



Epsom
Community Centre
**Community
Classes &
Activities**

Join in the fun

Term 3 20 July – Sept 2020

Term 4 12 Oct – Dec 2020

www.epsom-community-centre.org.nz

Class Name	Day & Time	No. weeks	Cost	Term 3 start	Term 4 start	Class Description
ESOL / GENERAL ENGLISH						
Everyday English	Fri 12.30-2.30pm	9	\$160	24 Jul	16 Oct	Learn English with our experienced teacher. Focus on speaking, listening and improving pronunciation while learning more about Kiwi life.
HEALTHY BODY & MIND						
Hatha Yoga	Mon 12-1pm	Term 3 – 10 weeks Term 4 – 9 weeks	Term 3 – \$155 Term 4 – \$139.50	20 Jul	12 Oct	Learn simple techniques for relaxing, de-stressing and increase muscle tone and flexibility. Own mat required.
9am Pilates Beginners class	Tue 9-10am	10	\$155	21 Jul	13 Oct	Experience a positive, exercise-based way to balance mind and body. Improve your flexibility, posture, muscle strength and balance.
10am Pilates Continuing class	Tue 10-11am	10	\$155	21 Jul	13 Oct	
CREATIVE ARTS & CRAFTS						
Anyone Can Learn to Draw	Mon 3-4.30pm	9	\$95	–	12 Oct	Unlock your inner artist starting with simple exercises in drawing objects using line, tone, shading and perspective. Bring materials from list provided.
Calligraphy Beginners	Thur 1.30-3pm	Term 3 – 10 weeks Term 4 – 9 weeks	\$110	23 Jul	15 Oct	Learn stylish Italic and Foundational handwriting, and the principals of calligraphy.
MUSIC, RHYTHM & DANCE						
The Art of Dance	Mon 1.10-2.10pm	Term 3 – 10 weeks Term 4 – 9 weeks	Term 3 – \$105 Term 4 – \$95	20 Jul	12 Oct	A weekly fix of energising dance and yoga that balances the mind, body and soul. All levels welcome.
Adult Jazz	Mon 2.15-3.15pm	Term 3 – 10 weeks Term 4 – 9 weeks	Term 3 – \$105 Term 4 – \$95	20 Jul	12 Oct	Come join the fun! This upbeat dance class covers everything from limbering to learning squences and combinations to modern music with a jazz twist.
SOCIAL ACTIVITIES						
Epsom Community Centre Bridge Group	Mon 9am-12pm	Weekly	\$8	20 Jul		Socialise over morning tea and enjoy a game of competitive bridge. Partners can be arranged. All level players welcome.

Parnell Trust thanks Barfoot & Thompson Epsom, Soar Print, Auckland Council and Albert-Eden Local Board for their support.

Visit www.epsom-community-centre.org.nz/classes for full programme details



Take part in classes and activities at **Epsom Community Centre** and join in the fun!

Improve English skills with our **ESOL** classes, stay in great shape with our **Healthy Body and Mind** classes, express your creativity in our **Creative Arts and Crafts** classes, have fun and get energised in our **Music, Rhythm and Dance** classes, and make new friends at our **Social Activities**.



Hatha Yoga and **The Art of Dance** are approved by ACC's Live Stronger for Longer programme. These strength and balance classes help prevent falls and fractures.

What else is going on at Epsom Community Centre?

EPSOM COMMUNITY MARKET

Come along to Epsom's newest food, craft and community hub! Visit our website for more information and to find out when we're holding our next quarterly market.

www.epsom-community-centre.org.nz/market

VENUE HIRE

Choose Epsom community Centre for your next event! Cost effective venue hire with special rates for community groups and NPO's. We have five rooms for hire ranging in capacity from 15 to 80 people. Tables, chairs, kitchen facilities and AV equipment available.

COMMUNITY SERVICES

- **Epsom Community Crèche:** Independently run, community based early childhood centre. www.epsomcommunitycreche.co.nz
- **Epsom Community Garden:** A number of garden beds tended by dedicated volunteers
- **Justice of the Peace Service Desk:** Every Friday, 9.30-11.30am.
No appointment necessary.

Epsom Community Centre is proudly managed by Parnell Community Trust

Epsom Community Centre

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