



Friday 17th September 2010
9.30 am to 5.30 pm

Charleston (an artist's home and garden)

One of the worlds great small museums, it became the home of artists Vanessa Bell and Duncan Grant who took their paintings beyond the canvas. Decorating walls, doors, furniture, ceramics and textiles; they transformed the house into a work of art. A sight worth seeing, situated in the beautiful Sussex countryside.

Members £17*
Pay As You Go £20



Tuesday 26th October 2010
9.30 am to 5.30 pm

Great Dixter (House and Gardens)

On the borders of Sussex and Kent, Great Dixter was built in the middle of the 15th Century. Restored and enlarged by Sir Edwin Lutyens, Great Dixter is both a historic house and a family home. The Great Hall is one of the largest surviving timber framed halls in the country. The contents of the house date principally from the 17th and 18th centuries and were collected by Nathaniel Lloyd.

Members £18*
Pay As You Go £21

Members and 'Pay As You Go' please book and pay in advance to secure your place

Line Dancing

with Pauline

Tuesday

1pm & 2pm

All welcome!

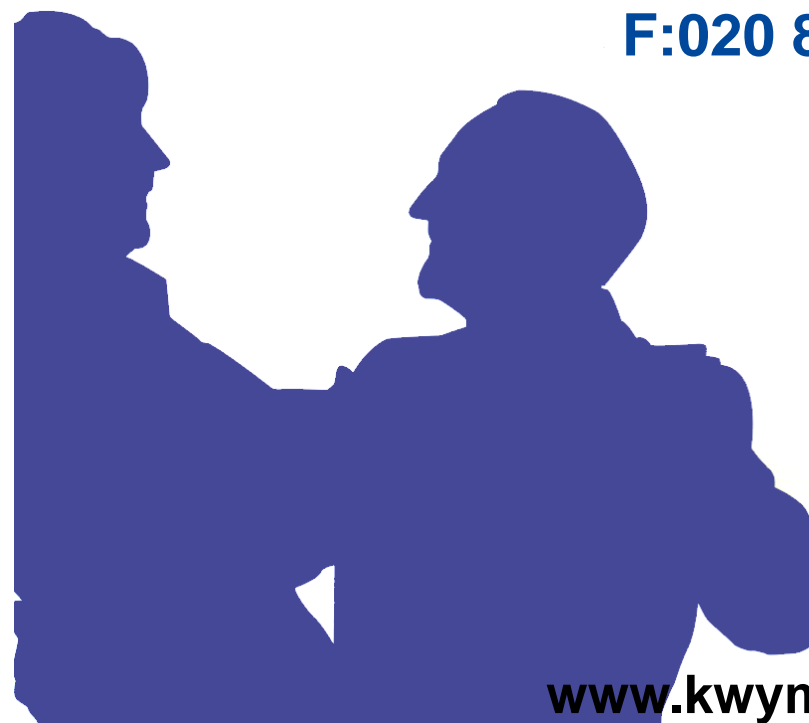


senior programme
health & fitness, activities & trips out

May 2010 to October 2010

YMCA Hawker Centre
 Lower Ham Road
 Kingston
 KT2 5BH

T:020 8296 9747
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www.kwymca.org.uk

welcome...

...the **YMCA Hawker Centre** offers activities for all ages. The **River Terrace Café** is a great place to meet up with friends for lunch or coffee and holds regular social events with seniors in mind.

The Centre is home to the **Hawker Bowling Club**, who play (rain or shine!) on the green in Summer. They hold regular open days and always welcome new faces.

exercise...

.. is important during all life stages and the health & fitness team have designed several classes to be of particular benefit to seniors. We offer **Pilates, Yoga, Classic Fitness** and **Body Balance**, all of which are easy on the joints and help with mobility. If dance is more your style, why not come along to one of our dance classes? Pick up a class programme for full details

No matter what your age or level of fitness, exercise will help you look and feel better.

	time	class/activity	inst'r	level	studio	duration	cost
tues	10.00 am	West End Jazz	Jill	All	S1	60 mins	£4.50
	10.30 am	Body Balance	Jenny	All	MH	60 mins	£4.50
	11.00 am	Classic Fitness	Nadia B	Gentle	S1	60 mins	£4.50
	1.00 pm	Line Dancing	Pauline	Beg	MH	60 mins	£4.50
	2.00 pm	Line Dancing	Pauline	Int	Res	60 mins	£4.50
wed	10.00 am	Yoga	Brigitte	All	S2	60 mins	£4.50
	9.30 am	Pilates	Karen	All	S2	60 mins	£5.70
thurs	10.30 am	Body Balance	Catherine	All	MH	60 mins	£4.50
	10.30 am	Tap Dancing	Jill	All	S1	60 mins	£4.50
	11.30 am	Latin Rhythms Dance	Jill	All	S1	60 mins	£4.50
fri	9.30 am	100% Toning	Brigitte D	All	S1	60 mins	£4.50

New class prices displayed with effect from 1st July 2010

* a payment of £25, annual social membership fee, is required to be eligible for the discounted members rate

out & about...

Join us on our monthly trip out to local places of interest. Transport is by **minibus** and trips usually depart from **YMCA Surbiton**.

To book or for further information, please call **020 8390 0148**. **Please book in advance as places are limited.**



Friday 7th May 2010

9.30 am to 5.00 pm

Leonardslee Lakes & Gardens

Leonardslee Gardens has been sold by the Loder Family to an international business man, who at present has no plans to open the gardens to the public; meaning they will close at the end of June. This will probably be your last chance to visit and see why Leonardslee has been described as one of the most beautiful gardens in Europe.... and say goodbye to the Wallabies!

Members **£18***
Pay As You Go **£21**



Friday 11th June 2010

9.30 am to 5.00 pm

Rural Life Centre

The Rural Life Centre is a museum of country life covering the years from 1750 to 1960. Set in over ten acres of gardens and woods, exhibits are housed in purpose built and reconstructed buildings including a 1947 pre-fab, a chapel, village hall and schoolroom. There is also an arboretum with 100 species of trees from around the world. We'll stop for coffee and lunch.

Members **£15***
Pay As You Go **£18**



Friday 16th July 2010

9.30 am to 5.30 pm

High Beeches (Woodland & Water Gardens)

Twenty acres of magically beautiful, peaceful woodland and water gardens. Wander through enchanted vistas, down winding paths, through open sunlit glades, past still pools and rippling waterfalls. High Beeches is a romantic landscape changing with the seasons and remote from the stresses of modern life.

Members **£15***
Pay As You Go **£18**



Tuesday 17th August 2010

9.30 am to 5.30 pm

Brighton

Once again we visit the wonderful seaside resort of Brighton, with its wide selection of shops and great restaurants, fresh fish and sea air. What more could you ask for? This is a very popular destination with our regulars so early booking is advised.

Members **£14***
Pay As You Go **£17**