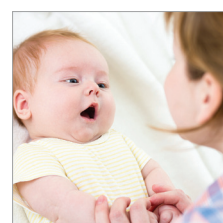


Classes & Activities at The Parklangley Club

UPDATED MARCH 2020

MONDAY	9.30-10.45am	BODY CONTROL PILATES	Mixed Ability	Denise
	10.00-11.15am	YOGA	Mixed Ability	Lyndsey
	10.50am-12.05pm	BODY CONTROL PILATES	Mixed Ability	Denise
	12.15-1.15pm	PILATES BACK CARE CLASS	All Levels	Jo
	1.30-2.30pm	PILATES BACK CARE CLASS	All Levels	Jo
	1.45-3.45pm	DRAWING & PAINTING	All Standards	
	4-8pm	DANCE & DRAMA	For Children	Laura
8.15-9.15pm	PILATES BACK CARE CLASS	All Levels	Jackie	
TUESDAY	9-10am	PURESTRETCH	Mixed Ability	Nancie
	9.30-10.30	LEGS, BUMS & TUMS	Mixed Ability	Chris
	12 noon-2.45pm	GYMNASTICS	Pre-school	Kristal
	1-2pm	BABY MASSAGE	From Birth to Pre-crawling	Helen
	1.45-5.15pm	BRIDGE CLUB	All Standards	
	3-3.45pm	STAY & PLAY GYMNASTICS	All Standards	Kristal
	4-6pm	GYMNASTICS	All Standards	Kristal
	7-8pm	BODY CONDITIONING	Mixed Ability	Chris
	7.15-10.30pm	BRIDGE CLUB	All Standards	
	8.15-9.30pm	YOGA	Mixed Ability	Lyndsey
WEDNESDAY	9.30-11am	SPARKLERS MUMS & TODDLERS GROUP	Ages 0-4	
	12 noon-2.45pm	GYMNASTICS	Pre-school	Kristal
	3-3.45pm	STAY & PLAY GYMNASTICS		Kristal
	4-5.15pm	GYMNASTICS	Beginner/Intermediate	Kristal
	6-7pm	KARATE	Junior	Tom
	6.30-7.30pm	PILATES BACK CARE CLASS	All Levels	Karen
	7-8pm	KARATE	Squad	Tom
	7.30-8.30pm	PILATES BACK CARE CLASS	All Levels	Katie
	8-9pm	KARATE	Senior Ages 12+	Tom
	8-9pm	KARATE	Senior Ages 12+ Beginners	Tom
THURSDAY	9.45-10.45am	TOTAL BODY WORKOUT	Mixed Ability	Chris
	9.45-10.45am	SING AND SIGN	Ages 14 Months-2 Years	Karen
	10.45-11.45am	SING AND SIGN	Ages 6-15 Months	Karen
	3.30-6pm	KUMON MATHS & ENGLISH TUITION	For Children	Marie
	4-7pm	DANCE & DRAMA	For Children	Laura
	7.30-10.30pm	CHESS CLUB	Mixed Ability	
	8.15-11pm	TABLE TENNIS CLUB	For Adults 18+	Deepak
FRIDAY	9.30-10.40am	BODY CONTROL PILATES	Mixed Ability	Denise
	10.30-11.15am	BABY TALK	Ages 6-12 Months	Helen
	10.45am-12 noon	BODY CONTROL PILATES	Mixed Ability	Denise
	11am-12.15pm	YOGA MIXED ABILITY	Mixed Ability	Lyndsey
	12 noon-1pm	BABY MASSAGE	From Birth to Pre-crawling	Helen
	3.45-6pm	KUMON MATHS & ENGLISH TUITION	For Children	Marie
	7.40-9.30pm	TABLE TENNIS CLUB	For Juniors	Paul
SATURDAY	8.45-9.30am	SPORTING CHANCE	Additional Needs	Sally
	8.45-9.45am	YOGA ON A SATURDAY	Mixed Ability	Nancie
	9am-1pm	KUMON MATHS & ENGLISH TUITION	For Children	Bhavisha
	9.30-10.30am	SPORTING CHANCE	Additional Needs	Sally
	10.30-11.30am	SPORTING CHANCE	Additional Needs	Sally



Classes & Activities

at The Parklangley Club

UPDATED MARCH 2020

BABY TALK

Baby Talk is a five week baby signing course for parents and babies. Run by a qualified Speech and Language Therapist, you will learn how to sign with your baby and all the signs you will need for everyday use. Each week, you and your baby will also join in with a variety of interactive activities and songs which will help to develop their listening and communication skills. There will be time to ask questions and find out more about how children learn to listen, talk and understand language. Cost £40 for five week course. Limited spaces – to book a place email Helen Guntrip helen@beckenhambabymassage.co.uk.

