

# WELCOME TO THE CLUB





Welcome to Hampstead's unique health & fitness experience.

Based at University College School's Frognal campus, we're an independent family club exclusively for the Hampstead community. A diverse programme choice, complimentary Kids Active and family sports sessions, health and wellbeing services and relaxed, friendly atmosphere ensure there is something for the whole family to enjoy.



WORK  
REST  
PLAY



UCS  
ACTIVE





# OUR FACILITIES

A family friendly programme, relaxed, sociable atmosphere and clean, state-of-the-art facilities for the Hampstead community to enjoy.

## ALL WEATHER FLOODLIT TENNIS COURTS

Members are entitled to [free and exclusive](#) use of our all weather tennis courts year round, with floodlighting available for a small fee. Bookings for court hire are taken up to a week in advance and our dedicated LTA qualified coaches offer an extensive adults and children's coaching programme.

## MULTI-ACTIVITY SPORTSHALL

From football to badminton, the multi-activity sportshall is the ideal place to compete against friends or combine quality family time with fun, energetic fitness and sports. All courts are available for private hire on a regular or adhoc basis.

## FITNESS SUITE

Following initial induction, members are free to use our fitness suite, equipped with cardiovascular and resistance equipment. The fitness team prepares personalised fitness programmes on request and all members are entitled to a [free initial health and fitness assessment consultation](#).

## FUNCTIONAL TRAINING ROOM

Complementing the Fitness Suite, the Functional Training Room is dedicated to resistance and functional training. It's equipped with dumbbells, barbells, Kettlebells, suspension training equipment, bosu boards, cable machines, body weight training equipment, Swiss Balls and basic plyometric equipment, and provides significant additional space for floor exercises.

## GROUP EXERCISE & DANCE STUDIO

From relaxation to high impact cardio sessions, you can choose from up to 40 complimentary group exercise classes a week plus weekend family swimming and sport sessions.

## 25 METER SWIMMING POOL

Lane swimming, lessons, or a gentle swim to wind down after a workout. From dedicated adult only and family sessions to the advanced swim group class, the pool programme is carefully developed to accommodate all members.

## PHYSIOTHERAPY & SPORTS REHABILITATION TREATMENT ROOM

Run by the experienced in house Physio Fitness therapy team, our Treatment Room offers specialist, tailored physiotherapy for sports injuries and rehabilitation.

## VIEWING GALLERIES

Located at the pool-side, our viewing galleries are the perfect place for members to sit and relax.

# OUR SERVICES

Experienced fitness and health professionals and sports scientists offer a wealth of knowledge and guidance to help adults and children achieve their goals.

## HEALTH & WELLBEING

- Cholesterol Testing
- Blood Glucose Testing
- Health Checks
- Body Composition Analysis
- Nutritional Consultancy
- Phase IV Cardiac Rehabilitation
- Physiotherapy & Remedial Massage

## FITNESS & EXERCISE

- Weight Management
- Diabetes Fitness & Dietary Guidance
- Pre & Postal Natal Fitness and Nutrition
- Injury Rehabilitation
- Sports Performance Coaching
- Tennis Coaching
- Swimming Lessons

## CHILDREN'S HEALTH

- Kids Active Sport & Exercise Programme including gymnastics, martial arts and football\*
- Kids Active Dance School
- Group Tennis Courses and One-to-one Coaching
- Swimming Lessons and Family Splash Zones
- School Holiday Multi Activity Camps

## UCS ACTIVE PERSONAL TRAINING

UCS Active Personal Trainers are experienced, highly qualified fitness professionals that combine in-depth knowledge of biomechanics with an attentive, personal approach. Programmes are tailor-made to suit your body type, fitness level and goals and supported by regular body composition analysis. Train 1-2-1, with a friend or partner.

# OUR MEMBERSHIP



## OUR CLUB MEMBERSHIP INCLUDES:

- Full use of club facilities
- Complimentary tennis court hire
- Free car parking (subject to availability)
- Exclusive discounts on personal training, health and fitness services, physiotherapy, swimming lessons and facilities hire
- Towel hire (for Platinum Members)

Please note: An initial £100 joining fee per membership and £10 admin fee per person apply.

ADULT MEMBERSHIP		
Additional Benefits		
<ul style="list-style-type: none"><li>• Complimentary group exercise classes (up to 40 per week)</li><li>• Complimentary health assessment</li></ul>		
MONTHLY FEES		
PREMIER:	Individual: £56.00	Joint: £91.00
PLATINUM:	Individual: £61.50	Joint: £102.00

KIDS MEMBERSHIP FOR 5-11 YEARS		
Additional Benefits		
<ul style="list-style-type: none"><li>• Use of our 25m swimming pool*</li><li>• Complimentary kids sport and exercise, and family sessions</li><li>• Discounted swimming lessons, dance and sports courses</li></ul>		
MONTHLY FEES		
PREMIER:	£20.00	(£10.00**)
PLATINUM:	£26.00	(£13.00**)
3-5 YEARS:	£10.00	(FREE†)
0-3 YEARS:	FREE	

TEEN MEMBERSHIP FOR 12 -15 YEARS		
Additional Benefits		
<ul style="list-style-type: none"><li>• Complimentary Active Teens gym-based fitness training sessions and group exercise classes</li><li>• Discounted swimming lessons</li></ul>		
MONTHLY FEES		
PREMIER:	£20.00	
PLATINUM:	£26.00	

FAMILY MEMBERSHIP
A package built to suit your family. All the benefits of the premier and platinum adult memberships plus half price memberships for kids.
FEES ON REQUEST

STUDENTS *** (16+) & SENIOR CITIZEN (65+) MEMBERSHIPS		
Additional Benefits		
<ul style="list-style-type: none"><li>• Complimentary group exercise classes (up to 40 per week)</li><li>• Complimentary health assessment</li></ul>		
MONTHLY FEES		
PREMIER:	£30.00	
PLATINUM:	£36.50	

ANNUAL MEMBERSHIP
Annual membership is a one off payment for the year. The member will benefit from a 20% discount when paying upfront. (Please note joining and admin fees still apply)

GUEST PASSES
ADULT: £15.00    TEEN: £10.00    CHILD: (UNDER 11) £7.50

- \* Children under 12 must be accompanied by an adult.  
\*\* When joining with an adult.  
\*\*\* Students must be in full time education and provide proof on joining.  
† Free of charge if joining with a full paying Adult single or joint membership.

# YOUR INFORMATION

## NOTES:

## OPENING HOURS

### UCS TERM-TIME

As a dual purpose centre, we're open to private members in the evenings and at weekends during term time with extended daytime use in holiday periods - up to 18 weeks a year - at no extra cost.

MONDAY TO FRIDAY	6AM - 7AM & 6PM - 10PM
WEEKENDS	8AM - 8PM

### UCS NON TERM-TIME

MONDAY TO FRIDAY	6AM - 10PM
WEEKENDS	8AM - 8PM

## CONTACT

CALL	020 7433 2127
EMAIL	reception@ucsactive.org.uk
ONLINE	www.ucsactive.org.uk