



Adult Education Courses & Junior Activities Brochure

September 2016 – July 2017

MALDEN CENTRE

Blagdon Road New Malden, KT3 4TA

020 8336 7770

www.themaldencentre.co.uk



THE ROYAL BOROUGH OF
KINGSTON
UPON THAMES

places
for people 

Welcome to the Malden Centre

Term Dates

Autumn Term

Adult Education – Monday 12 Sept 2016 to Sunday 11 Dec 2016

Junior Activities – Monday 5 Sept 2016 to Sunday 18 Dec 2016

Half Term – Monday 24 Oct 2016 to Sunday 30 Oct 2016

Spring Term

Adult Education – Monday 9 Jan 2017 to Sunday 26 March 2017

Junior Activities – Tuesday 3 Jan 2017 to Sunday 2 Apr 2017

Half Term – Monday 13 Feb 2017 to Sunday 19 Feb 2017

Summer Term

Adult Education – Monday 24 April 2017 to Monday 9 July 2017

Junior Activities – Tuesday 18 April 2017 to Sunday 23 July 2017

Half Term – Monday 29 May 2017 to Sunday 4 June 2017

Enrolment Procedure

Please complete one application form per course, available from the Malden Centre. You can enrol by telephone (020 8336 7770) with Visa, Mastercard or Maestro. Please check your receipt at the time of booking as it is more difficult to correct errors later.

Reception is open for course bookings:

Monday – Wednesday	9.00am – 9.00pm
Thursday	9.00am – 7.30pm
Friday	9.00am – 5.30pm
Saturday	9.30am – 5.00pm
Sunday	9.30am – 4.30pm

Reduced Fees

There are two rates of reduced fees available on our courses, with the exception of Swimming, PAYG courses, Short Tennis, Badminton, Over 60's Fit & Tone and £5 Tasters. When you enrol, you must provide proof of your entitlement to a discount, which must be dated no more than 6 months prior to the date of enrolment.

10% Discount:

- Gym or WOEC member – only valid on Adult Health & Fitness and Dance courses.
- 10% discount also applies to all Junior Courses but only if you hold a Family Membership.

20% Discount if you are:

- Over 60 years
- A full time student in higher or further education
- Registered unemployed
- In receipt of Income Support
- In receipt of Disability Living Allowance

Kingston Active Card

This is available to certain residents of the Royal Borough of Kingston upon Thames. Kingston Active Card holders enjoy reduced rates at Kingston's recreation facilities. Details of the MALDEN CENTRE's scheme are available at Reception.

Users with Disabilities

The Centre is actively promoting an improved access policy for all people with disabilities. Besides the parking, lifts, toilets, telephone and changing rooms, two hoists have been provided to ease access to the swimming pool. Please ask at Reception for details of use. We make every effort to meet the specific needs of students attending courses, so please inform us of your particular requirements when you enrol and we will do our best to accommodate you.

Customer Care Guarantee

The MALDEN CENTRE's staff are committed to providing customer care of the highest standard. If you have any suggestions or comments to improve the service, you can either:

- Ask to speak to our Duty Manager, who will be pleased to help.
- Use our Customer Feedback Scheme (forms and post box in the foyer).

Malden Centre
Blagdon Road, New Malden
Surrey KT3 4TA

Course bookings and enquiries:

Tel: 020 8336 7770

Fax: 020 8336 7771

www.themaldencentre.co.uk

Email: enquiries@themaldencentre.co.uk

Swimming Lesson enquiries

Email: swimmingacademy@maldencentre.co.uk

Centre Manager: Jon Holmes

Adult Education and Junior Activities Manager: Sue Wilson

suewilson@pfleisure.org

Key to symbols and abbreviations used:

PAYG = Pay As You Go

For details of other Adult Education courses in the Kingston Borough, please contact www.kingston.gov.uk/adulteducation

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Follow us on Facebook and Twitter, visit our website.



Over 50s Exercise

Our gentle exercise class is designed to improve flexibility and promote well-being.

Over 50s Racquets

Racquets is a friendly session which offers a choice of Badminton, Short-Tennis and Table Tennis, use the sessions to practice your technique and play some matches. All equipment is provided.

Adult Short Tennis

Played on the badminton courts using a foam ball and short-handled racquets. Enjoy the thrill and satisfaction of playing all the shots and employing the tactics of tennis. All equipment is provided.

Adult Badminton Club

Open to adults who have reached a reasonable standard of play. Friendly sessions with expert tips available from our tutor. Please email our coach if you are unsure of your level.

The Alexander Technique, a kinder way to talk to your body.

Alexander Technique is a gentle re education of old habitual muscle patterns that might be holding you back in life. Through a kinaesthetic experience Alexander will help restore your body back to factory settings and give you a way of listening and looking after your body in every day life. Lessons will move from an introductory lesson showing you what the Technique can offer you, right through to how to help with the practical things in life such as avoiding lower back pain while sitting at an office desk, right through to the opportunity to practice presentations or even music examinations. It is a psycho physical technique, so some gentle hands on work is included to help the connections from mind to body to help your system work as a whole. Some reading about the Alexander Technique may benefit you before you book, but it is by no means essential. Hand outs will be available at the classes.

Over 60s Fit & Tone

A balanced programme of exercise to the pleasant sound of live piano music played by our Keep Fit Pianist, including cardiovascular, muscular resistance as well as core strength and relaxation. (Thursday sessions have music from a CD)

Tai Chi (Saturday)

Combat the stress and strain of every day life with this gentle form of exercise. Tai Chi Yang Long form taught. All abilities welcome.

Yoga for the Over 50s

This class utilises specially selected yoga stretches and movements to help you develop and maintain flexibility, strength, balance and overall wellbeing. The class is suitable for all abilities regardless of age or fitness level.

Over 50's Pilates

A gentle class that is designed to develop and maintain mobility and flexibility. Using exercises that aim to improve posture, balance, strength, stamina and core strength. This class is suitable for all abilities and fitness levels.

Yoga

The approach to yoga is gentle on the body, yet demanding, helps develop a better understanding of anatomy. It encourages gentle sustained changes in breathing, posture, strength and mobility, building a strong connection between mind and body.

Yoga – Body Sense

A combination of gentle, relaxing stretches & yoga postures performed to soothing background music which develops body awareness and releases tensions: exercises which strengthen & tone the whole body leaving you relaxed and energised.

Yoga for Pregnancy

This course is suitable for women from early to late pregnancy, and no experience of yoga is necessary. Learn relaxation and breathing techniques, coping strategies for preparing for labour and parenting.

Mother and Baby Postnatal Pilates

Postnatal Pilates focuses on strengthening the pelvic floor and deep abdominal muscles, using exercises specifically designed for postnatal women, to aid posture and stability and prevent back pain, as well as all over toning. Suitable from 8 weeks after birth.

Pilates – Beginners, Improvers and Mixed Ability classes

Working your mind and body this is a safe and effective exercise for everyone resulting in a more efficient, healthy toned body and an improved quality of movement. Pilates exercises focus on strengthening the deep lying stability muscles and stretching tight areas. It aims to create balance throughout the body, improves posture and quality of movement. There is a maximum of 12 students per class.

Tae Kwon Do

Tae Kwon Do (ITF) is a scientific martial art using the body, utilising every available blocking and attacking tool to bring about the controlled destruction of one's opponent. The class is open to students of all abilities – from beginners to advanced level. The classes are run by a 5th Degree International Instructor. Students from 8 years old onwards are welcome.

Trampoline for Adults:

Adults will be taught the basics of trampolining, progressing to more difficult moves should they wish. Whether your motivation is learning, fitness or fun, this class has something for you.

The sessions are suitable for complete beginners or more experienced trampolinists. All classes are taught by our fully qualified coach.

Adults must be dressed in appropriate sports clothing and socks with long hair tied back, no jewellery.

Course Title	Course	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
TRAMPOLINING								
NEW Trampoline for Adults		Mon	10.30-11.30	12-Sep	05-Dec	12	£100.00	L Ellis
		Mon	10.30-11.30	09-Jan	20-Mar	10	£85.00	L Ellis
		Mon	10.30-11.30	24-Apr	10-Jul	10	£85.00	L Ellis
		Mon	11.30-12.30	12-Sep	05-Dec	12	£100.00	L Ellis
		Mon	11.30-12.30	09-Jan	20-Mar	10	£85.00	L Ellis
		Mon	11.30-12.30	24-Apr	10-Jul	10	£85.00	L Ellis
RACQUET SPORTS								
Adult Short Tennis		Tue	13.30-15.00	06-Sep	13-Dec	14	£14.00 + subs £3.50	H Nicolson
		Tue	13.30-15.00	03-Jan	28-Mar	12	£12.00 + subs £3.50	H Nicolson
		Tue	13.30-15.00	18-Apr	18-Jul	13	£13.00 + subs £3.50	H Nicolson
Adult Badminton Club		Thurs	13.30-15.00	08-Sep	15-Dec	14	£14.00 + subs £3.50	H Nicolson
		Thurs	13.30-15.00	05-Jan	30-Mar	12	£12.00 + subs £3.50	H Nicolson
		Thurs	13.30-15.00	20-Apr	20-Jul	13	£13.00 + subs £3.50	H Nicolson
ALEXANDER TECHNIQUE								
		Tues	19.30-21.30	27-Sep	6-Dec	10	£100.00	D Davis
		Tues	19.30-21.30	10-Jan	21-Mar	10	£100.00	D Davis
		Tues	19.30-21.30	25-Apr	04-Jul	10	£100.00	D Davis
CLASSES FOR OVER 50's and 60's								
Over 50s Exercise	PAYG	Tue	11.30-12.30	06-Sep	13-Dec	14	£3.80 / week	S O'Callaghan
		Tue	11.30-12.30	03-Jan	28-Mar	12	£3.80 / week	S O'Callaghan
		Tue	11.30-12.30	18-Apr	18-Jul	13	£3.80 / week	S O'Callaghan
Over 50s Raquets		Fri	10.45-12.00	09-Sep	16-Dec	14	£14.00 + subs £3.00	H Nicolson
		Fri	10.45-12.00	06-Jan	31-Mar	12	£12.00 + subs £3.00	H Nicolson
		Fri	10.45-12.00	21-Apr	21-Jul	13	£13.00 + subs £3.00	H Nicolson
Over 60's Fit & Tone * Full fee includes over 60's discount	MH106	Tue	11.00-12.30	06-Sep	13-Dec	14	£14.00 + subs £3.50	D McGinty
	MH206	Tue	11.00-12.30	03-Jan	28-Mar	12	£12.00 + subs £3.50	D McGinty
	MH306	Tue	11.00-12.30	18-Apr	18-Jul	13	£13.00 + subs £3.50	D McGinty
	MH108	Thurs	10.30-11.30	08-Sep	15-Dec	14	£14.00 + subs £2.50	D McGinty
	MH208	Thurs	10.30-11.30	05-Jan	30-Mar	12	£12.00 + subs £2.50	D McGinty
	MH308	Thurs	10.30-11.30	20-Apr	20-Jul	13	£13.00 + subs £2.50	D McGinty
Yoga for the Over 50s	MH127	Wed	13.00-14.00	14-Sep	07-Dec	12	£88.00	L Ford
	MH227	Wed	13.00-14.00	11-Jan	22-Mar	10	£74.00	L Ford
	MH327	Wed	13.00-14.00	26-Apr	05-Jul	10	£74.00	L Ford
	MH125	Wed	14.15-15.15	14-Sep	07-Dec	12	£88.00	L Ford
	MH225	Wed	14.15-15.15	11-Jan	22-Mar	10	£74.00	L Ford
	MH325	Wed	14.15-15.15	26-Apr	05-Jul	10	£74.00	L Ford
Pilates for the Over 50s	MH107	Thurs	14.00-15.00	15-Sep	08-Dec	12	£110.00	C Park
	MH207	Thurs	14.00-15.00	12-Jan	23-Mar	10	£92.00	C Park
	MH307	Thurs	14.00-15.00	27-Apr	06-Jul	10	£92.00	C Park
YOGA								
Yoga - Body Sense	MH104	Mon	19.00-20.30	12-Sep	05-Dec	12	£105.00	tbc
	MH204	Mon	19.00-20.30	09-Jan	20-Mar	10	£88.00	tbc
	MH304	Mon	19.00-20.30	24-Apr	10-Jul	10	£88.00	tbc

