

ACTIVE LIFESTYLES

Physical Activity Programme
April - August 2009

change
4 life
60 call 1600 600000 Live longer

Croydon
Primary Care Trust



PRO-ACTIVE
SOUTH LONDON



improving mood and physical ability

CROYDON COUNCIL
www.croydon.gov.uk

HOW TO APPLY

STEP BY STEP GUIDE

- 1 Read the information provided and choose the activity or activities you would like to do.
- 2 Choose the venue and time you wish to attend.
- 3 Make your course booking through one of these options:

By post

Send your cheque payment, made payable to:
London Borough of Croydon, Ticket Office,
Croydon Clocktower, Katharine Street, Croydon,
Surrey CR9 1ET.

By telephone

You can book your course over the phone and pay by debit or credit card - don't forget to have your card handy! Call the Ticket Office on: 020 8253 1030 and select option one for telephone booking.

In person

You can pay for your class / course at the Clocktower Ticket Office:

Opening Times:

Monday, Wednesday - Saturday, 10am - 8.30pm

Tuesday, 10am - 5pm (5.30pm if booking at counter)

(CLOSED: Christmas Day, New Year & Bank Holidays)

WHEN CAN YOU BOOK?

Courses / Classes starting in April or May - bookable from Monday 6 April
Courses / Classes starting in June - August - bookable from Monday 18 May

- * All credit card bookings are subject to a 50p handling fee per transaction.
- * Receipts for postal and phone bookings will incur a 50p charge.
- * Bookings must be made at least 24 hours' prior to the start of the course. Refunds will only be provided with the support of a medical reference.

CLOCKTOWER TICKET OFFICE: 020 8253 1030

**For further information, please contact
The Active Lifestyles Team on: 020 8726 6900**

For an online Active Lifestyles brochure, please forward your email address to: activelifestyles@croydon.gov.uk

If you wish to be removed from The Active Lifestyles mailing list, please contact The Active Lifestyles Team.

This information and full brochure is available in large print. If you would like to be sent a large print copy, please contact The Active Lifestyles Team on: 020 8726 6900

If you would like any part of this brochure information in another language other than English, please contact The Active Lifestyles Team on: 020 8726 6900.

**DON'T FORGET TO BOOK YOUR CLASS
OR COURSE EARLY TO AVOID DISAPPOINTMENT!**



Monday	10 - 11am	Aerobics	12.30 - 1.30pm	Line Dancing	1.2.30 - 2pm	Bowling	2 - 2.45pm	Aquacise South Norwood	5.30 - 6.30pm	Circuits
	10.30 - 11.30am	Active & Upright	12.30 - 1.30pm	50+ Dance & Move	6.30 - 8pm	Latin Dance	7.15 - 8.45pm	Yoga		
Tuesday	12 - 1pm / 1 - 2pm	Pilates B	12.30 - 2pm	Bowling	2 - 2.45pm	Aquacise Purley	7 - 8pm	LBT	7.30 - 8.30pm	Dancercise
	12.30 - 2pm	Line Dancing	1.30 - 2.30pm	Active & Upright Circuits	5.30 - 6.30pm	Circuits	6.30 - 7.45pm / 7.45 - 9pm	Tango B	7 - 8.30pm	Line Dancing
Wednesday	10 - 11am	Aerobics	10.30am - 12pm	Yoga	2 - 2.45pm	Aquacise Thornton Heath				
	12 - 1pm	Golf								
Thursday										
Friday										
Saturday										

B = Beginners

| = Intermediates

**Please arrive 30 minutes early for your first session, in order to fill in a health questionnaire*
(*Does not apply to Pay As You Go sessions or T'ai Chi)**

Active & Upright: *Low intensity exercise aimed at 65 years+. Builds muscular strength and endurance in a relaxed and social environment.*

Friends Meeting House, Croydon

Tuesday 21 April - Tuesday 19 May (5 wks) £18.50

Tuesday 2 June - Tuesday 14 July (7 wks) £25.90

Active & Upright Circuits: *Complete body workout using toning, cardio vascular and strengthening exercises. Classes are for those new to exercise, returning to exercise after illness and the more mature exerciser.*

Selsdon Hall, Croydon

(Thursday) Pay As You Go £4 per session (Ongoing)

Aerobics (Low Intensity): *Gentle exercise to music.*

Beginners welcome!

Christ Church, Purley

(Monday) Pay As You Go £4 per session (Ongoing)

or Friday 24 April - Friday 22 May (5 wks) £21

Friday 5 June - Friday 17 July (7 wks) £29

Aquacise: *Excellent for those with joint problems or other medical conditions. Fun to music, with the added support of the water.*

Purley Leisure Centre

Wednesday 22 April - Wednesday 20 May (5 wks) £21

Wednesday 3 June - Wednesday 15 July (7 wks) £29

South Norwood Leisure Centre

(Monday) Pay As You Go £4 per session (Ongoing)

Thornton Heath Leisure Centre

(Friday) Pay As You Go £2.50 per session (Ongoing)

Badminton: *Enjoy all-round exercise with this fun and sociable activity. No racquet required.*

Ashburton Learning Village, Croydon

Wednesday 22 & 29 April & Wednesday 6 & 13 May (4 wks) £16

Bowling: *Keep fit, have fun and enjoy two FREE introductory courses to Flat Green Bowling. All ages welcome! All equipment is provided.*

Croydon Bowling Club, South Croydon

Monday 20 & 27 April, Monday 11 & 18 May, Wednesday 10 & 17

June, Wednesday 15 & 22 July & Wednesday 12 & 19 August £FREE

Circuits: *Complete body workout using toning, cardio vascular and strengthening exercises. Classes are for those new to exercise, returning to exercise after illness and the more mature exerciser.*

