

**TIMES CAN VARY, PLEASE CHECK WITH ORGANISER BEFORE ATTENDING FOR THE FIRST TIME
OR HALL CALENDAR www.chilworthhants.org.uk**

HALL USER <i>Updated: June 2022</i>	ACTIVITY	TIMETABLE	CONTACT DETAILS
ADULT BALLET	A classical ballet class designed for the over 50's with or without prior experience, taught by an ex- professional Royal Ballet trained dancer, in a fun and encouraging atmosphere. Learn exercises and sequences that all dancers practise then enjoy dancing extracts based on the great classical ballets. Dance wear or loose comfortable clothing and soft soled shoes are fine but no bare feet.	Weekly: Main Hall Friday 11.30-12.45 Prices: Taster class, for those who want to try the class: £8 5 weeks block booking: £40	Gill Escott Contact: email:gescott@live.co.uk Places are limited so please check availability first:
ARMCHAIR DOGS	Armchair Dogs provides pet dog training classes and 1-2-1 training for behavioural problems. Using force-free, positive reinforcement we teach you how to teach your dog. Starting from as early as 9 weeks we offer training for all ages and abilities.	Weekly: Combined Halls Tuesday 7- 9.30pm	Kevin Wrigley and Jess Sellwood Tel. 023 8046 5429 Contact: armchairdogs@btconnect.com Website: http://www.armchairdogs.co.uk
CHILWORTH ART GROUP	The Group was formed in 2000 by local artists. Membership is limited to 16 and all members are enthusiastic amateurs. We paint in all mediums and have varying proficiency from beginners to the experienced.	Weekly: Small Hall Wednesday 1.30 -4pm	Mervyn Babey Tel. 02380 812468 Contact: admin@chilworthartgroup.org Website: http://www.chilworthartgroup.org
CHILWORTH BRIDGE CLUB	This friendly and popular club offers duplicate bridge in a stress-free environment. Players enjoy the lively social interaction as well as the chance to further their bridge skills. New members are welcome with or without a partner.	Weekly: Main Hall Thursday 9.30am to 1pm	Helen Carter Tel. 023 8178 1566/07 Contact: helen_v_carter@talktalk.net
CHILWORTH BRIDGE WORKSHOP	This is a small friendly workshop offering players of all levels the opportunity to develop their skills through social Bridge.	Weekly: Committee room Saturday 10am to 1pm	Helen Carter Tel. 023 8178 1566/07 Contact: helen_v_carter@talktalk.net
GARDENING CLUB	This is a friendly club catering for experienced and beginners alike. Meetings commence at 19:15, with the speaker or main event starting at 19.30. We also arrange garden visits during the day from time to time and other activities of interest. Fees are £35 for the year, or £48 for a married/ couple living together. An occasional visitor fee is £4 per meeting. New members are very welcome.	Monthly: Main Hall 2nd Thursday 7.15 to 9.15pm	Colin Norris Contact: cm_norris@yahoo.co.uk
HAMPSHIRE ALPINE GARDENERS	We are a friendly, active group, meeting once a month from September to May. We currently have a membership of 75-80, and they range from those new to alpine gardening, to experts with a wealth of experience between them.	Monthly: Main Hall 4th Thursday 6.30 – 9.30pm	Paddy Hinton Tel. 02380 265672 Contact: lighthouse1471@yahoo.com Website: http://www.alpinegardensociety.net

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MUM-DANCE	The UKs dance fitness class to 80s & 90s music. Come and have fun getting fit dancing to routines from Fame, Flashdance, Vogue and more. No dance experience needed.	Weekly: Main Hall Monday 10.30-11.30am	Michelle Russell Contact: https://www.facebook.com/Mum-Dance-by-Michelle-354523082257096 Website: www.mum-dance.co.uk
MS SOCIETY	Anyone with MS is welcome, along with their family members or carers. Sessions are led by Owen Hedicker, a specialist in Muscle Activation Techniques, beyond the standing and sitting exercises. We offer mat exercises for improved core strength.	Weekly: Main Hall Tuesday 1-3pm	Debbie Magill Contact: southampton@mssociety.org.uk Website: https://www.mssociety.org.uk
MS STARS	10 week exercise programme designed for individuals held in a group setting. Contact organiser for details. <i>[VARIABLE ASSIGNMENTS - for additional dates check calendar]</i>	Weekly: Main Hall Wednesday 12.30-3.30pm	Trish Sampson Tel. 07740050225 Contact: podophysio@gmail.com
PARISH COUNCIL	Our Parish Council forms the first tier of local government for the people of Chilworth. Details of Parish Council meetings and of the Parish Councillors' may be found on the Chilworth village website.	Monthly: Committee room 1st Thursday from 6.30 - 9.30pm	Website: https://chilworthhants.co.uk/councils/parish-council
PILATES	I enjoy the holistic approach to movement; the functional benefits, the way that the Pilates Method compliments all aspects of movement. I'm currently in the process of completing assessments for 'Pilates for Bone Health' & 'Pilates for the Older Person'. Inspired by the positive attitude and ability of my clients.	Weekly: Large Hall Friday 10 - 11am	Karen Sanchez Contact: kezsanchez@hotmail.com
ROCK CHOIR	If you like to sing, you'll love Rock Choir! Why not book your FREE taster session today [worth £10] and be part of the UK's favourite contemporary choir with fun, friendly weekly rehearsals. No auditions and no requirements to read music or have singing experience.	Weekly: Large Hall Wednesday 9.45am - 12.15pm	Jan Moll Contact: office@rockchoir.com Website: http://www.rockchoir.com/choirs/chandlers-ford.php
SJ ACADEMY OF DANCE	The SJ Academy of Dance was established in Hedge End in 1992, and has since become a partnership in 2012. ISTD Modern and Tap and RAD Qualified teachers. Every child is carefully taught and all have the opportunity to study for examinations, achieving excellent results in all genres.	Weekly: Combined or Large Hall Monday 4.15 – 9.15pm L&S Tuesday 4.15 – 6.30pm L&S Friday 4 – 8pm L Saturday 9am – 2.45pm L&S	Sally O'Rourke & Hannah Statton Tel. 023 8025 5415 Contact: sjademyofdance@btinternet.com Website: Http://sjademyofdance.com

