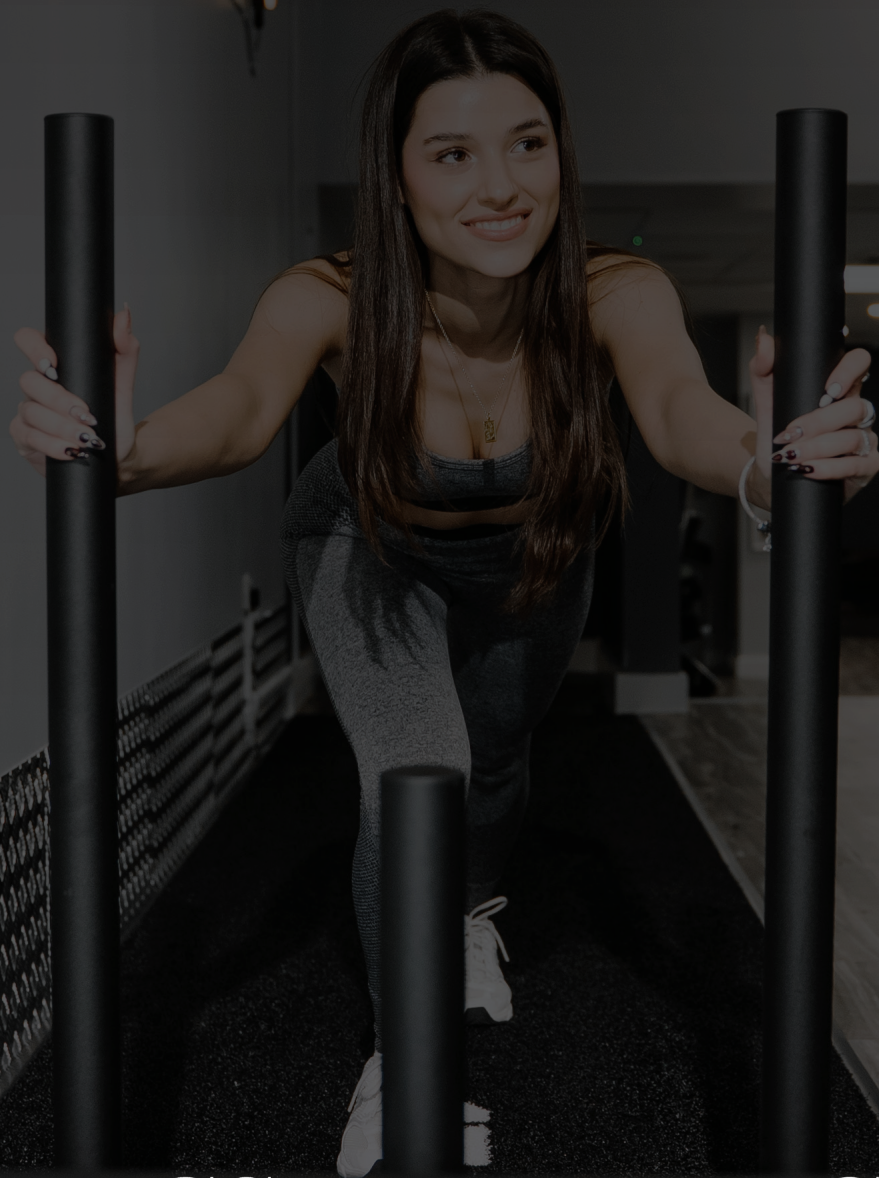


# WELCOME TO UCS ACTIVE & THE PAVILION



UCS  
*Active*  
@The Pavilion

  
PILATES @  
THE PAVILION  


UCS  
*Active*

# Welcome to Hampstead's unique health and fitness experience.



## UCS Active (Frognaal Campus)

UCS Active, located at University College School's Frognaal campus, is an independent, family-focused club designed exclusively for the Hampstead community.

Members benefit from access to the club's upgraded gym facilities, tennis sessions, swimming, complimentary Kids Active, and family sports sessions. Alongside dedicated health and well-being services, UCS Active Frognaal provides a relaxed and welcoming environment—creating a space where every member of the family can feel at home.



## UCS Active @ The Pavilion (Sports Grounds)

UCS Active @ The Pavilion, based at the UCS sports grounds, complements the Frognaal campus as part of the same independent, family-focused club for the Hampstead community.



At the Pavilion, members can enjoy a dynamic programme of Reformer Pilates, Pilates, and a variety of indoor and outdoor fitness classes, all within a supportive and community-driven environment. And let's not forget the breathtaking surroundings, creating the perfect backdrop for every session.





# UCS ACTIVE



UCS, FROGNAL  
HAMPSTEAD, NW3 6XH





# UCS ACTIVE @ THE PAVILION



UCS SPORTS PAVILION  
HOCROFT RD, NW2 2BH



# OUR

# FACILITIES

UCS Active and The Pavilion form an independent, family-focused club designed exclusively for the Hampstead and West Hampstead community. Across both Frognal and the Sports Pavilion site, our members enjoy a relaxed, clean and sociable atmosphere. Offering state-of-the-art facilities, dedicated family programme and a welcoming environment.

## ALL WEATHER FLOODLIT TENNIS

Members are entitled to complimentary 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.

*Please note group coaching may require additional charges, more info available in our Tennis timetables.*

## MULTI-ACTIVITY SPORTS HALL

From football to badminton, the multi-activity sports hall 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.