Course Title	Course	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
Yoga	MH101	Mon	9.30-11.00	12-Sep	05-Dec	12	£105.00	B McDevitt
	MH201	Mon	9.30-11.00	09-Jan	20-Mar	10	£88.00	B McDevitt
	MH301	Mon	9.30-11.00	24-Apr	10-Jul	10	£88.00	B McDevitt
	MH103	Mon	11.00-12.30	12-Sep	05-Dec	12	£105.00	B McDevitt
	MH203	Mon	11.00-12.30	09-Jan	20-Mar	10	£88.00	B McDevitt
	MH303	Mon	11.00-12.30	24-Apr	10-Jul	10	£88.00	B McDevitt
	MH114	Thurs	19.00-20.15	15-Sep	08-Dec	12	£105.00	B McDevitt
	MH214	Thurs	19.00-20.15	12-Jan	23-Mar	10	£88.00	B McDevitt
	MH314	Thurs	19.00-20.15	27-Apr	06-Jul	10	£88.00	B McDevitt
	MH115	Thurs	20.15-21.45	15-Sep	08-Dec	12	£105.00	B McDevitt
	MH215	Thurs	20.15-21.45	12-Jan	23-Mar	10	£88.00	B McDevitt
	MH315	Thurs	20.15-21.45	27-Apr	06-Jul	10	£88.00	B McDevitt
Yoga for Pregnancy	MH119	Sun	10.00-11.00	18-Sep	16-Oct	5	£38.00	L Ford
	MH126	Sun	10.00-11.00	06-Nov	04-Dec	5	£38.00	L Ford
	MH219	Sun	10.00-11.00	15-Jan	12-Feb	5	£38.00	L Ford
	MH226	Sun	10.00-11.00	26-Feb	26-Mar	5	£38.00	L Ford
	MH319	Sun	10.00-11.00	30-Apr	28-May	5	£38.00	L Ford
	MH326	Sun	10.00-11.00	11-Jun	09-Jul	5	£38.00	L Ford
PILATES								
Pilates - Post Natal	MH118	Thurs	11.30-12.30	15-Sep	08-Dec	12	£110.00	C Park
	MH218	Thurs	11.30-12.30	12-Jan	23-Mar	10	£92.00	C Park
	MH318	Thurs	11.30-12.30	27-Apr	06-Jul	10	£92.00	C Park
Pilates - beginners	MH122	Mon	19.00-20.00	12-Sep	05-Dec	12	£110.00	P Wilkinson
	MH222	Mon	19.00-20.00	09-Jan	20-Mar	10	£92.00	P Wilkinson
	MH322	Mon	19.00-20.00	24-Apr	10-Jul	10	£92.00	P Wilkinson
	MH116	Tues	9.30-10.30	13-Sep	06-Dec	12	£110.00	P Wilkinson
	MH216	Tues	9.30-10.30	10-Jan	21-Mar	10	£92.00	P Wilkinson
	MH316	Tues	9.30-10.30	25-Apr	04-Jul	10	£92.00	P Wilkinson
	MH128	Tues	10.30-11.30	13-Sep	06-Dec	12	£110.00	P Wilkinson
	MH228	Tues	10.30-11.30	10-Jan	21-Mar	10	£92.00	P Wilkinson
	MH328	Tues	10.30-11.30	25-Apr	04-Jul	10	£92.00	P Wilkinson
	MH112	Thurs	19.00-20.00	15-Sep	08-Dec	12	£110.00	C Park
	MH212	Thurs	19.00-20.00	12-Jan	23-Mar	10	£92.00	C Park
	MH312	Thurs	19.00-20.00	27-Apr	06-Jul	10	£92.00	C Park
Pilates - mixed ability	MH105	Thurs	13.00-14.00	15-Sep	08-Dec	12	£110.00	C Park
	MH205	Thurs	13.00-14.00	12-Jan	23-Mar	10	£92.00	C Park
	MH305	Thurs	13.00-14.00	27-Apr	06-Jul	10	£92.00	C Park
	MH111	Thurs	20.00-21.00	15-Sep	08-Dec	12	£110.00	C Park
	MH211	Thurs	20.00-21.00	12-Jan	23-Mar	10	£92.00	C Park
	MH311	Thurs	20.00-21.00	27-Apr	06-Jul	10	£92.00	C Park
Pilates - improvers	MH113	Mon	20.00-21.00	12-Sep	05-Dec	12	£110.00	P Wilkinson
	MH213	Mon	20.00-21.00	09-Jan	20-Mar	10	£92.00	P Wilkinson
	MH313	Mon	20.00-21.00	24-Apr	10-Jul	10	£92.00	P Wilkinson
	MH117	Tues	11.30-12.30	13-Sep	06-Dec	12	£110.00	P Wilkinson
	MH217	Tues	11.30-12.30	10-Jan	21-Mar	10	£92.00	P Wilkinson
	MH317	Tues	11.30-12.30	25-Apr	04-Jul	10	£92.00	P Wilkinson
MARTIAL ARTS								
Tae Kwon Do	MH124	Sat	16.15-18.00	17-Sep	10-Dec	12	£88.00	U Vijapura
	MH224	Sat	16.15-18.00	14-Jan	25-Mar	10	£74.00	U Vijapura
	MH324	Sat	16.15-18.00	29-Apr	08-Jul	10	£74.00	U Vijapura
Tai Chi - Beginners & Improvers	MH121	Sat	17.30-19.00	17-Sep	10-Dec	12	£105.00	S Lim
	MH221	Sat	17.30-19.00	14-Jan	25-Mar	10	£88.00	S Lim
	MH321	Sat	17.30-19.00	29-Apr	08-Jul	10	£88.00	S Lim



Drama, Music & Singing

Malden Centre Orchestra

Passionate about music? The MALDEN CENTRE ORCHESTRA offers an exciting, unique opportunity to play the great symphonic music in a friendly group of players under the leading of an experience conductor. Come and enjoy playing a wide variety of pieces selected from the orchestral repertoire, ranging from classical to light music, and including overtures, symphonies, ballet music, concertos, and suites from musical shows. Join us for another successful season of music making. Rehearsals are held at the Malden Centre every Thursday morning during school terms and we perform a major concert every year for Christmas. There is no formal audition and we welcome players of all talents and ages. To enquire about terms and fees to join, please ring the reception desk of the New Malden Centre: 020 8336 7770 or email the conductor: pbuttabori@yahoo.co.uk

I Wish I Could Sing

Tone deafness is extremely rare, yet somehow not everyone can sing as they would like. If you sang as a child but never found your adult voice, if you sing in the bath, but never in public, if you find singing painful, if you already sing, but would like to improve – come and try some easy exercises and songs in the privacy of the class.

I Wish I Could Sing Better

This is a follow-up class to 'I Wish I Could Sing'. It continues the development of the voice and ear with exercises and simple unison and part-songs, rounds and canons.

Some opportunity is given for solo work and addressing individual problems, but in the context of whole-class participation. There is an introduction to reading music notation.

The aim of the class is to build on the confidence achieved in the previous term, to extend the range of the voice, and to improve its quality. The atmosphere is relaxed and friendly.

I Wish I Could Sing Even Better

For those who have some experience of singing. This class will give further instruction in the use of the voice, incorporating both individual attention and ensemble group pieces.

Choral Workshop

If you would like to sing in a group, sing in simple parts, sing several different styles of song, you can experience some of the enjoyment – and the difficulties – of this type of singing in this class. Training in vocal development, part-singing, blending and small solo spots will be given.

Malden Community Choir

If you would like to sing in a group, sing in simple parts, sing several different styles of song, you can experience some of the enjoyment - and the difficulties - of this type of singing in this class. Training in vocal development, part singing, blending and small solo spots will be given.

In the Spring term one work will be prepared. It will be a Gilbert & Sullivan opera or similar, to be performed in concert version at the end of term. Chorus parts will be given out in advance, so, if you are interested, please contact the tutor regarding this.

