

# Contact Us

If you require further information about the centre or facilities, please contact us.



**a:** Vicarage Road | Egham  
Surrey | TW20 8NL  
**t:** 01784 437695  
**f:** 01784 434138



**a:** School Lane | Addlestone  
Surrey | KT15 1TD  
**t:** 01932 858966



[enquiries@achievelifestyle.co.uk](mailto:enquiries@achievelifestyle.co.uk)  
[www.achievelifestyle.co.uk](http://www.achievelifestyle.co.uk)



# Clubs & Therapy Guide

## Egham & Addlestone Leisure Centres



# Clubs

Egham and Addlestone Leisure Centres have a variety of sports clubs who operate from the facilities. If you are interested in a club / activity then please contact them directly.



## Martial Arts:

### Eurokwai Judo Club Egham

Judo lessons for children aged 7 years upwards. Expert tuition by experienced and qualified instructors

**When:**  
Fridays 6.30pm - 7.30pm  
Saturdays 3.15pm - 4.15pm

**Contact:**  
T: 01344 842162  
www.eurokwai.co.uk

### Sport Martial Arts Egham

Tae Kwon Do / Kick Boxing / Sport Boxing / Self Defence  
Classes for 4 year olds upwards, from beginners to advanced. We are confident that our programmes will suit you and your family.

**Contact:**  
Contact for details about available classes

Gary Egleton:  
T: 0800 0430833  
07791 003794  
info@asma.org.uk  
www.asma.org.uk

### Egham Karate Egham

Karate for children and adults.

**When:**  
Thursdays 6pm - 7pm /  
8pm - 10pm  
Sundays 6pm - 9pm

**Contact:**  
01784 490272  
07815 677795

### Seiki-Juku Karate Egham

Karate for adults and children from 5 years

**When:**  
Tuesdays 7pm - 8pm

**Contact:**  
T: 07803 237543  
caroldavid1@tiscali.co.uk  
www.Bu-sen.co.uk

### Wu Shu Kwan Addlestone

A worldwide organisation that consists of members practising an effective martial art in the pursuit of total fitness and self-defence. Training can start from the ages of 7 years

**When:**  
Saturdays 3pm - 5pm

**Contact:**  
T: 07766 804603  
mickjons@hotmail.co.uk  
www.wushukwan.co.uk

### Addlestone Shotokan Karate Club Addlestone

Shotokan Karate is good for self-defence, discipline and helps build self confidence, self awareness and self esteem. Classes for all ages and abilities.

**When:**  
Mondays 7pm - 8pm  
Wednesdays 7pm - 8pm

**Contact:**  
T: 01932 852783  
addlestoneskc@freenet.co.uk

### Tae Kwon-Do Addlestone

Tae kwon-do Schools welcome all ages and abilities to learn the exciting martial art of Tae kwon-do in a friendly but strenuous environment.

**When:**  
Thursdays 6.30pm - 8.30pm

**Contact:**  
T: 07973 187084  
mrasliu@aol.com  
www.butf-staines.co.uk

## Badminton:

### Chaucer Badminton Club Egham

Chaucer Badminton Club is a friendly social club. We enjoy a good game and have fun on Monday nights. Membership is open to all adults who can play to a reasonable standard and based on quarterly subscription. Give us a call to try us out.

**When:**  
Mondays 8pm - 10pm

**Contact:**  
Ian Ginn T: 01344 845490  
ifginn@gmail.com  
www.chaucerbadmintonclub.co.uk

### Addlestone Leisure Centre Social Badminton Club

Addlestone club for all abilities in a friendly and relaxed environment

**When:**  
Fridays 8pm -11pm

**Contact:**  
Paul Druce  
T: 01932 846448 after 7pm

### Addlestone Junior Badminton Addlestone

A chance for youngsters to turn up and play badminton and to learn new skills

**When:**  
Every Saturday  
9am - 11am  
Beginners (up to 14 yrs)  
11am - 1pm  
Advanced (15 to 19 yrs)

**Contact:**  
T: 01932 858966  
enquiries@achievelifestyle.co.uk  
www.achievelifestyle.co.uk

## Football:

### AFC Brooklands Addlestone

Football for boys and girls from 5 to 15 year olds. All coaches are CRB checked and FA qualified. The club have achieved both FA charter and Development Club status, along with Silver Accreditation from Active Surrey.

**When:**  
Saturdays 10am - 11.30am

**Contact:**  
T: 07976 717447  
jeztaylor@afcbrooklands.co.uk  
www.afcbrooklands.co.uk

## Special Needs:

### Bright Lights Egham

A junior youth club for children living in Runnymede, aged 5-12 years old who have special needs.

**When:**  
Thursdays (term time)  
6.15pm - 8.15pm

**Contact:**  
www.brightlights-junior-youth-club.org.uk

## Therapy:

### Scorpio Clinics

At our three sites (Egham, Virginia Water, Ashford) our team of 15 therapists offer physiotherapy and sports injury care, osteopathy, rehabilitation following injury, acupuncture, nutritional advice and massage. Monday to Friday: 7.30 am - 10.30 pm (weekends & bank holidays at our clinic in Virginia Water)  
Sophie Dhenin T: 01344 845801 www.scorpioclinics.com

### Julia Reading - HPC

Registered Podiatrist & VTCT Reflexologist. For all your foot health needs and general foot care and advice: Calluses • Corns Ingrowing toenails • Verrucae.  
For Appointments T: 07746 472781/ 01784 436790

## Trampolining:

### Ace of Clubs Trampolining

Egham & Addlestone  
Trampolining sessions for children from 5 to 16 years.

**When:**  
Mondays 4.15pm - 5.15pm  
(Addlestone)  
Tuesdays 4.30pm - 5.30pm  
and 5.30pm - 6.30pm  
(Egham)

**Contact:**  
T: 02087 554855  
www.aceofclubs.org

## Gymnastics:

### Egham Gymnastics Egham

Suitable for all ages & abilities

**Contact:**  
T: 01784 437695  
(Egham Leisure Centre)  
www.achievelifestyle.co.uk

### Abbey Sports Acro Club Addlestone

Suitable for 5 yrs and above

**Contact:**  
T: 01932 858966  
(Addlestone Leisure Centre)  
www.achievelifestyle.co.uk

