

# ACTIVITIES AT HORNSEY VALE COMMUNITY CENTRE

Tel: 0208 348 4612

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ACTIVITY	DETAILS	TIME	CONTACT
<b>MONDAY</b>			
<b>Michelle's Music for children</b>	Fun, music and singing for children	10-11am	Michelle: 07776185277
<b>Kung Fu</b>	Martial Arts class – all levels welcome	6-7.30pm	Nick: 07905 228 891
<b>Counseling Initiatives</b>	Reduced rate counseling – appointments only	6-9pm	Anton: 0208 815 1962
<b>Taekwondo Kids (term time only)</b>	Korean Martial Arts for children	6.30–7.30pm	Clive: 07860 779 423
<b>Stitch 'n bitch</b>	Knitting - All ages welcome	7.30–9.30pm	Pien: 0208 348 0653
<b>Basketball (Adults)</b>	Sport (Class currently full – call Liam for more info)	8.30–9.30pm	Liam: 07890 369 326
<b>TUESDAY</b>			
<b>Age Concern</b>	Fun & informative meetings	9.30–1pm	Janis: 020 8885 1505
<b>Badminton drop in (term time only)</b>	Friendly Badminton group - beginners welcome	8.30-10.30am	Tanya: 0208 348 4612
<b>Flute Lessons (term time only)</b>	Suzuki method flute tuition for children	4.30–6pm	Cristina: 07931 128 137
<b>Spanish</b>	Beginners class – call for details of course dates	7.00-9.00pm	Lola 07905 822 530
<b>Tae-kwon-do</b>	Korean art of self-defense; a style of karate	6.00-8.45pm	Janitzio: 079 7662 9478

<b>Tai Chi (Adult)</b>	Slow, meditative physical exercise	7.45-9.15pm	Hun: 07931 595 361
<b>Hatha Yoga</b>	Exercises to promote control of the body and mind	8-9.30pm	Emma: 07792 965501
<b>WEDNESDAY</b>			
<b>Perform (Term time only)</b>	Music, Movement and Make believe for 3mths plus	10am Walkers 10.45 Talkers 11.40 Starters	Lucy: 0845 400 4200
<b>Cranio-Sacral Therapy (Term time only)</b>	Free drop-in clinic, donations welcomed	10.00 – noon	Richard: 0208 342 8393
<b>Badminton Drop-in</b>	All welcome, all ages and abilities	2.00 -3pm	Tanya: 0208 348 4612
<b>Kiddikicks</b>	Toddler Football from 3yrs	3.15 - 5.15pm	07723 915 301
<b>Yoga (term time only)</b>	Friendly yoga for all	6.30–7.30pm	Marie-Flore 0208 341 0414
<b>Zumba Fitness</b>	Latin inspired, calorie burning dance fitness class – drop in, all welcome	6.45-7.45pm	Reka: 0796 9694 772
<b>Heruka Meditation</b>	Mediation for everyone – call for course dates	7.30-9pm	Roland: 0208 455 7563
<b>Circuit Training (Adults)</b>	Exercise class	8–9pm	Lorraine: 0208 340 4485
<b>THURSDAY</b>			
<b>Haringey Independent Living Group</b>	Friendly sewing group for adults with learning disabilities	9.30-12.30pm	Rachel: 0208 809 8363
<b>Toddler's Football</b>	Football for Toddlers	10-11am 18mth-2.5 11-12pm 2.5-4yr	Azedine: 07599 207 626
<b>Counseling Initiatives</b>	Reduced rate counseling – appointments only	4-8pm	Anton: 0208 815 1962

<b>Weight Watchers</b>	Lose weight with this well established group	7–8pm	02457 123 000
<b>Tae-kwon-do</b>	Korean art of self-defense; a style of karate	6–8.15pm	Janitzio: 079 7662 9478

## FRIDAY

<b>Tick Tock</b> <i>(Term time only)</i>	Music, singing & nursery rhymes for under 5's	9.45–10.45am 11–12pm	Nada: 01442874529
<b>Counseling Initiatives</b>	Reduced rate counseling – appointments only	2–8pm	Anton: 0208 815 1962
<b>Badminton Drop-in</b>	All welcome, all ages and abilities	1–4pm	Tanya: 0208 348 4612
<b>GKR Karate</b>	Karate for everyone	6pm–7pm	Toyin: 07725338887

## SATURDAY

<b>Facey Tutorial</b>	Help with key skills for children incl. English, Math and Science	9.00–12pm	Hilary: 07949 068 736
<b>Circuit Training</b> <i>(Adults)</i>	Exercise class	9.30–10.30am	Lorraine: 0208 340 4485
<b>Yoga</b>	Yoga for pregnancy Yoga for all	9.45–11am 11.30–1.00pm	Marielle: 07847 179 233
<b>Square Ring Unisex Boxing</b>	Boxing based workout all ages	11.00–12pm	Paul: 07814 376 968
<b>Taekwondo</b> <i>(adults)</i>	Korean Self-defense for Adults	12.00–2.30 pm	Janitzio: 07976 629 478

<b>Football for Kids</b>	Football skills for 4-13's	3-4pm Under 5 4-5pm 5-8 5-6pm 8-14	Azedine: 07599 207 626
<b>SUNDAY</b>			
<b>Toddler's Football</b>	Football for Toddlers	9.15-10am 18mth-2.5yr 10-10.45am 2.5-4 yr	Azedine: 07599 207 626
<b>Zumba Fitness</b>	Latin inspired, calorie burning dance fitness class Drop-in all welcome	11.00-12pm	Reka: 0796 9694 772
<b>White Crane Kung Fu</b>	Martial arts for all	5.30-7pm	Nick: 07905 228 891
<b>ALSO...</b>			
<b>Stationers Playgroup (Term time only)</b>	<b>Mon – Fri:</b> 2– 4 year olds	9.15–11.45am	Sue: 079 4188 0777
<b>After School Club (Term time only)</b>	<b>Mon – Fri:</b> 4 – 13 year olds	3.15–5.45pm	Joan: 0208 348 2558
<b>Breathing Space</b>	Respite and activities for disabled children and their carers/siblings. <b>Runs monthly on 2<sup>nd</sup> Saturday of the Month</b>	1.15-5.5pm	Jasmine: 0208 489 3694
<b>Resources for Autism</b>	Holiday play schemes for autistic children 5-19yrs held at <b>Easter and Summer Holidays</b>	10am-3pm	Rebecca: 020 8458 3259
<b>Hire one of our rooms for your party, event or class</b>	<b>Two halls, gym, meeting rooms and kitchen for hire</b>	<b>8am-9.30pm 7 days a week!</b>	<b>Tanya: 0208 348 4612</b>

Updated: 15.2.11