

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 pre-crawling) 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

SING AND SIGN

Award-winning music programme helps your baby to communicate before speech. Contact Karen - singandsignbromley@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

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

JUNIORS – Friday's 6pm – 9.30pm
A member of staff organises and supervises this club. Coaching and games are offered. Bats and balls are provided. Runs term time only. For more information email hewley@tabletennis247.com

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 ever-changing 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 PARK LANGLEY CLUB



MONDAY	0930 - 1030	YOGA	Mixed Ability
	1000 - 1100	POST NATAL & BABY YOGA	
	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

TUESDAY	0930 - 1030	TOTAL BODY WORKOUT	Mixed Ability
	1500 - 1800	GYMNASTICS	
	1100 - Late	BRIDGE CLUB	All Standard
	1100 - 1200	OLDER ADULT STRENGTH CLASS	
	1845 - 1945	TOTAL BODOY WORKOUT	All Standard
	1100 - Late	BRIDGE CLUB	All Standard
2015 - 2115	YOGA	Mixed Ability	

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

THURSDAY	0945 - 1045	SING & SIGN	Ages 14 Months - 2 Years
	1000-1100	TOTAL BODY CONDITIONING	Mixed Ability
	1045 - 1145	SING & SIGN	Ages 6 - 15 Months
	1500 - 1800	KUMON MATHS & ENGLISH	For Children
	1615 - 2000	DANCE & DRAMA	For Children
2015 - 2300	TABLE TENNIS CLUB	For Adults 18+	

FRIDAY	0845 - 0930	METAFIT	
	0915 - 1015	BODY CONTROL PILATES	
	0930 - 1015	METAFIT	
	1030 - 1130	BODY CONTROL PILATES	
	1100 - 1200	BABY YOGA	
	1030 - 1115	BABY TALK	From Birth to Pre-Crawling
	1615 - 1945	DANCE & DRAMA	For Children
	1500 - 1800	KUMON MATHS & ENGLISH	For Children
1700 - 2000	TABLE TENNIS	For Juniors	

SATURDAY	0915 - 1000	SPORTING CHANCE	Additional Needs
	0900 - 1300	KUMON MATHS & ENGLISH	For Children
	1000 - 1100	SPORTING CHANCE	Additional Needs
	1100 - 1200	SPORTING CHANCE	Additional Needs

**NO CLUB MEMBERSHIP
REQUIRED**

