Activities on offer...

BABY TALK

Baby Talk is a course that teaches baby signing and communication skills for parents and babies. Led by a qualified Speech and Language Therapist, the course includes interactive activities and songs to improve listening and communication skills. To book, contact Helen Guntrip at helen@beckenhambabymassage.co.uk.

BABY MASSAGE

A baby massage course is available for parents and babies (birth to precrawling) that enhances relaxation, promotes better sleep, and relieves wind and colic. The course also provides an opportunity to meet other parents and bond with your baby. To book, contact Helen Guntrip at helen@beckenhambabymassage.co.uk.

BABY YOGA

Baby Yoga is a great way to connect with your baby and a balance of activity and relaxation for you both. The classes are suitable for babies from 12 weeks to pre-crawling. To book, contact Helen Guntrip on; helen@beckenhambabymassage.co.uk.

BODY CONTROL PILATES

Using controlled movements to strengthen core, mobilise and lengthen the spine, leading to a longer, leaner figure, improved posture, body awareness and reduction in posture related pain. For more, call Denise on: 07968 484710

BRIDGE CLUB

Duplicate bridge – if you fancy playing bridge in a relaxed atmosphere, join the group in the Stotesbury Room on a Tuesday. All are welcome. For more, email: chairman@briterbridge2.org.uk

CHESS CLUB

With Beckenham & Bromley Chess Club. The club meets in the Stotesbury Room and welcomes new members of all abilities, including juniors. You can drop in if you wish. For more, contact: secretary@beckenhamchess.org.uk

DRAMA & DANCE

Classes including: ISTD ballet; modern; tap; musical production; commercial jazz; lyrical jazz; singing and LAMDA acting, with the Laura Bruce Dance Academy. Contact Laura Bruce on; 07949 824881

DRAWING AND PAINTING

All standards are welcome at the art of drawing and painting classes. Call 07989 805901 or email peter_cliff59@hotmail.com

GYMNASTICS

Fun and exciting gymnastics classes in Beckenham run by a fully qualified, DBS checked coaches. Call 07832 123725 or email gymflix1@yahoo.com

KARATE

A variety of TKI Shotokan karate sessions cater for all standards and ages. Contact Tom on 07956 372474

KUMON MATHS & ENGLISH TUITION

Unlock your child's potential. Bhavisha Solinki, Kumon Instructor. For pre-school children onwards. Call 020 3691 3194

METAFIT

A high-intensity fitness class combining bodyweight exercises with interval style training. Metafit is sure to push your fitness limits, with challenging moves and high intensity training techniques. Contact Julie Harney on: 07528 366851 or email julieharney@yahoo.com

PILATES

This class is particularly aimed at people with a history of back pain or post-injury rehabilitation. The class is for all levels and run by a Chartered Physiotherapist. Price is dependent on number of weeks in block-booked course. Call Jo or Karen on 0208 6505353

PREGNANCY, POSTNATAL & BABY YOGA

Meet local Mums. Safely build strength through your postnatal body. Learn ways to relax with your baby. Contact Lucy on: 07747 613147

TANGO

Discover the passion of tango with Social dance lessons, tailored for every skill level. Contact Lucas/Dani: 07387 681260/07827 795312

SPORTING CHANCE

Saturday morning classes for children and young adults with additional needs. We offer a multisports programme which will be taylor made to meet your child's ability, from throwing and catching a ball to confidently playing in a team game. Call Sally on 07901 229263

TABLE TENNIS

ADULTS – Thursday's 8.15pm – 11pm A member of staff organises a short practice routine and then sets up competitive play on a table according to standard. Six tables available; bats and balls are provided. Runs all year round. Contact Deepak on 07521 932468

TOTAL BODY CONDITIONING

A fun workout for mixed abilities. Targeting problem areas with the use of fun equipment including gliders, soft balls and hand weights. Just turn up. Contact Chris on: 07970 016123

TOTAL BODY WORKOUT

An hour's packed class incorporating high / low aerobics and conditioning work with hand weights. The inspiring music and everchanging movements make for a challenging yet fun workout. Contact Chris on: 07970 016123

YOGA

Yoga classes for all abilities. Contact Lyndsey on: 07968 615650 or email lyndseyhill@btinternet.com



