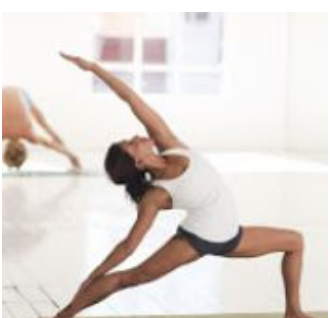


Hillingdon Sport and Physical Activity Directory



Hillingdon has a great variety of sport and physical activity opportunities for all ages and abilities. Some activities offer competitive opportunities, while many offer a place to enjoy being active and making new friends.

The symbols shown below are listed against each entry, providing a key for the types of session each club or organisation is running.

Key



Activities for over 18 years



Older adult participants only



Activities for under 18 years



Specific disability participants only



Women / girls only sessions

Hillingdon Council is working with providers of sport and physical activity to meet standards in an award system. There are three levels: bronze, silver and gold. The level that a club has received is indicated under the club name.

Clubs and providers that have been awarded bronze have confirmed they have minimum standards in place for safeguarding, health and safety and training.

Search for an activity using the A to Z feature.



[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [M](#) [N](#) [R](#) [S](#) [T](#) [W](#) [Y](#)



Last updated 9 January 2020

To be included in this directory, please email sportandphysicalactivity@hillingdon.gov.uk

A





Archery			
Club	Age	Contact details	Key
Hillingdon Archery Club	8+ yrs	<p>Tel: 07751762818 (Simeon Keenan)</p> <p>Email: mail@hillingdonarchery.co.uk</p> <p>www.hillingdonarchery.co.uk</p> <p>Brunel University Sports Park, 100 Kingston Lane, Uxbridge UB8 3PW</p>	 



Athletics			
Club	Age	Contact details	Key
Hillingdon Athletics Club	9+ yrs	<p>Tel: 01895 678459</p> <p>Email: info@hillingdonas.co.uk</p> <p>Email: hillingdonacjuniorsection@gmail.com (Junior enquiries)</p> <p>www.hillingdonac.co.uk/</p> <p>206 Bury Street, Ruislip, HA4 7TJ and Hillingdon Athletics Stadium, Gattling Way, Uxbridge, UB8 1ES</p>	 



B





Badminton			
Raqueteers Badminton Club	16+ yrs	<p>Tel: 07774 724797 (Karen Harding)</p> <p>Email: raqueteersbc@gmail.com</p> <p>www.raqueteers.org.uk</p> <p>The Harefield Academy, Northwood Way, Harefield, Uxbridge, UB9 6ET</p>	

Badminton			
Shuttles Badminton Club	18+ yrs	<p>Tel: 07767 154710 (Abe)</p> <p>Email: abe.jacobs@ntlworld.com</p> <p>shuttles.org.uk/index.htm</p> <p>Brunel University, Uxbridge, UB8 3PH</p>	


Basketball			
<p>Full Court Connections and Thames Valley Cavaliers</p> 	7-17 yrs	<p>Tel: 07946 588913 (Mobile) and 01753 520472 (Office)</p> <p>Email: admin@fullcourtconnections.co.uk</p> <p>Park Road, Uxbridge, UB8 1NQ</p>	 

Basketball			
Hillingdon Basketball Club (youth)	5-12 yrs	Tel: 07779 642491 Email: info@ball-out.co.uk Global Academy, Hayes UB3 1DH	 

BMX			
Hawks BMX	3+ yrs	Tel: 07944 557689 (Scott Dick) Email: hawksbmxclub@gmail.com www.hawksbmx.co.uk Lake Farm Country Park, Botwell Common Road, Hayes UB3 1DR	 

Bowls			
Council-owned bowling greens	13+ yrs	archive.hillingdon.gov.uk/bowlinggreens Various locations throughout the borough.	 




Bowls			
Eastcote Bowling Club	13+ yrs	Tel: 07720 467665 Email: ebcwebsite@virginmedia.com eastcotebowling.clubbuzz.co.uk/ Cavendish Park, Field End Road, Eastcote, HA4 9PG	 

Bowls (outdoor lawn)			
Mill Bowling Club	18+ yrs	Tel: 01895 624953 Email: sueritson48@gmail.com www.millbowlingclub-ruislip.co.uk/ Manor Farm, Bury Street, Ruiskip, HA4 7SU	





C








Chair based exercise			
MOVES chair based exercise 	65+ yrs	01895 277766 archive.hillingdon.gov.uk/moves Various libraries in Hillingdon	



Cricket			
Harefield Cricket Club 	7+ yrs	Tel: 07849 241363 (Mike Woodwards) Email: mikewoodwards@blueyonder.co.uk harefieldcc.hitscricket.com/default.aspx	 

Cricket			
Hayes Cricket Club	7+ yrs	Tel: 020 8573 4115 (Colin Richardson) Email: info@hayescricketclub.co.uk hayescricketclub.co.uk/ Hayes Cricket Club, The Green, Hayes, UB3 2RJ	 

Cricket			
Ickenham Cricket Club 	10+ yrs	Email: www.ickenhamcc.co.uk/contact-us www.ickenhamcc.co.uk/ Oak Avenue, Ickenham, UB10 8UT	  

Cycling			
Guided cycle rides 	5+ yrs	Tel: 01895 558391 Email: cycling@hillingdon.gov.uk www.hillingdon.gov.uk/cycling Various locations throughout the borough.	 