BABY MASSAGE

A five week course for you and your baby (birth to pre-crawling). Enjoy 60 minutes' relaxation and meet other parents and babies. Massaging your baby can improve sleep, relieve wind and colic, and help you to get to know your baby better. The course costs £50 and includes a bottle of organic massage oil, handouts and use of mats and cushions. Limited spaces – to book your place email helen@beckenhambabymassage.co.uk. The course is accredited by the Royal College of Midwives and follows the syllabus of the International Association of Infant Massage (IAIM). The class is taught by Helen Guntrip, Certified Infant Massage Instructor, www.iaimbabymassage.co.uk/helenguntrip.

BODY CONDITIONING

A fun workout for mixed abilities. Targeting problem areas with the use of fun equipment including gliders, soft balls and hand weights. £6 a session, just turn up.

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. Call Denise 07968 484710. £11 per class, termly.

BRIDGE CLUB

Duplicate bridge – if you fancy playing bridge in a relaxed atmosphere, join the group in the Statesbury Room on a Tuesday. All are welcome. For more information, please contact chairman@briterbridge2.org.uk or look on the group's website www.briterbridge2.org.uk.

CHESS CLUB

With Beckenham & Bromley Chess Club. The club meets in the Statesbury Room and welcomes new members of all abilities, including juniors. You can drop in if you wish, or contact the secretary John Lewin: secretary@beckenhamchess.org.uk or look on the group's website www.beckenhamchess.org.uk.

DANCE & DRAMA

Classes including: ISTD ballet; modern; tap; musical production; commercial jazz; lyrical jazz; singing and LAMDA acting, with the Laura Bruce Dance Academy. Please contact: admin@lb-da.co.uk or 07949 824881 for more information.

DRAWING & PAINTING

All standards are welcome at the art of drawing and painting classes. £6.75 per session and payments are taken in half term blocks. Contact Pat Cliff on 07989 805901, peter_cliff59@hotmail.com or come along to try.

GYMNASTICS

Fun and exciting gymnastics classes in Beckenham run by fully qualified, DBS checked coaches. Call 07832 123725 or email gymflic1@yahoo.com.

KARATE

A variety of TKI Shotokan karate sessions cater for all standards and ages. For more information and availability, contact Tom on 07956 372474 or visit www.tkishotokankarate.co.uk.

KUMON MATHS & ENGLISH TUITION

Unlock your child's potential. Call 020 3691 3194 or email beckenhamparklangley@kumoncentre.co.uk for your free assessment. Bhavisha Solinki, Kumon Instructor. For pre-school children onwards.

LEGS, BUMS & TUM

A fun workout for mixed abilities. Targeting problem areas with the use of fun equipment including gliders, soft balls and hand weights. £6 a session, just turn up. Chris 07970 016123.

PILATES BACK CARE CLASS

A block-booked course using core muscles to improve posture, flexibility and movement control. 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. Call Jo or Katie for availability on 0208 650 5353. £10 per class. Price is dependent on number of weeks in block-booked course.

PURESTRETCH

This class will help you reduce muscle stiffness and improve range of motion. It will also help reduce your risk of injury in everyday and sporting activities. Particularly suitable for the less 'bendy'. £7 per class or £6 block-booking. Small Class. Term-time only. Contact Nancie 07438 209683 to book your place.

SING AND SIGN

Award-winning music programme helps your baby to communicate before speech. A ten week term costs £75. Contact Karen – singandsignbromley@gmail.com.

SPARKLERS MUMS & TODDLERS GROUP

Join us with your little ones (0-4s) for playtime, coffee and cake, Bible stories and singing. £2 per session. No need to book, just turn up. Contact davidadru@gmail.com.

SPORTING CHANCE

Saturday morning classes for children and young adults with additional needs. We offer a multisports programme which will be tailor 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. 45 minute session £8.45/1 hour session £9.95, paid termly.

TABLE TENNIS CLUB

ADULTS – a member of staff organises a short practice routine and then sets up competitive play on a table according to standard. Pay and play for £5 a session or join for a year for £110. Six tables available; bats and balls are provided. Runs all year round.

JUNIORS – a member of staff organises and supervises this club. Coaching and games are offered. Cost £4 per session. Bats and balls are provided. Runs term time only. For more information email zena.wisdom@zena.wisdom@theparklangleyclub.co.uk.

TOTAL BODY WORKOUT

An hour's packed class incorporating high/low aerobics and conditioning work with hand weights. The inspiring music and ever-changing movements make for a challenging yet fun workout. £6 a session, just turn up.

YOGA

Hatha yoga with flow. Connect with your mind and body through physical poses, breathing and relaxation techniques. Suitable for all levels. £10 per class. Contact Nancie 07438 209683.

YOGA ON A SATURDAY

Hatha yoga with flow. Connect with your mind and body through physical poses, breathing and relaxation techniques. Suitable for all levels. £10 per class. Contact Nancie (07438)209683.