Music Skills*

For those who want to read, write and understand music – from the beginner who needs to know how it works, to those who want to develop their existing skills. Classes include aural understanding, reading, composition and harmony. *Maximum of 10 students.

Choral Ensemble

A singing group for female singers of some experience, who would like to study something a little more challenging, in more depth. Usually three or four pieces are studied each term.

Autumn/Spring/Summer Sing 1 Day Workshop

A day of group singing for fun and a sense of achievement for all levels - whether you have never sung in a group before, or have some previous experience. The programme will include basic singing technique, simple songs and rounds, and one or two longer, fun pieces to get your teeth into and perform by the end of the day. There is also the possibility of some individual vocal advice if desired.

Popular Guitar Beginner

For the complete beginner who has no knowledge of playing. The course will introduce the basic techniques and chords in the context of a few easy popular songs from the 60's to the present. Students must bring their own acoustic guitar.

Popular Guitar Intermediate

For those who are familiar with playing open chords and simple melodies. The course will introduce basic picking techniques and a range of strumming patterns through the learning of popular songs from the 60's until the present day. Students must bring their own acoustic guitar.

Popular Guitar Advanced

Suitable for competent guitarists who are keen to develop their playing skills and stylistic expression. The course focuses on broadening improvisation techniques as well as introducing advanced finger picking styles. Students must bring their own acoustic guitar.

I Wish I Could Act

"The whole world is a stage and all the men and women merely players" – if you feel you always wanted to try acting then why not give it a go now? Explore your acting potential while participating in lots of different games, exercises and short improvisations within a friendly and fun environment. Great for complete beginners and for those who want to improve.

Introduction to acting: one day workshop

Join us for a fun one day encounter with acting looking at basic acting and stage presence principles, improving self-confidence and how to act and stand when in front of an audience. This one day course is highly structured in order to give you maximum practical experience in a very supportive and fun environment. You will learn from doing and from observing each other and mainly...you will be acting all day!

Course Title	Course	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
DRAMA								
I Wish I Could Act	MD104	Tues	19.30-21.30	13-Sep	06-Dec	12	£116.00	K Manteli
	MD204	Tues	19.30-21.30	10-Jan	21-Mar	10	£97.00	K Manteli
	MD304	Tues	19.30-21.30	25-Apr	04-Jul	10	£97.00	K Manteli
Introduction to Acting - 1 day Workshop	MD205	Sat	9.30-15.30	04-Feb	04-Feb	1	£31.50	K Manteli
SINGING CLASSES								
I Wish I Could Sing	MD100	Mon	13.00-14.30	12-Sep	05-Dec	12	£88.00	C Cviic
I Wish I Could Sing Better	MD200	Mon	13.00-14.30	09-Jan	20-Mar	10	£74.00	C Cviic
I Wish I Could Sing Even Better	MD300	Mon	13.00-14.30	24-Apr	10-Jul	10	£74.00	C Cviic
I Wish I Could Sing	MD101	Mon	19.30-21.00	12-Sep	05-Dec	12	£88.00	C Cviic
I Wish I Could Sing Better	MD201	Mon	19.30-21.00	09-Jan	20-Mar	10	£74.00	C Cviic
I Wish I Could Sing Even Better	MD301	Mon	19.30-21.00	24-Apr	10-Jul	10	£74.00	C Cviic
I Wish I Could Continue Singing	MD111	Thurs	19.30-21.00	15-Sep	08-Dec	12	£88.00	C Cviic
	MD211	Thurs	19.30-21.00	12-Jan	23-Mar	10	£74.00	C Cviic
	MD311	Thurs	19.30-21.00	27-Apr	06-Jul	10	£74.00	C Cviic
Choral Workshop	MD102	Tues	13.00-14.30	13-Sep	06-Dec	12	£72.00	C Cviic
	MD202	Tues	13.00-14.30	10-Jan	21-Mar	10	£60.00	C Cviic
	MD302	Tues	13.00-14.30	25-Apr	04-Jul	10	£60.00	C Cviic
Malden Community Choir	MD107	Wed	13.00-14.30	14-Sep	07-Dec	12	£72.00	C Cviic
	MD207	Wed	13.00-14.30	11-Jan	22-Mar	10	£60.00	C Cviic
	MD307	Wed	13.00-14.30	26-Apr	05-Jul	10	£60.00	C Cviic
Music Skills*	MD106	Wed	10.45-12.45	14-Sep	07-Dec	12	£116.00	C Cviic
	MD206	Wed	10.45-12.45	11-Jan	22-Mar	10	£97.00	C Cviic
	MD306	Wed	10.45-12.45	26-Apr	05-Jul	10	£97.00	C Cviic
Choral Ensemble	MD112	Thurs	11.15-12.45	15-Sep	08-Dec	12	£88.00	C Cviic
	MD212	Thurs	11.15-12.45	12-Jan	23-Mar	10	£74.00	C Cviic
	MD312	Thurs	11.15-12.45	27-Apr	06-Jul	10	£74.00	C Cviic
Autumn Sing	MD118	Sat	9.30-15.30	12-Nov	12-Nov	1	£33.00	C Cviic & A Cviic
Spring Sing	MD218	Sat	9.30-15.30	04-Mar	04-Mar	1	£33.00	C Cviic & A Cviic
Summer Sing	MD318	Sat	9.30-15.30	17-Jun	17-Jun	1	£33.00	C Cviic & A Cviic
INSTRUMENTAL								
Malden Centre Orchestra	No Code	Thurs	10.00-12.00	15-Sep	08-Dec	12	£116.00	P Buttaboni
	No Code	Thurs	10.00-12.00	12-Jan	23-Mar	10	£97.00	P Buttaboni
	No Code	Thurs	10.00-12.00	27-Apr	06-Jul	10	£97.00	P Buttaboni
Popular Guitar Beginner	MD103	Tue	18.30-19.30	13-Sep	06-Dec	12	£88.00	G. Raggett
	MD203	Tue	18.30-19.30	10-Jan	21-Mar	10	£74.00	G. Raggett
	MD303	Tue	18.30-19.30	25-Apr	04-Jul	10	£74.00	G. Raggett
Popular Guitar Intermediate	MD108	Tue	19.30-20.30	13-Sep	06-Dec	12	£88.00	G. Raggett
	MD208	Tue	19.30-20.30	10-Jan	21-Mar	10	£74.00	G. Raggett
	MD308	Tue	19.30-20.30	25-Apr	04-Jul	10	£74.00	G. Raggett
Popular Guitar Advanced	MD109	Tue	20.30-21.30	13-Sep	06-Dec	12	£88.00	G. Raggett
	MD209	Tue	20.30-21.30	10-Jan	21-Mar	10	£74.00	G. Raggett
	MD309	Tue	20.30-21.30	25-Apr	04-Jul	10	£74.00	G. Raggett



Dance Courses



Bollywood / Bhangra

This class is aimed at entry level to Bollywood, and Bhangra with no previous experience required. Ever watched the movies and thought that could be fun? Simple, easy to follow choreography, Bollywood is now a mix of styles both Western and Eastern. Each choreography taught over a few weeks, with technique and fitness and some great tracks from the popular movies.

Bhangra was originally, several folkloric dance styles originating from the Punjab region, celebrating harvest. Developing over the decades to what we now know as an energetic style using to the iconic dhol (drum) beats called Bhangra.

Please bring water and wear workout clothing, plus supportive footwear (dance sneakers or trainers)

£5 Belly Dancing Taster

Ever dreamt about trying belly dancing? Come along to this 1 hour taster and have a go at this ancient dance form. This class is all about having fun, enjoying yourselves and experiencing the strength and beauty of the female form.

Belly Dance Classes (Level 1, 2 & Mixed Ability)

Belly Dance or Raqs Sharqi (dance of the orient) is another element to add to your fitness. Learn a new skill, have fun and make some fabulous friends along the way! This Ancient style of dancing works the entire body - giving you increased stamina, a stronger core and increased flexibility. Sometimes energetic and fast, sometimes slow and sensual - it has something for everyone!

Please don't worry - you do not have to bare your midriff!! Please bring water, dance either bare foot or soft sole shoes (not trainers) fitted top, workout pants, a scarf that can tie around your hips and of course, prepare to shimmy those hips!!

Level 1

For those new to Belly Dance or wishing to return to this dance genre after a break. We begin with the base moves - the foundation to our building blocks of belly dance, learning how to isolate, we build stamina and start with some simple travel steps. A short choreography using the moves taught over the term will complete this level 1 course.

Level 2

Building upon beginners' level 1 - you will find your core muscles have started to isolate, strengthen and be more flexible - and we now start to learn more about the different styles of the dance, transitions, layering, travelling and choreographies.

Mixed Ability

For those who want to give it a go! Have a spare hour or a lunch break to fill? Then this is the class for you! This class is a mixed ability class and can act as good way to try out Belly Dancing!

Course Title	Course	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
£5 Belly Dancing Taster	MD122	Tue	18.30-19.30	13-Sep	-	1	£5.00	M Kelsall-Singleton
	MD222	Tue	18.30-19.30	10-Jan	-	1	£5.00	M Kelsall-Singleton
	MD322	Tue	18.30-19.30	25-Apr	-	1	£5.00	M Kelsall-Singleton
Belly Dancing Level 1	MD120	Tue	18.30-19.30	13-Sep	06-Dec	12	£78.00	M Kelsall-Singleton
	MD220	Tue	18.30-19.30	10-Jan	21-Mar	10	£65.00	M Kelsall-Singleton
	MD320	Tue	18.30-19.30	25-Apr	04-Jul	10	£65.00	M Kelsall-Singleton
Belly Dancing Level 2	MD121	Tue	19.35-20.35	13-Sep	06-Dec	12	£78.00	M Kelsall-Singleton
	MD221	Tue	19.35-20.35	10-Jan	21-Mar	10	£65.00	M Kelsall-Singleton
	MD321	Tue	19.35-20.35	25-Apr	04-Jul	10	£65.00	M Kelsall-Singleton
Belly Dancing - Mixed Ability	MD123	Wed	12.15-13.00	14-Sep	07-Dec	12	£59.00	M Kelsall-Singleton
	MD223	Wed	12.15-13.00	11-Jan	22-Mar	10	£50.00	M Kelsall-Singleton
	MD323	Wed	12.15-13.00	26-Apr	05-Jul	10	£50.00	M Kelsall-Singleton
Bollywood / Bhangra	MD124	Tue	20.40-21.40	13-Sep	06-Dec	12	£78.00	M Kelsall-Singleton
	MD224	Tue	20.40-21.40	10-Jan	21-Mar	10	£65.00	M Kelsall-Singleton
	MD324	Tue	20.40-21.40	25-Apr	04-Jul	10	£65.00	M Kelsall-Singleton

Language Courses

Beginners (French/Italian/Spanish/German)

This level is for complete beginners. The aim is to introduce the basic linguistic skills and background knowledge necessary for the student to communicate simply but effectively. The emphasis is on listening and speaking. At the end of the year you should have achieved an elementary grasp of the language.

