

COMMUNITY CENTRE ACTIVITIES

September - October 2018

Please note that many activities - including all childrens' activities - are termly rather than continuous. Contact session organisers directly for dates and availability (see overleaf for further contact details). Further copies of this programme are available from the Community Centre lobby.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
Mornings	Ready Steady Go (2-3 years) 9.30 - 12.30pm	Ready Steady Go Beginners (1-3 years) 9.15 - 11am & 11.15 - 1pm	Ready Steady Go (2-3 years) 9.30 - 12.30pm	Ready Steady Go Beginners (1-3 years) 9.15 - 11am & 11.15 - 1pm	Dynamic Mat- based Pilates 8 - 9am		"Perform" 9.30 - 1pm (Ages 4 - 7)
	Ready Steady Go ABC 9.30 - 12.30pm	Monkey Music 9.30 - 11.30	RSG Baby & Me Yoga 9-10am	RSG Baby & Me Yoga 9.30-10.30am	Ready Steady Go (2-3 years) 9.30 - 12.30pm		PHCA Bar 12 - 2pm
		Laban Movement Workshop 12 - 1pm	Ready Steady Go 10 - 12pm	PHCA Drop-In (under 4's) 11.15 - 1pm	Aerial Pilates 10-11am		
Afternoon:	PHCA ACOL Bridge 1.45pm-3.45pm	Hartbeeps - children's sensory classes Tuesday 1.30-5.15pm	Circus Glory (Trapeze) 1.00 -6.45pm	Narcotics Anon 1.45 - 3.45pm		Circus Glory 1.30pm-6.30pm	Both Halls for hire (Sat & Sun)
	Circus Glory 1.30pm-7.15pm	PHCA Keep Fit over 60's 3-4pm	PHCA Open House Each Weds at 2pm - 4.30pm	Strings Group 2pm to 4pm		Pitta Patta Dance 4pm - 7.15pm	
	Trauma Release Exercises 4-6pm	PHCA Music & Rhyme Time 4.30 - 5.00pm		Catherine's Ballet/ Chalk Farm School of Dance 4.00-5.00pm		On Bouge (French Dance) (2 nd Fri) 7.00-10.00pm	
			PHCAAC 6.30pm-8.00pm (1 st Wed)	PHCA Music & Rhyme Time 4.30 - 5pm		Councilors Surgery (Labour) third Fri 6.30 - 7.30pm	
Evening	Camden Cycling Campaign (3rd Monday) 6.30 -9.30pm	General Yoga 6.30 - 8pm	Camden English Folk Dance - 7.15pm to 10pm	Primrose Hill Yoga 5.30 - 6.30pm			
	Chilled Strings 6.30pm- 8.45pm	Labour Party Meetings 7.15 - 9.15pm 2 nd Tuesday		PHCA Yoga for seniors 7 - 8pm			
	Primrose Hill Choir 7.30- 9.30pm	MC meetings 3 rd Tuesday					
		Introduction to Essential Oils - 7.30pm to 9pm 4 th Tuesday		PHCA Life Drawing Class 7.00-9.30pm			

PRIMROSE HILL COMMUNITY CENTRE - ACTIVITIES BY CHILD AND ADULT CATEGORIES

Childrens' activities

	<u>Details</u>	<u>Contact</u>	<u>Class / event info</u>
Catherine's Ballet –Chalk Farm School of Dance	from contact	Catherine / 8348 0262	Ballet lessons for children under 5
Circus Glory	from contact	Genevieve / 0797 345 1603	Trapeze for children aged 2½ to 16 years
Drop-In (PHCA)	£2.50	details from Centre	Drop-in for under 5's, play, snacks, coffee for mums.
Hartbeeps	from contact	07528688734	Musical, multi-sensory for 0-4 years
Monkey Music	from contact	Alex / 8451 7626	Music and play for children under 5
Music and Rhyme time (PHCA)	£1	details from Centre	Music and play for under 4's
Perform	from contact	Lucy / 7209 3805	Drama, dance & singing for children 4-7
Pitta Patta	from contact	Juliet / 07971 916174	Creative dance classes for children 5-16
Ready Steady Go	from contact	Jamie/ 7586 5862	Pre-school education and activities for children 1-3
Ready Steady Go ABC	from contact	Jamie/ 7586 5862	Exploratory play, music, singing, dance and stories. 0-15 months
Ready Steady Go Dance	from contact	Jamie/ 7586 5862	Dance, music and singing for children aged 15 months to 3 years

Adult activities

Acol Bridge (PHCA)	£3.00 per session	Maureen - 07919444187	Acol bridge system used
Aerial Pilates	from contact	circusbodies@gmail.com	Aerial Pilates
Circus Glory	from contact	Genevieve / 0797 3451603	Trapeze classes all levels
General Yoga	from contact	Catriona / 72675675	Intermediate level yoga: advised to contact tutor first
Introduction to Essential Oils	from contact	Cecily /	
Keep Fit for over 60's (PHCA)	No charge	details via centre	Suitable for people who may have back, knee, joint or mobility problems
Laban Movement Workshop	from contact	Jen 07970 536643	For those interested in exploring Rudolf Laban's scales & efforts
Life Drawing Class (PHCA)	£7 for cost of model	details via Centre	Life drawing with tuition if wanted
Narcotics Anonymous	No charge	via N.A. Helpline / 7730 0009	Support for people with narcotics problems
On Bouge	from contact	Chris 7639 6635	French and Breton dance and music club
Open House (PHCA)	from contact	details from Centre	Weekly activity, open to all, talks, films, demonstrations etc.
Primrose Hill Choir	from contact	Matthew 07817 234925	All levels welcome
Primrose Hill Yoga	www.carolineshawyoga.com	carolineshawyoga@gmail.com	Strengthen, stretch, relax, restore and re-energise. Beginners welcome.
Seniors Yoga (PHCA)	No charge	details via Centre	Gentle yoga class for seniors
Trauma Release Exercises	£15 or £50 for 5 classes	Tim – 07973309623	Exercises to help the body let go of stress, tension and trauma