for a game of Football or Hockey. It opened in 2015 by two **Olympic Hockey medallists** – **Georgie Twiggs** and **Iain Lewers**, and since then has been used for Football camps, Hockey fixtures and training for teams.





FITNESS CLASSES

PILATES

Muscle strengthening activity. A class to focus on improving core strength whilst improving overall fitness and **wellbeing**.

Combination of **floor exercises** and **standing exercises** all aided by a mat.

KETTLEBELL CHAOS

A class that strengthens your muscles whilst improving your cardio. Building up your endurance through the practice of **ballistic exercises** and training one to use **unilateral** and **bilateral movement**.

CORE-BLIMEY

A class that focuses on working and improving you core strength and muscles.

YOGA

Vinaya is a highly adaptable style of yoga for all levels that links movement with breath. The **Fringe Yoga Method** used aims to nourish the mind, body and soul by focusing on a different element - Earth, Water, Fire and Air that correspond to different areas of the body.





STRENGTH LAB

Designed to burn fat and strengthen muscles using **barbells**, **kettlebells**, and **dumbbells**. This class will increase your endurance, flexibility and work your core.

BEAR RAW

BEAR RAW is the ultimate workout for improving functional fitness. Incorporating traditional training styles such as farm tyre flips, slam balls, sledge hammer swings, battle ropes and kettlebell exercises, this class will dramatically improve all aspects of your functional fitness while dramatically burning unwanted body fat.





SWIM CLASSES

SWIM SCHOOL

Our brilliant **Swim School** provides swimming lessons from the ages of 3+ catering for all abilities. We offer lessons weekdays from 5:00pm, and on weekends from 8:30am. Classes run for a duration of 30 minutes except for advance classes which run for 60 minutes.

All the Swim teachers have either STA or ASA qualifications. Our lessons are both fun and educational with engaging teachers to support your child's journey.

The Swim School follows the STA Learn to Swim Programme which has 10 learning objectives to achieve which is then congratulated by badges and certificates when completed.

NON SWIMMERS - OCTOPUS

The non swimmers **Octopus series** classes are taken in the teaching pool with the instructor also in the pool. Octopus series is aimed at children over the age of 3 who cannot swim.

These lessons are great for fun as they are not formal and only teach basic skills.



BEGINNERS - GOLDFISH

Children starting the **Goldfish series** should have completed all the skills in both the starfish and octopus' series. They should be able to swim a short distance, unaided on the front and back.

Swimmers in this series will learn new techniques to help them to become stronger swimmers and gain the confidence to move up to the next series.

IMPROVERS

Improvers are part of the **Angelfish** and **Shark series**. Reaching these final stages, swimmers should be confident using the main pool, and should be able to complete basic strokes for up to 10 meters.





CLUBS

HOLIDAY ACTIVITIES

At Extreme SLC Holiday Activities we provide a safe, active and enjoyable environment for your children. Therefore, it means that this is the perfect way to enjoy the holidays with some fantastic sports, games and activities.

One of the best Holiday camps in the area (it may be bias) but it's true! Our camp is designed for 4-15 year olds and is on every school holiday – except for Christmas when we have our very own Christmas Camp!

Children will need to bring lunch with them.

Please go to our website for advice of what to include in their lunches.

We have options such as early drop off and late pick up to accommodate to parent's needs and we have various forms of payment such as card and childcare vouchers.

Please **visit our website** to for more information and don't hesitate to call. All of our terms and conditions can be found at **www.sylvestrianleisure.co.uk**.





WE HAVE A RANGE OF FUN ACTIVITIES SUCH AS ARCHERY, ARTS & CRAFTS, BOUNCY CASTLES, DRONE FLYING,

GO KARTS, INFLATABLE OBSTACLE COURSES, LASER TAG, MULTI SPORTS, PETTING ZOO AND SWIMMING!

QUALIFICATIONS

The SLC offers three courses to the public so they can gain more qualifications. Our **NPLQ course**, **STA course** and **Pool Plant course** are led by members of the Sylvestrian Leisure, and commence in holidays.

NPLQ COURSE

The **NPLQ course** happens every half term and during the summer. It runs for 5 days, 9:00am to 5:30pm and it is £280.00 for the week.

We have max bookings for 12 people.

Our NPLQ include an AED module and a spinal board module. For more information see the link below.

<https://www.rlss.org.uk/national-pool-lifeguard-qualification#about-the-NPLQ>

STA LEVEL 2 COURSE

This course allows you to qualify as a swim teacher with no previous experience which will allow you to gain employment teaching classes whilst developing your vocational and technical skills.

[STA Award in Teaching Swimming – Safety Training Awards](#)

POOL PLANT COURSE

The **STA Level 3 award** in plant pool operations provides learners with the skills and knowledge on how to maintain and operate a pool or spa.

This qualification allows individuals to develop the skills and knowledge required to ensure the safety of swimmers, users, operators, and other persons. The content will help comply with best practice principles, health and safety and legal responsibilities.

We would recommend this qualification to anyone who works in a pool or spa environment and will help with common knowledge within health and safety.



VACANCIES

HOW TO FIND US



Address

Forest School, College Place, Snaresbrook, London, E17 3PY

Opening Times

Monday to Friday 7:00am - 9:00pm
Saturday & Sunday 8:00am – 6:00pm

(Last entry is 30 minutes before closing time)



We are constantly in need of qualified workers. So, if any of the vacancies below suit you, please feel free to contact us. This looks great on UCAS and CV forms. We operate on shifts, so these jobs are very flexible, and uniform and needed equipment is provided. We would love to have new members join the SLC family!



PARKING

Controlled Parking Zones are in operation on the following roads surrounding Sylvestrian Leisure Centre:

1. The Forest
2. Oakhurst Gardens
3. Forest Rise
4. College Place

The CPZ is operational Monday - Friday between the hours of 10.00am and 4.00pm. If you park in a CPZ during its hours of operation, unfortunately you may receive a Penalty Charge Notice.

Members attending the Leisure Centre outside of these hours will not be affected and the Leisure Centre car park is available evenings and weekends. If you do attend SLC during the CPZ hours of operation, we encourage you to walk, cycle or take public transport.

CONTACT DETAILS

020 8509 6526
www.sylvestrian-leisure.co.uk
@sylvestrianLeis
@E173PY
@Sylvestrianleisure





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Photography by Slawek Zieba