Classes & Activities

THE **PARKLANGLEY** CLUB

THE **PARKLANGLEY** CLUB

www.theparklangleyclub.co.uk

NAME AND ADDRESS OF THE PARTY O	
NAME AND ADDRESS OF THE PARTY ADDRESS O	
NAME AND POST OFFICE ADDRESS OF THE PARTY OF	
AND RESIDENCE AN	
NAME AND POST OFFICE ADDRESS OF THE PARTY OF	PER COLUMN TO THE PER COLUMN T
AND REAL PROPERTY AND REAL PROPERTY AND PERSONS ASSESSED. THE PERSON NAMED IN	
NAME AND POST OFFICE ADDRESS OF THE PARTY AND POST OFFI ADDRESS OF THE PARTY ADDRESS OF THE P	
IN RESERVOIR AND PARTY NAMED IN COLUMN TWO P	Marie Control of the
DESCRIPTION AND POST OFFI THE PARTY OF THE P	
NAMES AND POST OFFI PART AND POST OFFI PART AND POST OFFI PART AND PART OF THE	
NAME AND POST OFFICE ADDRESS OF THE PARTY AND POST OFFI ADDRESS OF THE PARTY ADDRESS OF	
AND THE REAL PROPERTY AND THE PARTY AND THE	BS 2505 105 BS
NAME AND POST OFFICE ADDRESS OF TAXABLE PARTY AND POST OFFI ADDRESS OF TAXABLE PARTY.	THE RESERVE OF THE PERSON NAMED IN
NAME AND POST OFFICE ADDRESS OF THE OWNER, THE OWNER, THE PERSON NAMED IN	E 10 4 5 5 1 1 10 1 15
NAME AND POST OFFICE ADDRESS OF THE OWNER, WHEN PERSON NAMED ADDRESS OF THE OWNER, WHEN THE PERSON NAMED ADDRESS OF THE PERSON NAMED ADDRESS OF THE PERSON	BUT A STATE OF THE STATE OF
NAME AND POST OFFICE ADDRESS OF THE OWNER, WHEN PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, WHEN PERSON NAMED IN COLUMN 2 IS NOT THE OWNER.	NAMES OF TAXABLE PARTY.
NAME AND ADDRESS OF THE OWN POST OFFI ADDRESS OF THE OWN PARTY AND PERSON.	E (SE E E E E E E E E E E E E E E E E E
NAME AND POST OFFICE ADDRESS OF THE PARTY AND POST OFFI ADDRESS OF THE PARTY AND POST	ALEX BEST 1150 BY
A REAL PROPERTY AND PERSONS NAMED AND POST OFFICE ADDRESS NAMED AND POST OFFICE ADDRESS NAMED AND	MARKET 1197.40
NAME AND POST OFFI PARTY AND POST OFFI PARTY AND POST OFFI PARTY AND POST OFFI PARTY AND POST OFFI PARTY.	
NAME AND POST OFFER PART A	NAME AND ADDRESS OF TAXABLE PARTY.
NAME AND POST OFFICE ADDRESS OF THE PARTY OF	
IN THE PART AND REAL PROPERTY AND PART AND PART AND ADDRESS OF THE PART AND PARTY.	
NAME AND POST OFFICE ADDRESS OF THE OWN POST OFFI PERSON AND POST OFFI PERSON AND POST OFFI PERSON AND PERSON	
A REST WAR WITH MARK WHEN PARTY THAT THE PARTY THAT WHEN PARTY THAT THE PARTY THE PART	
WHEN PERSON NAMED AND POST OFFICE ADDRESS OF THE PERSON NAMED ADDRESS OF THE PERSON NA	
IN RESIDENCE AND PERSONS ASSESSMENT THE PERSONS NAMED IN COLUMN TWO PERSONS NAMED IN COLUMN TRANSPORTATION TRANSPORTAT	
NAME AND POST OFFICE ADDRESS OF THE OWNER, WHEN PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, WHEN PERSON NAMED IN COLUMN 2 IS NO	
IN THE REAL PROPERTY AND PERSONS NAMED IN COLUMN 2 IN	
NAME AND POST OFFICE ADDRESS OF THE PARTY OFFICE ADDRESS OF THE PARTY	
IN COLUMN TWO THE PART OF THE	
NAME AND POST OFFICE ADDRESS OF THE PARTY AND POST OFFICE ADDRESS OF THE PARTY AND PARTY.	
NAME AND ADDRESS OF PARTY AND POST OFFICE ADDRESS OF THE PARTY AND POST OFFI ADDRESS OF THE PARTY AND POST OFFI ADDRESS OF THE PARTY AD	The same of the sa
AND REAL PROPERTY AND REAL PROPERTY AND REAL PROPERTY AND REAL PROPERTY AND PERSONS AND PE	
IN COLUMN TWO WHEN PERSON NAMED IN COLUMN TWO PERSON NAMED IN COLUMN TRANSPORT NAMED IN COLUMN TWO PERSON NAMED IN COLUMN TRANSPORT NAMED IN COLUMN TWO PERSON NAMED IN COLUMN TRANSPORT NAMED	The second secon
NAME AND POST OFFICE ADDRESS OF THE PARTY AND POST OFFI ADDRESS OF THE PARTY AND POST	BE-0100007-27118
NAME AND POST TOO OWN POST OFFI ADDRESS OF THE POST OF THE POST OF THE POST OFFI ADDRESS OF THE POST OF TH	
THE REAL PROPERTY AND PERSONS NAMED AND POST OFFICE ADDRESS NAMED AND POST OFFICE ADDRESS NAMED AND	
IN REST TAXABLE SERVICES AND TAXABLE SAME VALUE SAME	
THE REAL PROPERTY AND PERSONS NAMED AND POST OFFICE ADDRESS OF THE PARTY AND PARTY AND PARTY AND PARTY.	
NAME AND POST OFFICE ADDRESS OF THE OWN POST OFFI ADDRESS OF THE OWN PARTY.	THE REAL PROPERTY AND ADDRESS OF THE PARTY AND
NAME AND POST OFFICE ADDRESS OF THE OWN PARTY AND POST OFFI ADDRESS OF THE OWN PARTY.	
NAME AND POST OFFICE ADDRESS OF THE PARTY OF	
THE RESERVE AND ADDRESS OF THE PARTY ADDRESS OF THE PARTY AND ADDRESS OF THE PARTY ADDRESS OF	
NAME AND POST OFFICE ADDRESS OF THE PARTY AND POST OFFI ADDRESS.	
NAME AND ADDRESS OF THE OWN PARTY AND ADDRESS OF THE OWN.	
AND REAL PROPERTY AND REAL PROPERTY AND REAL PROPERTY.	
9	