Intermediate (French/Italian/Spanish)

This level assumes that the student has a basic understanding of the language. The aim is to consolidate the skills already learnt and to extend them. More detailed grammatical knowledge will be taught and a wider vocabulary will be used. Students will be encouraged to develop writing skills, and to gain a proficiency in both listening and reading skills.

Advanced (French/Italian/Spanish)

This course is for students with a good knowledge of the language and who want to improve on how to express themselves on a wide range of topics. Structures and grammar points will be revised according to need. By the end of the year the student should be able to express themselves in everyday situations, in a comprehensible and appropriate form.

French Conversation

Improve, refresh and practice your spoken French. This class will cover a wide variety of topics and subjects giving the perfect opportunity to try out your language skills!

Italian Conversation Beginner / Intermediate

For those who have a basic level of Italian. Brush up for your holidays, for revision or just for fun!

Italian Conversation Advanced

Improve or refresh your spoken Italian and gain insight into the culture and contemporary life of the country!

Spanish Conversation Beginner / Intermediate

This class will practice conversation on topics which utilise the main tenses (present, past, future, imperfect, conditional, etc). Students will have the opportunity to talk about past events, future plans and daily matters.

Spanish Conversation Advanced

This class will focus on conversation about current affairs issues. Students will be encouraged to express their ideas and opinions on the matters, as well as giving an answer to some of the problems. A wide range of topics will be covered, using a large vocabulary and complex grammatical structures.

Course Title	Course	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
FRENCH								
French Beginners	MM102	Mon	12.45-14.45	12-Sep	22-May	26	£260.00	P Bringuier
French Intermediate	MM111	Thurs	19.15-21.15	15-Sep	25-May	27	£270.00	P Bringuier
French Advanced	MM101	Mon	19.15-21.15	12-Sep	22-May	26	£260.00	P Bringuier
French Conversation	MM107	Fri	13.00-15.00	16-Sep	25-May	27	£270.00	S Matthews
GERMAN								
German Beginners	MM100	Thurs	10.00-12.00	15-Sep	25-May	27	£270.00	B Sanctuary
ITALIAN								
Italian Beginners (Year 2)	MM110	Thurs	12.45-14.45	15-Sep	25-May	27	£270.00	A Pookim
Italian Intermediate	MM104	Thurs	10.00-12.00	15-Sep	25-May	27	£270.00	A Pookim
Italian Advanced	MM106	Fri	12.45-14.45	16-Sep	26-May	27	£270.00	A Pookim
SPANISH								
Spanish Beginner	MM112	Thurs	12.45-14.45	15-Sep	25-May	27	£270.00	M Garcia Tames
Spanish Intermediate	MM109	Fri	12.45-14.45	16-Sep	26-May	27	£270.00	M Garcia Tames
Spanish Advanced	MM105	Fri	10.00-12.00	16-Sep	26-May	27	£270.00	M Garcia Tames
Spanish Conversation	MM108	Sat	10.00-12.00	17-Sep	27-May	27	£270.00	M Garcia Tames

Summer Term - Conversation Classes

Course Title	Course	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
French Conversation (Continuation)	MM305	Fri	13.00-15.00	09-Jun	07-Jul	5	50.00	S Matthews
Italian Beginner	MM110	Thurs	12.45-14.45	08-Jun	06-Jul	5	50.00	A Pookim
Italian Intermediate	MM104	Thurs	10.00-12.00	08-Jun	06-Jul	5	50.00	A Pookim
Italian Advanced	MM106	Fri	12.45-14.45	09-Jun	07-Jul	5	50.00	A Pookim
Spanish Beginner	MM109	Fri	12.45-14.45	09-Jun	07-Jul	5	50.00	M Garcia Tames
Spanish Intermediate	MM112	Thurs	12.45-14.45	08-Jun	06-Jul	5	50.00	M Garcia Tames
Spanish Advanced	MM105	Fri	10.00-12.00	09-Jun	07-Jul	5	50.00	M Garcia Tames
Spanish Conversation (Continuation)	MM108	Sat	10.00-12.00	10-Jun	08-Jul	5	50.00	M Garcia Tames

English As A Foreign Language



English Courses at the Malden Centre

Would you like to learn English? The Malden Centre has the right course for you!

The Malden Centre offers a range of English language courses for all levels of ability. The teachers are highly qualified and experienced. The classes are friendly and fun. Please come and join us. We look forward to welcoming you.

There are five levels of English language classes available:

- Elementary
- Intermediate
- First Certificate
- Advanced

These classes start in September and finish at the end of May. Each class covers reading, writing, speaking and listening in English. Students have the opportunity to take an exam at the end of the course. The exam is optional. Pronunciation classes are available each term to correct and improve spoken English.

There are three Conversation classes available each term to help build your confidence in speaking everyday English. One class is for Beginners, one for those with some knowledge of English. There is a Conversation class on Tuesday evening for those who are unable to come during the day.

Each Summer, from June to early July, we have a special English Language Summer School, an intensive five week course. There are three levels to choose from. The classes take place three times a week. Please see the brochure for details. There is a lot to choose from! We look forward to seeing you.

Pronunciation Class*

Come and learn the key elements of English pronunciation. In a relaxed environment you will practice all those words that are so difficult to say. The aim of the course is to increase your confidence in using English naturally in a social or work setting, or just for your own enjoyment.

English Conversation Practice*

If you already have a basic knowledge of English, this course will help you build up your knowledge of and confidence in English conversation and in speaking English in everyday situations. It will also help you improve your pronunciation and learn a little about English life and culture. It is not necessary to be following another course in English.

Get by in English Conversation Beginners*

You speak very little English, but you want to practise and improve. If you also want to be confident that you can speak and understand English in everyday situations and improve your pronunciation, then this class is for you.

Exam Preparation Classes

These classes are specially designed to help you get the best possible result in your Cambridge English Language Exams. Classes are offered at all levels.

Testing Sessions

To ensure our students are at the correct level, testing sessions will be held at the Malden Centre at 10.00am on the following dates. The crèche is available on weekdays but must be booked in advance. Anyone not able to attend can be tested at another time arranged in advance with the Centre.

Test Dates:

- 22 June 2016
- 3 September 2016
- 7 September 2016
- 16 November 2016
- 10 December 2016
- 14 December 2016
- 4 January 2017
- 8 March 2017
- 17 May 2017
- 20 May 2017

Please note that any of these dates may be subject to change.

Course Title	Course	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
Elementary	ME100	Mon & Wed	12.45-14.45	12-Sep	07-Dec	12	£300.00	J Stenhouse
	ME200	Mon & Wed	12.45-14.45	09-Jan	22-Mar	10	£250.00	J Stenhouse
	ME300	Mon & Wed	12.45-14.45	24-Apr	24-May	5	£125.00	J Stenhouse
Intermediate	ME102	Tues & Fri	10.00-12.00	13-Sep	09-Dec	12	£300.00	J Stenhouse
	ME202	Tues & Fri	10.00-12.00	10-Jan	24-Mar	10	£250.00	J Stenhouse
	ME302	Tues & Fri	10.00-12.00	25-Apr	26-May	5	£125.00	J Stenhouse
First Certificate	ME103	Tues & Fri	10.00-12.00	13-Sep	09-Dec	12	£300.00	P Michelotti
	ME203	Tues & Fri	10.00-12.00	10-Jan	24-Mar	10	£250.00	P Michelotti
	ME303	Tues & Fri	10.00-12.00	25-Apr	26-May	5	£125.00	P Michelotti
Advanced	ME104	Wed & Fri	10.00-12.00	14-Sep	09-Dec	12	£300.00	E Lucas
	ME204	Wed & Fri	10.00-12.00	11-Jan	24-Mar	10	£250.00	E Lucas
	ME304	Wed & Fri	10.00-12.00	26-Apr	26-May	5	£125.00	E Lucas

CONVERSATION & PRONUNCIATION

English Conversation for Beginners*	ME107	Tues	12.45-14.45	13-Sep	06-Dec	12	£140.00	J Stenhouse
	ME207	Tues	12.45-14.45	10-Jan	21-Mar	10	£120.00	J Stenhouse
	ME307	Tues	12.45-14.45	25-Apr	04-Jul	10	£120.00	J Stenhouse
English Conversation Practice*	ME106	Wed	10.00-12.00	14-Sep	07-Dec	12	£140.00	J Stenhouse
	ME206	Wed	10.00-12.00	11-Jan	22-Mar	10	£120.00	J Stenhouse
	ME306	Wed	10.00-12.00	26-Apr	05-Jul	10	£120.00	J Stenhouse
Pronunciation Class*	ME101	Mon	10.00-11.30	19-Sep	05-Dec	11	£100.00	T Ewers
	ME201	Mon	10.00-11.30	16-Jan	20-Mar	9	£82.00	T Ewers
	ME301	Mon	10.00-11.30	08-May	10-Jul	8	£73.00	T Ewers

* Testing is not required for these classes.