Cycling			
Slipstreamers	5-16 yrs	Email: info@slipstreamers.co.uk www.slipstreamers.co.uk/ Minet Country Park, Hayes, UB4 0LP	 

Cycling			
West Drayton Mountain Bike Club (WDMBC)	10+ yrs	Email: chris@westdraytonmbc.co.uk www.westdraytonmbc.co.uk Cycling, road cycling, cyclo cross, time trialling, social rides, Mountain Biking and racing for all ages and abilities	 



D





Dance			
Futunity (ballet, breakdance, contemporary, Acro, street dance, tap, gymnastics)	2+ yrs	Tel: 07525 900428 Email: activities@futunityuk.com futunityuk.com/	

Dance			
Freedom of Dance (dance ballet, street, contemporary)	1+ yrs	Tel: 07881 690293 Email: info@freedomofdance.co.uk www.freedomofdance.co.uk/ Park West Academy, Park View Road, Uxbridge, UB8 3GA	 






Dance			
Desi dance	65+ yrs	Tel: 01895 556688 Email: contactcentre@hillingdon.gov.uk archive.hillingdon.gov.uk/desi	
		Botwell Green Sports and Leisure Centre, East Avenue, Hayes, UB3 2HW	

Dance			
Line dance	65+ yrs	Tel: 01895 556688 Email: contactcentre@hillingdon.gov.uk	
		Yiewsley and West Drayton Community Centre, 228 Harmondsworth Road, West Drayton, UB7 9JL	





Dance			
Tea dance	65+ yrs	Tel: 01895 556688 Email: contactcentre@hillingdon.gov.uk	
		Middlesex Suite, Civic Centre, High Street, Uxbridge, UB8 1UW	





F








Fencing			
Hillingdon Fencing Club	8+ yrs	Tel: 07956 483717 (Tracey Carr) Email: hillingdonmusketeers@gmail.com www.hillingdonmusketeers.com Indoor Athletics Centre, Brunel University, Kingston Lane, Uxbridge. UB8 3PH	
Fitness			
Our Parks 	4+ yrs	Email: sportandphysicalactivity@hillingdon.gov.uk www.ourparks.org.uk/borough/hillingdon Various locations throughout the borough	
Football			
Brentford FC Community Trust 	6+ yrs	Tel: 020 8326 7030 (Jamie Tompkins) Email: jtompkins@brentfordfcst.com www.brentfordfcst.com/ Uxbridge High School (accessed via Brunel University)	

Football			
Denham United Ladies	6+ yrs	Tel: 07919 032532 Email: dulfc@live.co.uk www.denhamunitedlfc.co.uk	  

Football			
Harefield United Football Club 	5+ yrs	07906 206258 (Ben Payne) Email: harefieldunitedyouth@hotmail.com www.harefieldunited.com/	  

Football			
Ickenham Youth Football Club 	5+ yrs	Tel: 07912 339055 (Ben Burlikowski) Email: chairman@ickenhamyouthfc.com Email: girls@ickenhamyouthfc.com (Girls only) www.ickenhamyouthfc.com/	  

Football			
Northwood Youth Football Club 	4+ yrs	07990 557514 (Andy Tooley) Email: youthsecretary.nfc@gmail.com www.northwoodfc.com/youth/youth-section-contacts.html Northwood Recreation Ground, Chestnut Avenue, Northwood, HA6 1HR	  



Football (walking football)			
Uxbridge Amblers	50+ yrs	www.uxbridgeamblers.co.uk/contact-us www.uxbridgeamblers.co.uk/ Gating Way, Uxbridge, UB8 1ES	

G

Golf			
Council-owned golf courses		https://archive.hillingdon.gov.uk/golf Various locations throughout the borough.	 







H




Hockey			
Eastcote Hockey Club 	5+ yrs	Rob Riddleston 07956 922590 https://www.eastcotehockeyclub.com/ Kings College Road, Ruislip, HA4 7JZ	  




M







Martial Arts - Aikido			
Kurai Aikido	18+ yrs	Tel: 01895 636344 (Keith Holland) Email: kuraiaikido@hotmail.com kuraiaikido.com/yeading-doj/ Yeading Community Centre, Ditchfield Road, Yeading, UB4 9BH	 




Martial Arts - Ju Jitsu			
Hayes Ju Jitsu Club	6+ yrs	Tel: 07775 430233 (Junior classes) (Dean Deboo) Tel: 07825 286991 (Adult classes) (Jason Smith) www.hayesjujitsuclub.co.uk/ Hayes Community Centre, Albert Road, Hayes, UB3 4HR	 