4	0930 - 1030	YOGA	Mixed Ability
	1000 - 1100	POST NATAL & BABY YOGA	
MONDAY	1100 - 1200	TOTAL BODY CONDITIONING	Mixed Ability
_	1230 - 1330	PILATES	Mixed Ability
	1345 - 1445	PILATES	Mixed Ability
	1400 - 1600	DRAWING & PAINTING	All Standard
	1600 - 1945	DANCE & DRAMA	For Children
	1630 - 2000	DANCE & DRAMA	For Children
	1815 - 2100	PREGNANCY YOGA	Mixed Ability
7	0930 - 1030	TOTAL BODY WORKOUT	Mixed Ability
SD	1500 - 1800	GYMNASTICS	
TUESDAY	1100 - Late	BRIDGE CLUB	All Standard
٦	1100 - 1200	OLDER ADULT STRENGTH CLASS	

TOTAL BODOY WORKOUT

BRIDGE CLUB

1100 - Late

THURSDAY

2015 - 2115 YOGA

Mixed Ability	
All Standard	VACA
All Standard All Standard Mixed Ability	ΙΤΔΖ

A	0915 - 1000	SPORTING CHANCE	Additional Need
2	0900 - 1300	KUMON MATHS & ENGLISH	For Childre
SATU	1000 - 1100	SPORTING CHANCE	Additional Need
S	1100 - 1200	SPORTING CHANCE	Additional Need

METAFIT

METAFIT

1615 - 1945

2000 - 2200 TANGO

BABY YOGA
BABY TALK

DANCE & DRAMA

BODY CONTROL PILATES

BODY CONTROL PILATES

KUMON MATHS & ENGLISH

From Birth to Pre-Crawling

For Children

For Children

WEDNESDAY	1000 - 1100 1030 - 1115 1045 - 1145 1130 - 1230	PILATES BABY TALK BABY YOGA BABY MASSAGE	Ages 6 - 12 Months From Birth to Pre-crawling
	1130 - 1230	OLDER ADULT STREM	IGTH CLASS
	1330 - 1700	GYMNASTICS	
	1800 - 1900	KARATE	Squad
	1830 - 1930	PILATES	
	1930 - 2230	CHESS CLUB	Mixed Ability
	1900 - 2000	PILATES	

1000-1100	TOTAL BODY CONDITIONING	Mixed Ability
1500 - 1800	KUMON MATHS & ENGLISH	For Children
1615 - 2000	DANCE & DRAMA	For Children
2015 - 2300	TABLE TENNIS CLUB	For Adults 18+

NO CLUB MEMBERSHIP REQUIRED