EXAM PREPARATION CLASSES

Elementary	ME312	Mon	10.00-11.15	24-Apr	22-May	4	£45.00	J Stenhouse
Intermediate	ME313	Mon	11.15-12.15	24-Apr	22-May	4	£40.00	J Stenhouse
First Certificate	ME314	Wed	10.00-11.30	26-Apr	17-May	4	£55.00	P Michelotti
Advanced / Proficiency	ME315	Tues	13.00-14.30	25-Apr	16-May	4	£55.00	E Lucas

SUMMER SCHOOLS

Elementary	ME309	Mon, Tues, Fri	10.00-12.00	05-Jun	07-Jul	5	£200.00	J Stenhouse
Intermediate / First Certificate	ME310	Tues, Thurs, Fri	10.00-12.00	06-Jun	07-Jul	5	£200.00	P Michelotti
Advanced / Proficiency	ME311	Tues*, Wed, Fri	10.00-12.00	06-Jun	07-Jul	5	£200.00	E Lucas

*Tuesday class is 12.45-14.45



Pottery Courses

Adult Courses

£5 Pottery Taster Class

Ever wondered what a pottery class is like?

Well, now's your chance to find out! Join our Pottery Tutor for this one off evening and try getting your hands dirty! You may finish and glaze any items you make by enrolling on one of our courses.

All Levels

All methods covered from pinching, coiling, moulding and slabbing to throwing as you progress. Decoration with slips and glazes is introduced. All abilities welcome, no previous experience required.

Clay Modelling

Clay pottery techniques are used to make hollow models suitable for firing. All aspects of sculpture can be used and developed, pieces of varying sizes and difficulty are encouraged. Use of slip and glazes are covered. Beginners welcome!

Life Modelling

A sculpture course modelling from real life. We will bring in a model to sit for the group so that detailed observations can be made. Explore techniques for making a lifelike piece. There will be a small charge for the model.

NEW Surface Decoration Masterclass

Learn a variety of decoration techniques for ceramics. Create pattern and texture using processes such as stenciling, sgraffito, slip inlay, slip trailing and marbling. Colour will be introduced with the use of oxides and glazes.

NEW Throwing Materclass

A 5 week course focussing solely on developing throwing techniques. This class has a limited number of students to ensure maximum time on the throwing and kick-wheels.

Ceramic Christmas Decorations

Come and make some unique and personalised gifts for your loved ones this Christmas. Use hand-building techniques to make some unique pieces for presents or for your Christmas tree, that can be decorated and fired for a high quality finish. Suitable for all levels.

Korean Pottery Class

A pottery course for Korean speaking adults from beginners to experienced potters. All methods covered from basic skills including pinching, coiling, moulding and slabbing to advanced techniques like throwing, decoration, painting and glazing are introduced. Bring a PVC apron and wear old clothes suitable for working. A small additional charge is made to cover the cost of materials that you use.

한국어 도자기 공예 수업

한국어로 진행되는 도자기 공예 수업으로 초급부터 고급반까지 참여하실 수 있으며, 기본 기법 (핀칭, 코일링, 몰딩, 판성형)부터 물레 성형, 장식, 페인팅 및 유약 시유 등 도자기 만들기에 필요한 모든 과정에 대한 수업을 체계적으로 진행합니다. 방수 재질의 앞치마와 작업에 적합한 복장을 지참하시길 권장합니다. 수업에 사용되는 소정의 재료비가 별도로 부과됩니다.

Throw a Flowerpot

A 3 week course with Tutor, Shirley, to show you how to throw a lovely flowerpot or set of flowerpots for your garden.

Junior Courses

Pottery for Adults with Children (6yrs+)

A chance for adults as well as those accompanying children to try working with clay. Beginners can make hand-built pots or models while the experienced potters can work on the wheel. All work can be glazed. An adult must accompany children, who must be over 6 years. Please note: Unaccompanied children will NOT be booked onto this course.

7yrs+ Junior Beginners & Improvers

Learn and enjoy working with clay. Children will make pots by hand-building methods before learning to work on the wheel. Decorating with slips and glazes will also be covered. A small charge is made to cover the cost of materials and firings. Numbers are limited, so book early.

Course Title	Course	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
£5 Pottery Taster Class	MC164	Mon	19.00-21.00	05-Sep	05-Sep	1	£5.00	T Eastman
	MC264	Tues	19.00-21.00	03-Jan	03-Jan	1	£5.00	T Eastman
	MC364	Tues	19.00-21.00	18-Apr	18-Apr	1	£5.00	T Eastman
Korean Pottery Class	MC167	Wed	9.30-12.00	14-Sep	07-Dec	12	£140.00	J Kim
	MC267	Wed	9.30-12.00	11-Jan	22-Mar	10	£117.00	J Kim
	MC367	Wed	9.30-12.00	26-Apr	05-Jul	10	£117.00	J Kim



Course Title	Course	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
All Levels	MC150	Mon	9.45-12.15	12-Sep	05-Dec	12	£140.00	T Eastman
	MC250	Mon	9.45-12.15	09-Jan	20-Mar	10	£117.00	T Eastman
	MC350	Mon	9.45-12.15	24-Apr	10-Jul	10	£117.00	T Eastman
	MC150	Mon	19.00-21.30	12-Sep	05-Dec	12	£140.00	C Matheson
	MC250	Mon	19.00-21.30	09-Jan	20-Mar	10	£117.00	C Matheson
	MC350	Mon	19.00-21.30	24-Apr	10-Jul	10	£117.00	C Matheson
	MC153	Tue	19.00-21.30	13-Sep	06-Dec	12	£140.00	T Eastman
	MC253	Tue	19.00-21.30	10-Jan	21-Mar	10	£117.00	T Eastman
	MC353	Tue	19.00-21.30	25-Apr	04-Jul	10	£117.00	T Eastman
	MC155	Thurs	19.00-21.30	15-Sep	08-Dec	12	£140.00	S Rosemeyer
	MC255	Thurs	19.00-21.30	12-Jan	23-Mar	10	£117.00	S Rosemeyer
	MC355	Thurs	19.00-21.30	27-Apr	06-Jul	10	£117.00	S Rosemeyer
	MC156	Fri	9.45-12.15	16-Sep	09-Dec	12	£140.00	T Eastman
	MC256	Fri	9.45-12.15	13-Jan	24-Mar	10	£117.00	T Eastman
	MC356	Fri	9.45-12.15	28-Apr	07-Jul	10	£117.00	T Eastman
Clay Modelling	MC154	Thurs	9.45-12.15	15-Sep	08-Dec	12	£140.00	T Eastman
	MC254	Thurs	9.45-12.15	12-Jan	23-Mar	10	£117.00	T Eastman
	MC354	Thurs	9.45-12.15	27-Apr	06-Jul	10	£117.00	T Eastman
Life Modelling	MC151	Tues	9.30-12.30	13-Sep	06-Dec	12	£168.00	tbc
	MC251	Tues	9.30-12.30	10-Jan	21-Mar	10	£140.00	tbc
	MC351	Tues	9.30-12.30	25-Apr	04-Jul	10	£140.00	tbc
SHORT CLASSES								
Surface Decoration Masterclass	MC161	Fri	13.00-15.00	7-Oct	21-Oct	3	£45.00	L Ilsley
Ceramic Christmas Decorations	MC166	Wed	12.45-14.45	19-Oct	9-Nov	3	£45.00	C Matheson
Throw a Flowerpot!	MC265	Tues	12.45-14.45	7-Mar	21-Mar	3	£45.00	S Rosemeyer
Throwing Class	MC162	Wed	12.15-14.45	11-Jan	8-Feb	5	£80.00	C Matheson
	MC262	Wed	12.15-14.45	2-Nov	30-Nov	5	£80.00	S Rosemeyer
CLASSES FOR CHILDREN								
7yrs+ Junior Beginners & Improvers	MC152	Tue	16.15-17.45	13-Sep	11-Oct	5	£50.00	S Rosemeyer
	MC159	Tue	16.15-17.45	01-Nov	29-Nov	5	£50.00	S Rosemeyer
	MC252	Tue	16.15-17.45	10-Jan	07-Feb	5	£50.00	S Rosemeyer
	MC259	Tue	16.15-17.45	21-Feb	21-Mar	5	£50.00	S Rosemeyer
	MC352	Tue	16.15-17.45	25-Apr	23-Mar	5	£50.00	S Rosemeyer
	MC359	Tue	16.15-17.45	06-Jun	04-Jul	5	£50.00	S Rosemeyer
7yrs+ Junior Beginners & Improvers	MC152	Thurs	16.15-17.45	15-Sep	13-Oct	5	£50.00	S Rosemeyer
	MC159	Thurs	16.15-17.45	03-Nov	01-Dec	5	£50.00	S Rosemeyer
	MC252	Thurs	16.15-17.45	12-Jan	09-Feb	5	£50.00	S Rosemeyer
	MC259	Thurs	16.15-17.45	23-Feb	23-Mar	5	£50.00	S Rosemeyer
	MC352	Thurs	16.15-17.45	20-Apr	18-May	5	£50.00	S Rosemeyer
Pottery for Adults with Children (6yrs+)	MC157	Sat	10.00-12.00	17-Sep	15-Oct	5	£50.00 Adult/ £20.00 Child	S Rosemeyer
	MC163	Sat	10.00-12.00	05-Nov	03-Dec	5	£50.00 Adult/ £20.00 Child	S Rosemeyer
	MC257	Sat	10.00-12.00	14-Jan	11-Feb	5	£50.00 Adult/ £20.00 Child	S Rosemeyer
	MC263	Sat	10.00-12.00	25-Feb	25-Mar	5	£50.00 Adult/ £20.00 Child	S Rosemeyer
	MC357	Sat	10.00-12.00	29-Apr	27-May	5	£50.00 Adult/ £20.00 Child	S Rosemeyer
	MC363	Sat	10.00-12.00	10-Jun	08-Jul	5	£50.00 Adult/ £20.00 Child	S Rosemeyer
	MC158	Sat	13.00-15.00	17-Sep	15-Oct	5	£50.00 Adult/ £20.00 Child	S Rosemeyer
	MC160	Sat	13.00-15.00	05-Nov	03-Dec	5	£50.00 Adult/ £20.00 Child	S Rosemeyer
	MC258	Sat	13.00-15.00	14-Jan	11-Feb	5	£50.00 Adult/ £20.00 Child	S Rosemeyer
	MC260	Sat	13.00-15.00	25-Feb	25-Mar	5	£50.00 Adult/ £20.00 Child	S Rosemeyer
MC358	Sat	13.00-15.00	29-Apr	27-May	5	£50.00 Adult/ £20.00 Child	S Rosemeyer	
MC360	Sat	13.00-15.00	10-Jun	08-Jul	5	£50.00 Adult/ £20.00 Child	S Rosemeyer	

Horticulture, Craft & Textiles



Book Binding

An introduction to handmade book-binding: throughout the course students will learn about the materials and techniques needed to bind a variety of different style books, from traditional hardback to Japanese style. Explore your creativity with your own beautiful handmade books: diaries, photo albums, fine art applications, portfolios and more.