*Please note a full range of offerings are available within our sports hall timetable. There are periods of the year when the hall is out of use for members due to the hall hosting school & public examinations.*

## 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.

## UCS ACTIVE @ THE PAVILION

Located at the UCS Sports Pavilion, members can enjoy a dynamic programme of Reformer Pilates, Pilates and indoor/outdoor fitness classes. Plus an exclusive discount for UCS Active members.

**OUR PARTNER SERVICES** - More information about our partner services i.e. personal training, tennis coaching, swimming sessions and physiotherapy is available upon request. Please email [reception@ucsactive.org.uk](mailto:reception@ucsactive.org.uk).

# OUR

# MEMBERSHIPS

## JOINING FEE

### APPLICABLE TO ALL MEMBERSHIPS

Please note; joining fee is charged per person. An exception applies to joint memberships, for which one joining fee covers both members.

INDIVIDUAL	£60.00
JOINT	£120.00
SENIORS	£50.00
STUDENTS	£40.00
TEENS & JUNIORS (5-11 YRS)	£20.00
0-2 YRS	NO CHARGE



## 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 Only)

## ADULT MEMBERSHIP

### ADDITIONAL BENEFITS

- Complimentary group exercise classes (up to 40 per week)
- Complimentary health assessment

### MONTHLY FEES

PREMIER:	Individual: £72.50	Joint: £118.50
PLATINUM:	Individual: £80.50	Joint: £134.00

## KIDS MEMBERSHIP

### ADDITIONAL BENEFITS

- Use of our 25m swimming pool
- Complimentary kids sport and exercise, & family sessions
- Discounted swimming lessons, dance & sports courses

### MONTHLY FEES

5-11 YRS PREMIER:	£25.00
5-11 YRS PLATINUM:	£32.00
2-4 YRS PREMIER:	£11.50
2-4 YRS PLATINUM:	£14.50
0-2 YRS:	FREE

## GUEST PASSES

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

## STUDENTS\* (16+) & SENIOR CITIZEN (65+)

### ADDITIONAL BENEFITS

- Complimentary group exercise classes (up to 40 per week)
- Complimentary health assessment

### MONTHLY FEES

PREMIER:	£41.50
PLATINUM:	£49.50

\*Students must be in full time education and provide proof on joining.

## TEEN MEMBERSHIP - 12-15 YRS

### ADDITIONAL BENEFITS

- Complimentary Active Teens gym-based fitness training sessions and group exercise classes
- Discounted swimming lessons

### MONTHLY FEES

PREMIER:	£27.00
PLATINUM:	£35.00

## ANNUAL MEMBERSHIP

Annual membership is a one off payment for the year. The member will benefit from a 20% discount when paying upfront.



## UCS ACTIVE & PAVILION ALL INCLUSIVE PACKAGE:

- Full use of UCS Active club facilities
- Full use of the UCS Active @ The Pavilion Classes
- 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 UCS Active Platinum Members Only)

### PLATINUM PLUS

#### ADDITIONAL BENEFITS

- Complimentary group exercise classes (up to 40 per week)
- Complimentary Pavilion classes (more than 25 classes per week)
- Complimentary health assessment
- Towel Hire (at UCS Active only)

#### MONTHLY FEES

Single Adult:	£162.00
Joint:	£264.00
Student (16+)*:	£99.50
<i>*Students must be in full time education and provide proof on joining.</i>	
Senior (65+):	£99.50

### PREMIER PLUS

#### ADDITIONAL BENEFITS

- Complimentary group exercise classes (up to 40 per week)
- Complimentary Pavilion classes (more than 25 classes per week)
- Complimentary health assessment

#### MONTHLY FEES

Single Adult:	£153.50
Joint:	£248.50
Student (16+):	£91.50
<i>*Students must be in full time education and provide proof on joining.</i>	
Senior (65+):	£91.50

Please note that an annual membership option is not available for these memberships



## PAVILION ONLY MEMBERSHIP INCLUDES:

- Unlimited use of the Pavilion classes including Reformer Pilates, Pilates and Indoor/Outdoor fitness classes
- Free car parking (subject to availability)
- Changing facilities
- Relaxing and tranquil surroundings

### PAVILION ONLY MEMBERSHIPS

#### MONTHLY FEES

Pavilion Only- All Inclusive membership	£99.00
Pavilion only - Senior all Inclusive membership (65yrs +)	£79.00
Pavilion only - Student all Inclusive membership*	£75.00
<i>*Students must be in full time education and provide proof on joining.</i>	

### PAY-AS-YOU-GO PAVILION CLASSES

#### COST PER CLASS

Pay-as-you-go (Non Member)	£30.00
Pay as you go (UCS Active Member /UCS Parent)	£17.00

Please note that an annual membership option is not available for these memberships

# CONTACT

# INFORMATION

## CONTACT US

CALL	020 7433 2127
EMAIL	reception@ucsactive.org.uk
ONLINE	www.ucsactive.org.uk
INSTAGRAM	UCS Active: <a href="#">@ucsactive</a> Pilates @ The Pavilion: <a href="#">@ucspavilionpilates</a>



Scan the QR code for more Information about our Reformer Pilates classes, timings and pricing.

## UCS ACTIVE, FROGNAL - 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



UCS Active  
Frognal, Hampstead  
London. NW3 6XH

UCS Active @ The Pavilion  
UCS Sports Ground  
Hocroft Rd, NW2 2BH