Martial Arts			
Tsunami Martial Arts 	4+ yrs	Tel: 07827337503 (Paul Pretty) Email: classes@tsunami-martial-arts.com www.tsunami-martial-arts.com	 

Martial Arts			
Uxbridge Martial Arts Academy	12+ yrs	Tel: 07525 362786 (Shabaaz Uma) Email: Shabaaz.umaa@gmail.com www.facebook.com/Uxbridge-Martial-Arts-Academy-526581970788451/	  

Martial Arts -Taekwondo			
Alpha Taekwondo 	4+ yrs	Tel: 07953 041404 (Omar Safi) Email: Alphatkd.2019@gmail.com www.facebook.com/alphatkd.2019/ Swakeleys School, Clifton Gardens, Uxbridge, UB10 0EJ	  





Martial Arts -Taekwondo			
London Taekwondo Falcons 	4+ yrs	Tel: 07886 553504 (Said Khelwatty) Email: info@tkdfalcons.co.uk www.facebook.com/tkdfalcons Botwell Green Leisure Centre, East Avenue, Hayes, UB3 2HW	  

Martial Arts -Taekwondo			
London Taekwondo Warriors 	5+ yrs	Tel: 07397 916325 or 07861 568009 Email: admin@londontaekwondowarriors.co.uk or londontaekwondowarriors@gmail.com londontaekwondowarriors.co.uk/	 

Multi-sports			
Hayes Active Group (Running, walking and football)	9+ yrs	Tel: 07950 283451 (Idris Hamud) Email: ihamud@hotmail.com www.facebook.com/Hayesactivegroup-1293251984030123/	  



Multi-sports			
Primary Sporting Development 	5+ yrs	Tel: 07709 105723 (Gavin Brown) Email: avinbrown@primarysportingdevelopment.co.uk www.primarysportingdevelopment.co.uk	 

N

Netball			
Blaze Netball Club 	8+ yrs	Tel: 07773 033675 (Sue Cousins) Email: blazenetballclub@yahoo.co.uk blazenetball.clubbuzz.co.uk/ Youth: Bishopshalt School, Royal Lane, Uxbridge, UB8 3RF Adults: Uxbridge College, Park Road, Uxbridge, UB8 1NQ	  

R









Rugby			
Ruislip Rugby Club	6+ Yrs	Tel: 01895 633102 Email: alexfieldhouse@gmail.com www.pitchero.com/clubs/ruislip/ The Club House, West End Road Ruislip, HA4 6DR	 

S



Scuba Diving			
<p>Eastcote Sub Aqua Club</p> 	<p>14+ yrs</p>	<p>Tel: 020 8297 0699</p> <p>Email: diver@esac.org.uk</p> <p>www.esac.org.uk</p> <p>Highgrove Swimming Pool, Eastcote Road, Ruislip, HA4 8DZ</p>	 




Skiing			
<p>London Region Nordic Ski Club (roller skiing and cross country skiing)</p> 	<p>10+ yrs</p>	<p>Email: http://www.londonnordic.org.uk/contact/</p> <p>www.londonnordic.org.uk/</p> <p>Hillingdon Cycle Circuit, Springfield Road, Hayes UB4 0LP</p>	 



Swimming			
<p>Hillingdon Swimming Club</p> 	<p>4+ yrs</p>	<p>Tel: 07434 553440 (Sue Dyer)</p> <p>Email: membershipscc@hillingdonsc.co.uk</p> <p>www.hillingdonsc.co.uk</p>	 

T



Table Tennis			
 Bronze	7+ yrs	Tel: 07876 707608 (Peter Wilcox) Email: p_wilcox@sky.com www.htc.co.uk/ Oak Wood School, Sutton Court Road, Hillingdon, UB10 9HT	 

Tennis			
 Silver	3+ yrs	Tel: 07958 395913 (David Emms) Email: eastcoteltc@gmail.com www.eastcotetennis.co.uk/ 12 Kaduna Close, Eastcote, HA5 2PZ	 




Tennis			
 	4+ yrs	Tel: 07515 488555 (Tim Blackman) Email: imblackmantennis@yahoo.co.uk www.hillingdoncommunitytennisclub.com/index.html	

Trampolining			
Harlington Hawkes Trampoline Club	5+ yrs	Tel: 01895 259233 (Janet Bellis) www.harlingtonsportscentre.co.uk/sports/trampolining/ Harlington Sports Centre, Pinkwell Lane, Harlington, UB3 1PB	 

W



Walking			
Hillingdon led walks 	18+ yrs	Tel: 01895 277151 Email: jheggie@hillington.gov.uk archive.hillingdon.gov.uk/ledwalks Various locations throughout the borough	 

Watersports			
Hillingdon Outdoor Activities Centre	5+	Tel: Tel: 01895 824171 www.hoac.net/ HOAC, Dews Lane, Harvil Road, Harefield, UB9 6JN	  

Y



Yoga			
Yoga with Jackie	18+	07867 207408 or 01895 675426 (Jackie Barber) Email: jackie@yogawithjackie.co.uk www.yogawithjackie.co.uk Various locations in Hillingdon.	