Mosaics

The art of Mosaics is centuries old, going back at least as far as the Romans. Come and learn the skills to create your own beautiful mosaic pieces. During this course you could create a mosaic mirror, decorative panel, table top, garden plaque or other project of your choice. You will need to purchase some basic materials, but this will be advised in the first session. Please bring a pair of safety goggles to all classes.

Calligraphy

Calligraphy is a pleasing and exacting craft, involving historical knowledge. It is the design and execution of lettering with a broad tip pen or brush and modern calligraphy ranges from functional inscriptions and designs to fine-art pieces where the letters may or may not be legible.

First time students

receive introductory talk on the background of calligraphy, the tools and their use. This will include a demonstration of the first script to be learnt – Foundation Hand. They will be taught individually by demonstration and begin to form letters of the alphabet at their own pace.

Students attending for their second / third term will begin a more complex piece using one or both of the scripts learnt during the previous term(s). This piece will also involve decoration, graphic or illustrational. It is expected to last five or six weeks. They will have the choice of learning a new script.

Regular students

will discuss and plan with the tutor their term's project. This will be based on their own choice of lettering, design and content but will be directed and advised by the tutor.

Patchwork & Quilting

Come and join a friendly and supportive group while learning the skills and techniques of making beautiful patchwork quilts for your family, home and friends. We will cover colour and design techniques, fabric choice, and cutting, piecing, quilting and finishing techniques using both hand and machine. All at your own pace. Your teacher, Sue, has many years of teaching experience and will nurture your skills and help you achieve more

than you hoped. If a full sized quilt seems too much then start by making a cot quilt, or perhaps a miniature quilt, a set of table mats or a throw for the lounge. Or, if you really want a challenge then go for gold with competition work. Either way, or anywhere in between there will be lots of advice and warm support. Your family and friends will be amazed at what you can do.

Making Clothes

This course is designed for students to use commercial patterns and adapt them to fit. All the basic techniques of dressmaking are taught with students being given some individual attention. If you are a beginner then the first class should be used for consulting the tutor on choice of pattern, fabric and equipment needed.

£5 Flower Arranging Taster

Have you ever wondered how to make those lovely flower arrangements? Well, here's your change to do a quick taster session and get a practical insight. In this one evening session you will have the chance to learn some of the essential techniques and come away with your own floral arrangement to take home. A list of flowers and material required will be provided in advance of the session.

Flower Arranging Course

Simple ideas for a variety of occasions, dinner parties, presents etc. Suitable for beginners to intermediates. Students will need to bring their own equipment, flowers etc. The first class will be a demonstration and will cover technique and advice on choice of materials. A list of requirements for future sessions will be handed out at the first class.

Flower Arranging – Christmas Wreaths

Come and learn how to make an eye-catching fresh festive door wreath and Christmas table centre, using seasonal foliage, flowers, cones, baubles... A list of flowers and materials required will be provided in advance of each session.

Flower Arranging – Decorate your Easter Table

Come and learn how to make seasonal arrangements to decorate your Easter Table. A list of flowers and materials required will be provided in advance of the session.

Flower Arranging – Summer Flowers

A celebration of Summer, create a table arrangement and a hand tied bouquet using seasonal flowers and a romantic colour palette. A list of flowers and materials required will be provided in advance of the session.

Course Title	Course	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
BOOK BINDING								
Book Binding	MC209	Wed	10.00-12.00	1-Mar	29-Mar	5	£80.00	A Moon
CALLIGRAPHY								
£5 Calligraphy Taster	MC110	Wed	13.00-15.00	14-Sep	14-Sep	1	£5.00	R Fuller
	MC210	Wed	13.00-15.00	11-Jan	11-Jan	1	£5.00	R Fuller
Calligraphy	MC104	Wed	12.30-15.00	14-Sep	07-Dec	12	£116.00	R Fuller
	MC204	Wed	12.30-15.00	11-Jan	22-Mar	10	£97.00	R Fuller
	MC304	Wed	12.30-15.00	26-Apr	05-Jul	10	£97.00	R Fuller
	MC112	Wed	19.15-21.15	14-Sep	07-Dec	12	£101.00	R Fuller
	MC212	Wed	19.15-21.15	11-Jan	22-Mar	10	£85.00	R Fuller
MC312	Wed	19.15-21.15	26-Apr	05-Jul	10	£85.00	R Fuller	
MOSAICS								
	MC113	Tues	19.30-21.30	27-Sep	06-Dec	10	£100.00	T Ayling
TEXTILES								
Patchwork & Quilting	MC100	Mon	9.45-12.15	12-Sep	05-Dec	12	£116.00	S Thornborough
	MC200	Mon	9.45-12.15	09-Jan	20-Mar	10	£97.00	S Thornborough
	MC300	Mon	9.45-12.15	24-Apr	10-Jul	10	£97.00	S Thornborough
	MC101	Wed	19.30-21.30	14-Sep	07-Dec	12	£101.00	S Thornborough
	MC201	Wed	19.30-21.30	11-Jan	22-Mar	10	£85.00	S Thornborough
	MC301	Wed	19.30-21.30	26-Apr	05-Jul	10	£85.00	S Thornborough
	MC111	Thurs	9.45-12.15	15-Sep	8-Dec	12	£101.00	S Thornborough
	MC211	Thurs	9.45-12.15	12-Jan	23-Mar	10	£97.00	S Thornborough
MC311	Thurs	9.45-12.15	27-Apr	06-Jul	10	£97.00	S Thornborough	
Making Clothes	MC102	Wed	9.30-12.00	14-Sep	07-Dec	12	£116.00	P Wardley
	MC202	Wed	9.30-12.00	11-Jan	22-Mar	10	£97.00	P Wardley
	MC302	Wed	9.30-12.00	26-Apr	05-Jul	10	£97.00	P Wardley
Making Clothes	MC103	Sat	10.00-12.30	x	x	6	£70.00	P Wardley
	MC203	Sat	10.00-12.30	x	x	6	£70.00	P Wardley
	MC303	Sat	10.00-12.30	x	x	6	£70.00	P Wardley
FLOWER ARRANGING								
£5 Flower Arranging Taster	MC106	Mon	19.00-21.00	05-Sep	05-Sep	1	£5.00	J Goddard
	MC206	Tues	19.00-21.00	03-Jan	03-Jan	1	£5.00	J Goddard
	MC306	Tues	19.00-21.00	18-Apr	18-Apr	1	£5.00	J Goddard
Flower Arranging Course	MC105	Fri	10.00-12.00	16-Sep	09-Dec	12	£101.00	J Goddard
	MC205	Fri	10.00-12.00	13-Jan	24-Mar	10	£85.00	J Goddard
	MC305	Fri	10.00-12.00	28-Apr	07-Jul	10	£85.00	J Goddard
Flower Arranging - Christmas Wreaths	MC107	Sat	10.00-13.00	17-Dec	17-Dec	1	£22.00	J Goddard
	MC108	Sat	14.00-17.00	17-Dec	17-Dec	1	£22.00	J Goddard
Flower Arranging - Easter	MC207	Sat	10.00-13.00	18-Mar	18-Mar	1	£22.00	J Goddard
Flower Arranging - Summer Flowers	MC307	Sat	10.00-13.00	13-May	13-May	1	£22.00	J Goddard



General Interest



Something for everyone including fascinating ancient insights, local history, writing and digital photography!

Surrey History

Autumn Term - This term focuses on topics relating to George I including the Carews of Beddington and Yale University. We will then continue with the period of George II and what was happening in Surrey during that time. There will be two visits at the start of term including the villages of Shere and Laleham.

Spring Term - This term is devoted to the historical background of a number of the large houses in Surrey. These include Clandon House, which has just suffered a devastating fire, Claremont and Ham House. Again there will be two visits including the village of Godstone and the fort at Reigate.

Summer Term - This term consists of two visits, one to Wimbledon Common and the windmill. We will be shown the wildlife of the common by one of the conservators. Also we will visit the village of Hambledon and the timber framed building of Oakhurst Cottage.

NEW Introduction to Digital SLR Photography

Do you want to take control of your camera and learn about its essential functions? This is a short course to inspire you to take your photography a step further and put you on the road to producing photos you would be proud to display to others.

Find out about aperture, shutter speed and ISO settings and discover how these can be used creatively to control exposure and depth of field. We will also cover basic composition tricks to take your photos beyond snapshots.

You will be encouraged to practice the techniques covered and bring your photos to class to share and discuss.

You will need to provide your own digital SLR camera or similar (providing it has a full range of controls) and have use of a basic photo editing computer program that allows a range of adjustments (e.g. Photoshop Elements or similar).

Book Group

This new Book Group will meet 3 times per term to discuss a selected book. The following book has been pre-selected for the start of the Autumn term, following that the group will decide the choice of book for the next session. If you are new to the group, please email suewilson@pfpfpleisure.org to check which book to read.

Autumn Term: *Go Set a Watchman* by Harper Lee (you may also wish to read *To Kill A Mockingbird* by Harper Lee)

Complimentary tea, coffee and biscuits will be provided for each session.

