

welcome...

...YMCA Surbiton offers activities for all ages. The café is a great place to meet up with friends for lunch or coffee and holds regular social events with seniors in mind. The **Tea Pot Club** meets every Wednesday and the **Y Social** takes place every Thursday evening. All are welcome.

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 **Fit 4 Life**, **Dance Classes** and **Gentle Exercise**, all of which are easy on the joints and help with mobility. Gym members can take part in special **Gym'n'Tonic** supervised work out sessions.

	time	class/activity	Inst'r	level	studio	duration	cost
mon	11.30 am	Fit 4 Life	Prudie	Gentle	S1	60 mins	£3.60/£4.80
	7.30 pm	Jazz Dance	Jill	All	S2	60 mins	£3.60/£4.80
	8.30 pm	Tap Dancing	Jill	All	S2	60 mins	£3.30/£4.30
tues	11.00 am	Gym & Tonic	Gym Team	Gentle	S2	60 mins	£3.60/£4.80
	11.30 am	Fit 4 Life	Prudie	Gentle	S1	60 mins	£3.60/£4.80
wed	10.00 am	Walkers*	Dennis/Peter	Gentle		4 hrs	£3.60/£4.80
	10.30 am	Tap Dancing	Jill	All	S2	60 mins	£3.60/£4.80
	11.30 am	Fit 4 Life	Lou	Gentle	S1	60 mins	£3.60/£4.80
	2.30 pm	Tea Pot	Joyce	50+	Gallery	1 hr 30 mins	£1
thurs	11.30 am	Gentle Exercise	Jean	Gentle	S1	60 mins	£3.60/£4.80
	6.45 pm	Y Social	Joyce	50+	Gallery	2 hrs 15 mins	£1.50
	7.30 pm	Bollywood	Jill	All	S1	60 mins	£3.60/£4.80
fri	9.00 am	Yoga	Laura	All	S1	60 mins	£3.60/£4.80
	11.30 am	Gentle Exercise	Jean	Gentle	S2	60 mins	£3.60/£4.80

* The Walkers group meet on the 1st and 3rd Wednesday of the month

New class prices displayed with effect from 1st July 2010

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

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

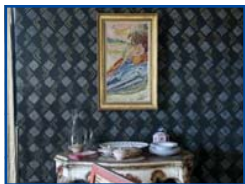
9.30 am to 5.30 pm

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**



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

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

Walking Group

Join us every first and third Wednesday of the month for some very enjoyable walks in a variety of beautiful surroundings.

£3.60 members
and
£4.80 PAYG



senior programme

health & fitness, activities & trips out

May 2010 to October 2010

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