Parchmore Community Centre, Thornton Heath

(Monday) Pay As You Go £4 per session (Ongoing)

Selsdon Hall, Croydon

(Thursday) Pay As You Go £4 per session (Ongoing)

Dancercise: *Keep fit and have fun at this friendly beginners dance class. Come and join the fun!*

Croydon Clocktower

(Wednesday) Pay As You Go £4 per session (Ongoing)

50+ Dance & Move: *Keep fit and have fun at this friendly beginners class specifically designed for the over 50s.*

Brighton Road Baptist Church

Tuesday 21 April - Tuesday 19 May (5 wks) £18.50

Tuesday 2 June - Tuesday 14 July (7 wks) £25.90

Golf: *These sessions will introduce you to the club and the swing, allowing you to play on your own with more confidence. Clubs provided, balls not included. Wear warm and adequate clothing.*

(Addington Court) Falconwood Driving Range, Croydon

Saturday 2 May - Saturday 30 May (5 wks) £30

Saturday 6 June - Saturday 18 July (7 wks) £42

Latin Dance: *Learn to Latin Salsa and experience Cha Cha, Meringue and Mambo. No partner needed. Please bring or wear comfortable shoes.*

Unitarian Church Hall, Croydon

Tuesday 21 April - Tuesday 19 May (5 wks) £22.50

Tuesday 9 June - Tuesday 14 July (6 wks) £27

Legs, Bums & Tums: *A workout to music, concentrating on low impact aerobic exercise, with toning and stretching. Suitable for beginners.*

Waterside Centre, Upper Norwood

Wednesday 22 April - Wednesday 20 May (5 wks) £20

Wednesday 3 June - Wednesday 15 July (7 wks) £28

Line Dancing: *Have fun and learn to dance to the old country classics. All abilities welcome, including beginners!*

Coulsdon Community Centre, Croydon

Monday 20 April - Monday 18 May (4 wks) (No class 4 May) £16

or Pay As You Go: Monday 1 June - Monday 24 August (Ongoing)
£4.50 per session or 6 sessions for £25

Unitarian Church Hall, Croydon

Thursday 30 April - Thursday 21 May (4 wks) £17

Thursday 11 June - Thursday 9 July (4 wks) (No class 25 June) £17

Selsdon Hall, Croydon

Thursday 30 April - Thursday 21 May (4 wks) £17

Thursday 11 June - Thursday 2 July (4 wks) £17

Pilates: *Pilates offers a holistic and unique approach to exercise, consisting of gentle strengthening and stretching movements to work the entire body in a fluid motion. A great and relaxing workout!*

Friends Meeting House, Croydon

Wednesday 29 April - Wednesday 20 May (4 wks) £20

Wednesday 3 June - Wednesday 8 July (6 wks) £30

T'ai Chi: *A martial art which offers an excellent way to improve health by learning to manage stress. Beginners and intermediates welcome.*

Waterside Centre, Upper Norwood

Wednesday 22 April - Wednesday 20 May (5 wks) £20

Wednesday 3 June - Wednesday 15 July (7 wks) £28

Tango: *Learn Argentinean Tango techniques, including the Tango walk. Medium heeled shoes for ladies and soft leather shoes for men. No partners are required.*

Croydon Clocktower

Thursday 23 April - Thursday 21 May (5 wks) £24

Thursday 4 June - Thursday 16 July (6 wks) (No class 9 July) £29

Yoga: *Involves stretching, deep breathing and relaxation. Increase flexibility, manage stress and improve health. Please bring a blanket to each session.*

Friends Meeting House, Croydon

Tuesday 21 April - Tuesday 19 May (5 wks) £21

Tuesday 2 June - Tuesday 14 July (7 wks) £29

Parchmore Community Centre, Thornton Heath

Friday 24 April - Friday 22 May (5 wks) £21

Friday 5 June - Friday 17 July (7 wks) £29



VENUE ADDRESSES

(Addington Court) Falconwood Driving Range
Featherbed Lane, Addington, Croydon, Surrey. CR0 9AA **P**

Brighton Road Baptist Church
265 Brighton Road, South Croydon, Surrey. CR2 6EJ

Ashburton Learning Village
Shirley Road, Croydon, Surrey. CR9 7AL

Christ Church
861 - 863 Brighton Road, Purley, Croydon, Surrey. CR8 2BN **P**

Coulsdon Community Centre
Chipstead Valley Road, Coulsdon, Surrey. CR5 3BE **P**

Croydon Bowling Club
10 Nottingham Road, South Croydon, Surrey. CR2 6LN **P**

Croydon Clocktower
Katharine Street, Croydon, Surrey. CR9 1ET

Friends Meeting House
60 Park Lane, Croydon, Surrey. CR0 1JE **P**

Parchmore Community Centre
53 - 55 Parchmore Road, Thornton Heath, Croydon, Surrey. CR7 8LY **P**

Purley Leisure Centre
50 High Street, Purley, Croydon, Surrey. CR8 2AA

The Selsdon Hall (Next to Selsdon Library)
132 Addington Road, Selsdon, South Croydon, Surrey. CR2 8LA **P**

South Norwood Leisure Centre
164 Portland Road, South Norwood, Croydon, Surrey. SE25 4PT

Thornton Heath Leisure Centre
89 - 110 High Street, Thornton Heath, Croydon, Surrey. CR7 8LF

Unitarian Church
1 The Flyover, Croydon, Surrey, CR0 1ER

Waterside Centre
26 Avenue Road, Upper Norwood, London. SE25 4DX

If you have any queries regarding accessibility, please contact
The Active Lifestyles Team on: 020 8726 6900.