Creative Writing

A friendly, relaxed class, for those who have always wondered whether they had a book or a few poems in them. You may be a complete beginner, or you may have been too self-conscious to show anyone anything. Everyone's in the same boat in a writers' class – and everyone encourages everyone else. Some people from the previous year may continue to attend this class, as it's a supportive group. We have a go at whatever forms interest people – short stories, poetry, plays. Pointers will be given about construction, characterisation, atmosphere, etc., and criticism is positive but honest. Bring a pen, paper, and, if you want to, something you've written at home.

One Day Courses

Starting to Write

The first steps in tackling a short story, book, poem or play – the class is geared towards what the students want. The tutor has had work published and performed in all these areas, and can answer questions on all aspects. Bring a pen, paper, and a sense of humour.

Preparing to self-publish

This one-day course may appeal to people who want to self-publish slim volumes of verse, collections of short stories, or fiction. We'll look at editing, covers, illustrations, and platforms such as the Kindle. You'll need to have a computer, and be online at home. If you have a Kindle bring it along, and download the following free book beforehand: *Building Your Book for Kindle*. If you have a laptop you may bring it, but please make sure it's fully charged before you come.

NEW Basic Digital Photography Workshop

A fun 3 hour session aimed at those new to photography, or camera owners that have always wanted to venture beyond its default settings. With the holiday season ahead, we will aim to improve the photos of your family and friends and those moments that you want to treasure.

Discover what the different modes on your camera mean and when to choose one over the other, for example, settings such as landscape, sports, night-time, and back-light programs.

You don't need a professional camera but you will need a camera that has a range of program modes so that you can try the settings out after the workshop.

Course Title	Course	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
PHOTOGRAPHY								
Digital Photography	ML101	Sat	10.00-12.30	08-Oct	12-Nov	5	£80.00	D Halley
HISTORY								
Surrey History	ML100	Mon	13.30-15.30	12-Sep	05-Dec	12	£101.00	J Malyon
	ML200	Mon	13.30-15.30	09-Jan	20-Mar	10	£85.00	J Malyon
	ML300	Mon	13.30-15.30	24-Apr	05-Jun	5	£42.00	J Malyon
WRITING & BOOKS								
Creative Writing	ML102	Thurs	13.00-15.00	15-Sep	08-Dec	12	£101.00	E Newman
	ML202	Thurs	13.00-15.00	12-Jan	23-Mar	10	£85.00	E Newman
	ML302	Thurs	13.00-15.00	27-Apr	06-Jul	10	£85.00	E Newman
Book Group	ML104	Wed	19.30-21.30	21-Sep, 19-Oct, 30-Nov	-	3	£25.00	S Wilson
	ML204	Wed	19.30-21.30	18-Jan, 22-Feb, 29-Mar	-	3	£25.00	S Wilson
	ML304	Wed	19.30-21.30	26-Apr, 24-May, 5-Jul	-	3	£25.00	S Wilson
ONE DAY COURSES								
Basic Digital Photography Workshop	ML103	Sat	10.00-13.00	04-Mar	04-Mar	1	£30.00	D Halley
Starting to Write	ML106	Sun	10.00-16.00	09-Oct	09-Oct	1	£32.00	E Newman
Preparing to self-publish	ML206	Sun	10.00-16.00	26-Feb	26-Feb	1	£32.00	E Newman

Start Your rewarding career as a swimming teacher now!

Courses are run at the Malden Centre:

- **Level 1:** 4 day course: 25-Feb, 26-Feb, 4-Mar, 5-Mar 2017
- **Level 2:** 8 day course: 19-Aug - 26-Aug 2017

Book via the Institute of Swimming

Visit www.theiosonline.com to enrol



Art Courses



General classes cater for everyone. Please note, students are responsible for providing their own art materials. A sheet of white cartridge paper and a soft pencil should get you through the first lesson. In some cases a small additional fee will be charged for the model, payable to the tutor.*

NEW Painting on Location

Five weeks painting out of doors. A schedule will be sent to those who enrol, and we'll meet at the chosen destination. You will need transport, materials, and a flask of tea or coffee. The art room will be available as an alternative if the weather is foul.

Portrait Drawing & Painting*

This course is for all levels, from beginner to experienced. The classes consist of building a portrait through keen observation, constructing the forms of the head, neck and shoulders within the disciplines of line, tone, shapes and colour.

General Drawing & Painting

Any medium – oil, watercolour, pastel, pencil, pen and wash. Any subject, instruction on perspective, colour theory and composition.

Watercolour Workshop (Beginners)

A general class to give an introduction to the basic aspects of drawing and painting. Guidance is given on how to draw and where to start with watercolour painting. You will be taken step by step through the use of colour and the various effects that can be used to bring your painting alive! Different subject matters are looked at including landscape, portrait and still life.

Watercolour Workshop (All Levels)

Using a variety of subjects (landscapes, still life, architecture and more), develop your drawing and watercolour techniques. You will experiment with colour washes, tone, colour combinations and other special techniques to create outstanding artwork.

Suitable for all levels, but assumes some prior experience of painting.

Focus on Pastels

In this pastel painting course, the tutor will demonstrate the basic pastel painting techniques that you can use when you draw and paint with pastels.

You will experiment with the medium of pastels and will be shown how to use them to best effect. Add a different dimension to your art and above all, have fun with something different!

Oil & Acrylic Painting Workshop

This class in the main is run as an open workshop. Some of the students are relatively new to art practice, others are more experienced.

Usually, the less experienced student will follow the brief that the tutor introduces at the beginning of each term. The main emphasis is on drawing from observation to begin with, to enable the student to explore shape, form, space, pattern, tonal relationships, composition etc. Other visual sources such as photographs can be used in conjunction with drawing, to help build a wider visual vocabulary and enable the student to progress when making paintings.

The more experienced students can explore the possibilities of the brief introduced by the tutor or progress along their own lines and interests. In these cases, the tutor will give tuition and guidance when needed or asked for.

Exploring other artists work, traditional and contemporary is also part of the students learning on the course.

Life Drawing & Painting*

Working from a model, try a variety of innovative approaches aimed at improving observational skills and extending knowledge of techniques. There will be a range of long & short poses.

Open Art (Untutored)

Offering students the opportunity to pursue their own interests in this non tutored session.

Saturday Watercolour Workshop

This is a very stimulating, but also very friendly class, that invites all levels of expertise from beginners onwards. During the year we attempt to cover whole range of subjects from still life and portraiture in the studio, to landscape painting, which we try to arrange out of doors (weather permitting).

It is an ideal class for those who want to enjoy this lovely medium, but who just don't have the time during the week.

One Day Courses

Colourful creatures

An afternoon tackling animals that really try to make you use every colour in your paintbox or pastel set. Purple-breasted rollers, poison arrow frogs, peacock butterflies, parrot fish... They don't have to begin with the letter P, of course... Let's brighten up the winter with a bouquet of beasties.

Spring Flowers

Spend a relaxing Sunday afternoon painting spring flowers in watercolour. Bring in some flowers, and we'll pool some of them to make a big bunch – or you may prefer to do a study of just one or two blooms. This is a class for everyone, from the beginner to the experienced artist.

*A small additional fee will be charged for the model, payable to the tutor.

Course Title	Course	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
NEW Painting on Location	MA302	Tues	13.30-16.00	06-Jun	04-Jul	5	£50.00	E Newman
Portrait Drawing & Painting*	MA100	Mon	10.00-12.30	12-Sep	05-Dec	12	£116.00	M Collins
	MA200	Mon	10.00-12.30	09-Jan	20-Mar	10	£97.00	M Collins
	MA300	Mon	10.00-12.30	24-Apr	10-Jul	10	£97.00	M Collins
Focus on Pastels	MA205	Tues	10.00-12.30	1-Nov	29-Nov	5	£50.00	A Moon
Watercolour Workshop (Beginners)	MA101	Tues	13.00-15.30	13-Sep	06-Dec	12	£116.00	A Moon
	MA201	Tues	13.00-15.30	10-Jan	21-Mar	10	£97.00	A Moon
	MA301	Tues	13.00-15.30	25-Apr	04-Jul	10	£97.00	A Moon
Watercolour Workshop (All Levels)	MA104	Wed	13.00-15.30	14-Sep	07-Dec	12	£116.00	A Moon
	MA204	Wed	13.00-15.30	11-Jan	22-Mar	10	£97.00	A Moon
	MA304	Wed	13.00-15.30	26-Apr	05-Jul	10	£97.00	A Moon
General Drawing & Painting	MA106	Thurs	9.45-12.15	15-Sep	08-Dec	12	£116.00	E Newman
	MA206	Thurs	9.45-12.15	12-Jan	23-Mar	10	£97.00	E Newman
	MA306	Thurs	9.45-12.15	27-Apr	06-Jul	10	£97.00	E Newman
Watercolour Workshop (All Levels)	MA107	Thurs	13.00-15.30	15-Sep	08-Dec	12	£116.00	A Moon
	MA207	Thurs	13.00-15.30	12-Jan	23-Mar	10	£97.00	A Moon
	MA307	Thurs	13.00-15.30	27-Apr	06-Jul	10	£97.00	A Moon
Watercolour Workshop (All Levels)	MA103	Thurs	19.30-22.00	15-Sep	08-Dec	12	£116.00	A Moon
	MA203	Thurs	19.30-22.00	12-Jan	23-Mar	10	£97.00	A Moon
	MA303	Thurs	19.30-22.00	27-Apr	06-Jul	10	£97.00	A Moon
Oil Painting	MA109	Fri	10.00-12.30	16-Sep	09-Dec	12	£116.00	M Collins
	MA209	Fri	10.00-12.30	13-Jan	24-Mar	10	£97.00	M Collins
	MA309	Fri	10.00-12.30	28-Apr	07-Jul	10	£97.00	M Collins
Life Drawing & Painting*	MA110	Fri	13.30-16.00	16-Sep	09-Dec	12	£116.00	M Collins
	MA210	Fri	13.30-16.00	13-Jan	24-Mar	10	£97.00	M Collins
	MA310	Fri	13.30-16.00	28-Apr	07-Jul	10	£97.00	M Collins
Open Art (Untutored)	MA111	Thurs	19.00-21.30	15-Sep	08-Dec	12	£40.00	Untutored
	MA211	Thurs	19.00-21.30	12-Jan	23-Mar	10	£35.00	Untutored
	MA311	Thurs	19.00-21.30	27-Apr	06-Jul	10	£35.00	Untutored

*A small additional fee will be charged for the model, payable to the tutor.

