



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

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

Ballroom Dancing

with Linda

Monday 2.30 pm

Get Started Members £3.20

Non-Members £4.00



senior programme
 health & fitness, activities & trips out

May 2010 to October 2010

YMCA Wimbledon

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Wimbledon

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www.kwymca.org.uk

welcome...

YMCA Wimbledon offers activities for all ages. 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 a **Gentle Exercise** class that is easy on the joints and that will help with mobility. **Gym'n'Tonic** is a safe and effective supervised gym session suitable for the 50+.

Indoor Mat Bowls is played on Wednesdays and Fridays. If dance is more your style, why not come along to our very popular **Ballroom Dancing** classes on a Monday?

No matter what your age or level of fitness, exercise will help you to look and feel better, as well as to make new friends.

	time	class/activity	Inst'r	level	studio	duration
mon	10.30 pm	Gym'n'Tonic	Gym Staff	All	Gym	60 mins
	2.30 pm	Ballroom Dancing	Linda	All	S1	60 mins
tues	2.00 pm	Gentle Exercise	Nadia	All	S1	60 mins
	1.15 pm	Indoor Mat Bowls	Stan	All	SH	2 hours
wed	2.30 pm	Gym'n'Tonic	Gym Staff	All	Gym	60 mins
	12.10 pm	Gentle Exercise	Prudie	All	S1	60 mins
thurs	2.00 pm	Indoor Mat Bowls	Alan	All	SH	2 hours
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Prices	Non-Members	Specialist Annual Members	Specialist Monthly Membership (£32 per month)
Classes	£4.00	£3.20	Free
Indoor Bowls	£2.20	£2.20	Free



upstairs
@ YMCA Wimbledon

Mon to Sun 9 am until 5 pm

Fairtrade tea & coffee
Hot lunch & daily specials
Sandwiches & panini
Fresh salads
Cakes & pastries

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**