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SOUTHAMPTON ARGENTINE TANGO SCHOOL	NuTango, trained by some of the best Argentinean professionals. We, over the last 10 years have passed on our expertise to our students, many whom have never danced before. NuTango is renowned for its patience & dedication from compete beginners to the advanced.	Quarterly: Combined Halls Saturday 7.30-11.30pm NEXT 3 JUNE CHECK CALENDER FOR FUTURE DATES	Eddie Contact:dance@nutango.com Website: http://www.nutango.com/about dance@nutango.com
TABLE TENNIS	A small group with restricted number, if you are interested please make contact with Patsy Hulbert	Weekly: Main Hall Monday 1.45 - 3.45pm	Patsy Hulbert Contact: 07887517807
WOMEN'S INSTITUTE	Chilworth Branch. WI plays a unique role in providing women with educational opportunities the chance to build new skills, take part in a wide variety of activities to campaign on issues that matter to them and their communities. All visitors and new members welcome.	Monthly: Combined & Kitchen 2nd Thursday 2-5PM	President Sue Field Contact: chilworthwi@gmail.com Website: http://www.hampshirewi.org.uk
WORK HIIT OUT	HIIT TRAINING: Level 2 - Getting Fitter Level 3 - Already Fit. Level 5 - Very Fit Focusing on short-bursts of activity helping to raise the metabolism, burn more fat, increase strength & endurance.	Weekly: Large Hall Mondays 9-10am	Charlie Peck Contact: charlie_peck1@hotmail.co.uk
YOGA FOR BABIES	My baby yoga classes help you not only to engage with your baby but to better understand their cues for renewed confidence. Benefits: -Builds bond with baby through positive interaction. -Soothes tension and stimulates endorphins, or 'happy hormones'. -Builds postural alignment and develops baby's motor skills. -Aids respiratory and digestive function -Increases confidence and 'attunement' with your baby	Weekly: Large Hall Tuesdays 9.45 – 11.15 6-week courses	Natalie Lyndon Tel. 07843 389985 Contact: lydonnatalie@gmail.com Website : www.yogarise.co.uk
YOGA FOR CHILDREN	Sunday Classes for Children aged 5 – 11, in main hall. (Accompanying Parent can chill out in a adults yoga class at the same time in the small hall contact Sally for details).	2xMONTHLY: Combined Halls Sunday 10 – 11am	Sally Wilkinson Tel. 07855 040246 Contact : sally@sallywilkinsonyoga.co.uk Website: https://sallywilkinsonyoga.co.uk
YOGA FOR ADULTS	[see above; Yoga -for children].	2xMONTHLY: Combined Halls Sunday 10 – 11am	Caroline Eyles Contact: caroline@carolineeylesyoga.co.uk
YOGA – VINYASA FLOW	Qualified yoga teacher having studied with both the Yoga Alliance and the British Wheel of Yoga. Laura teaches Vinyasa Flow Yoga, a style which is designed to make you feel great as you unwind your mental stresses and really focus on your core strength and stamina. The best reward for your hard work is the deep relaxation at the end of the flow yoga class.	Weekly: Large Hall Tuesday 11.30 - 12.30pm	Laura Green Tel. 078 664 59208 Contact: laura@lauragreenyoga.co.uk Website: http://www.lauragreenyoga.co.uk

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<p><i>Updated: June 2022</i></p> <p>YOGA (GEORGINAYOGA)</p>	<p>Vinyasa Yoga flow connecting movement with the breath. Designed to awaken the body and de-stress from your day. You are guided through a fluid series of postures focusing on strength, stability and mobility. A bespoke playlist compliments the class, suitable for all abilities. All bookings come with a recorded replay if you are unable to attend last minute.</p>	<p>Weekly: Large Hall Wednesdays 5.30-6.30pm</p> <p><i>Subscribe to the website to get your first class for FREE! Emergency Services Staff receive a 15% discount.</i></p>	<p>Georgina Bennett Contact: georgina@georginayoga.co.uk Website: www.georginayoga.co.uk</p>
<p>YOGA & STRETCHING</p>	<p>Traditional teaching style with variations. Classes start with stretching then yoga asanas. Postures; mixture of standing, sitting side/ forward/backward bends. Lying down moves on back or front of the body. Breathing techniques/ pranayama and a relaxation at the end. Gillian aims to make the class suitable for all levels and offer easier options when she can.</p>	<p>Weekly: Small Hall Thursday 10.30 - 11.30am</p>	<p>Gillian Maskelyne Tel. 02380 263276 Contact: gwm3yoga@gmail.com</p>
<p>YOGA FOR ALL</p>	<p>Enrico specialises in all styles of yoga emphasising healthy backs and posture. The yoga poses help to develop strength and flexibility, with movement to release physical tension, freeing the mind and body to let go and relax. This class is designed for all abilities, shapes and sizes. This is a fun and friendly class :-) Beginners always welcome.</p>	<p>Weekly: Large Hall Wednesday 7 – 8pm</p>	<p>Enrico Tambellini Tel. 07717504613 Contact: enrico@yogawithenrico.co.uk Website: www.tambelliniyogaandcoaching.co.uk</p>