

COMMUNITY CENTRE ACTIVITIES

November - December 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.

See www.phca.cc for latest news and events

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
Mornings	<p>Ready Steady Go (2-3 years) 9.30 - 12.30pm</p> <p>Ready Steady Go ABC 9.30 - 12.30pm</p>	<p>Ready Steady Go Beginners (1-3 years) 9.15 - 11am & 11.15 - 1pm</p> <p>Monkey Music 9.30 - 11.30</p> <p>Laban Movement Workshop 12 - 1pm</p>	<p>Ready Steady Go (2-3 years) 9.30 - 12.30pm</p> <p>RSG Baby & Me Yoga 9-10am</p> <p>Ready Steady Go 10 - 12pm</p>	<p>Ready Steady Go Beginners (1-3 years) 9.15 - 11am & 11.15 - 1pm</p> <p>RSG Baby & Me Yoga 9.30-10.30am</p> <p>PHCA Drop-In (under 4's) 11.15 - 1pm</p>	<p>Dynamic Mat-based Pilates 8 - 9am</p> <p>Ready Steady Go (2-3 years) 9.30 - 12.30pm</p> <p>Aerial Pilates 10-11am</p>		<p>"Perform" 9.30 - 1pm (Ages 4 - 7)</p> <p>PHCA Bar 12 - 2pm</p>
Afternoon:	<p>PHCA ACOL Bridge 1.45pm-3.45pm</p> <p>Circus Glory 1.30pm-7.15pm</p> <p>Trauma Release Exercises 4-6pm</p>	<p>Hartbeeps - children's sensory classes Tuesday 1.30-5.15pm</p> <p>Aerial Yoga 1.30 - 2.30pm</p> <p>PHCA Keep Fit over 60's 3-4pm</p> <p>PHCA Music & Rhyme Time 4.30 - 5.00pm</p>	<p>Circus Glory (Trapeze) 1.00 -6.45pm</p> <p>PHCA Open House Each Weds at 2pm - 4.30pm</p> <p>PHCAAC 6.30pm-8.00pm (1st Wed)</p> <p>Camden English Folk Dance - 7.15pm to 10pm</p>	<p>Narcotics Anon 1.45 - 3.45pm</p> <p>Strings Group 2pm to 4pm</p> <p>Catherine's Ballet/ Chalk Farm School of Dance 4.00-5.00pm</p> <p>PHCA Music & Rhyme Time 4.30 - 5pm</p> <p>Primrose Hill Yoga 5.30 - 6.30pm</p> <p>PHCA Yoga for seniors 7 - 8pm</p> <p>PHCA Life Drawing Class 7.00-9.30pm</p>	<p>Circus Glory 1.30pm-6.30pm</p> <p>Pitta Patta Dance 4pm - 7.15pm</p> <p>On Bouge (French Dance) (2nd Fri) 7.00-10.00pm</p> <p>Councilors Surgery (Labour) third Fri 6.30 - 7.30pm</p>	Both Halls for hire (Sat & Sun)	
Evening	<p>Camden Cycling Campaign (3rd Monday) 6.30 -9.30pm</p> <p>Chilled Strings 6.30pm-8.45pm</p> <p>Primrose Hill Choir 7.30-9.30pm</p>	<p>General Yoga 6.30 - 8pm</p> <p>Labour Party Meetings 7.15 - 9.15pm 2nd Tuesday</p> <p>MC meetings 3rd Tuesday</p> <p>Introduction to Essential Oils - 7.30pm to 9pm 4th Tuesday</p>					

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
Aerial Yoga	from contact	aerialwithelena@gmail.com	Aerial Yoga
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