WATERCOLOUR WORKSHOPS (ALTERNATE SATURDAYS)

17-Sep, 1-Oct, 15-Oct, 5-Nov, 19-Nov, 3-Dec	MA112	Sat	10.00-12.30	17-Sep	03-Dec	6	£73.00	M Collins
14-Jan, 28-Jan, 11-Feb, 25-Feb, 11-Mar, 25-Mar	MA212	Sat	10.00-12.30	14-Jan	25-Mar	6	£73.00	M Collins
29-Apr, 13-May, 27-May, 10-Jun, 24-Jun, 8-Jul	MA312	Sat	10.00-12.30	29-Apr	08-Jul	6	£73.00	M Collins

ONE DAY WORKSHOPS

Colourful Creatures Art Class	MA114	Sun	13.00-16.00	06-Nov	06-Nov	1	£22.00	E Newman
Spring Flowers Art Class	MA214	Sun	13.00-16.00	12-Mar	12-Mar	1	£22.00	E Newman



Junior Section - Pre School



Singacise! (18m-3yrs)

A fun filled, informal class for children of all abilities with parents or carers. Action songs, rhymes, games and free movement are used to assist overall development, improve co-ordination and fitness.

FUNdamentals (18m+ with Parent)

FUNdamentals offers a wide range of gymnastics based activities organised within 16 themes, such as 'seaside' and 'healthy eating'. Each theme is usually delivered over 6 sessions of approximately 45 minute duration.

During the sessions, children are transported into the World of FUNdamentals in which the iconic 'Funky Cat' leads them in a range of physical and musical activities that ensure their interest and excitement. At the end of each term, children receive badges, certificates and medals to recognise their efforts and encourage them to progress further as well as to evidence participation and learning. The certificate and badge are attractively and colourfully designed and the certificate is personalised with the child's name. There are gold and silver medals available as more themes are completed. Please note that Badges, Certificates and Medals can be purchased at Reception. Children must wear suitable clothing e.g. Leggings/shorts and t-shirts or leotard. No jewellery and long hair must be tied back

Pre School Gymnastics (3-4yrs)

A course for children without parents, working towards the British Gymnastics Proficiency Awards. Children will be taught basic gymnastics skills using hand apparatus, songs and gymnastics equipment. Classes promote physical, social and educational skills. The children should develop their co-ordination, confidence, balance and strength.

Pre School Trampolining (2-4yrs)

An introduction into trampolining for Parents/carers and children, teaching your child the basic skills and safety. There is a maximum of 4 children in each class. Children will learn specific moves and progress through the Trampoline Proficiency Award Scheme. Children must wear socks and suitable clothing. Jewellery must not be worn.

Tots Tap & Ballet (2½-4yrs)

Fun classes giving younger children the opportunity to learn basic ballet and tap steps. Shoes are available from the teacher if you wish to buy them, but they are not essential to start with.

Disco Dots (3–5yrs)

A class for 3-5yr olds. Exploring different dance styles whilst having lots of fun playing games. The class helps to develop and advance not only basic dance skills, but social skills too; behaviour, focus, leading and working together as a team, confidence, creativity. We build the routine up to a final performance at the end of term.

Mum and Pre Schooler Yoga "Little Yogaberries" (2 1/2-4 years)

Creative and interactive yoga classes incorporating stories, rhymes, songs and music. This class is for preschoolers and their parent or carer to experience a fun introduction to yoga and its postures. We will be moving, stretching, singing and dancing together, promoting body awareness and helping kids to develop social and communication skills. Basic breathing exercises delivered in a playful way always finishing with a guided visualisation or relaxation to promote good sleep.

* Mother and Baby Classes are also available - see page 3 for further information.

Tots Funtime at the Malden Centre

A drop in session for parents and children with soft play equipment apparatus and mini inflatable. Sessions are held on Monday, Wednesday, Friday and Sunday afternoons.

For safety reasons, the maximum height for children attending is 104cm.

Contact reception today on 020 8336 7770 for more information.



Course Title	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
Singacise! 18mth - 3yrs	Tues	9.45-10.30	13-Sep	13-Dec	13	£4.00	K Lyons
	Tues	9.45-10.30	9-Jan	28-Mar	11	£4.00	K Lyons
	Tues	9.45-10.30	18-Apr	18-Jul	13	£4.00	K Lyons
Yoga (Pre-School child 2½ - 4yrs & Parent)	Tues	14.00-14.45	06-Sep	13-Dec	14	£73.50	C Jaureguiberry
	Tues	14.00-14.45	03-Jan	28-Mar	12	£63.00	C Jaureguiberry
	Tues	14.00-14.45	18-Apr	18-Jul	13	£68.50	C Jaureguiberry
GYMNASTICS (PRE-SCHOOL)							
FUNdamentals 18m-2yrs	Wed	9.30-10.15		Ongoing		£21 per month	M Khoo
FUNdamentals 2-3yrs	Wed	10.15-11.00		Ongoing		£21 per month	M Khoo
	Wed	12.15-13.00		Ongoing		£21 per month	M Khoo
Pre School Gymnastics 3-4yrs	Wed	11.05-11.35		Ongoing		£16.87 per month	M Khoo
	Wed	13.00-13.30		Ongoing		£16.87 per month	M Khoo
	Wed	13.30-14.00		Ongoing		£16.87 per month	M Khoo
TRAMPOLINING (PRE-SCHOOL)							
Pre-School Trampoline 2-3yrs	Mon	13.45-14.15		Ongoing		£21 per month	L Ellis
Pre-School Trampoline 3-4yrs	Mon	14.15-14.45		Ongoing		£21 per month	L Ellis
Pre-School Trampoline 2-4yrs	Mon	14.45-15.15		Ongoing		£21 per month	L Ellis
Pre-School Trampoline 2-3yrs	Fri	13.45-14.15		Ongoing		£21 per month	L Ellis
Pre-School Trampoline 3-4yrs	Fri	14.15-14.45		Ongoing		£21 per month	L Ellis
Pre-School Trampoline 2-4yrs	Fri	14.45-15.15		Ongoing		£21 per month	L Ellis
DANCE							
Tots Tap & Ballet 2½ - 4yrs	Mon	9.40-10.25	05-Sep	12-Dec	14	£62.00	E Walker
	Mon	9.40-10.25	09-Jan	27-Mar	11	£48.50	E Walker
	Mon	9.40-10.25	24-Apr	17-Jul	11	£53.00	E Walker
	Mon	10.25-11.10	05-Sep	12-Dec	14	£62.00	E Walker
	Mon	10.25-11.10	09-Jan	27-Mar	11	£48.50	E Walker
	Mon	10.25-11.10	24-Apr	17-Jul	11	£53.00	E Walker
	Thur	12.45-13.30	08-Sep	15-Dec	14	£62.00	E Walker
	Thur	12.45-13.30	05-Jan	30-Mar	12	£53.00	E Walker
	Thur	12.45-13.30	20-Apr	20-Jul	13	£57.50	E Walker
	Thur	13.30-14.15	08-Sep	15-Dec	14	£62.00	E Walker
	Thur	13.30-14.15	05-Jan	30-Mar	12	£53.00	E Walker
	Thur	13.30-14.15	20-Apr	20-Jul	13	£57.50	E Walker
	Thur	14.15-15.00	08-Sep	15-Dec	14	£62.00	E Walker
	Thur	14.15-15.00	05-Jan	30-Mar	12	£53.00	E Walker
Thur	14.15-15.00	20-Apr	20-Jul	13	£57.50	E Walker	
Disco Dots 3-5yrs	Tues	16.00-16.30	06-Sep	13-Dec	14	£57.00	K Collins-Smith
	Tues	16.00-16.30	03-Jan	28-Mar	12	£48.50	K Collins-Smith
	Tues	16.00-16.30	18-Apr	18-Jul	13	£52.50	K Collins-Smith



Junior Section - Sport & Fitness



Football Skills (4 –7 yrs)

An action packed session of footballing skills taught by our FA Qualified Football Coaches. You'll dribble, tackle, pass and shoot – but will you score a goal in our non-stop, small sided games.

Trampolining (4yrs+)

These courses are designed to help your child gain confidence on the trampoline and to progress through the Trampoline Proficiency Award Scheme, which we progress weekly. Beginners classes cover Awards 1-5. Intermediate classes cover Awards 6-10. Please wear socks and suitable sports wear. Jewellery must not be worn.

Junior Badminton (7yrs +)

Using fun games and singles matches, learn the rules and various shots, including clears, drops and net shots with our Badminton England affiliated coach. As you improve, build on your shots in both singles and doubles whilst developing your strength, speed and accuracy.

Yoga for children aged 9+ “Yogaberry Kids

Introducing kids to yoga in a fun and playful way. They will move, balance, twist and stretch. Always finishing with a guided visualisation and relaxation to promote good sleep and fight stress. We will do a lot of partner yoga encouraging team work, balance poses to improve concentration, and overall promote a positive body image and good postural habits. Yoga is a non competitive physical activity that helps to build confidence, increases strength, flexibility, creativity, and focus. .

Gymnastics (4yrs+)

Junior Beginners Gymnastics

An introduction to gymnastics working towards the British Gymnastics Proficiency Awards 8, 7, 6 and 5. Children develop their co-ordination, confidence, balance, suppleness and strength.

Junior Intermediate Gymnastics

This follows the beginners course and works on more advanced gymnastics skills. Children continue to work through the British Gymnastics Proficiency Awards 4, 3, 2 and 1. Children should wear suitable clothing and long hair must be tied back

Tae Kwon Do

Tae Kwon Do (ITF) is a scientific martial art using the body, utilising every available blocking and attacking tool to bring about the controlled destruction of one's opponent. The class is open to students of all abilities – from beginners to advanced level. The classes are run by a 5th Degree International Instructor. Students from 8 years old onwards are welcome.

Tigers Club

In today's world it continues to be important for children to learn respect, courtesy and self discipline. Our martial arts classes teach much more than kicking and punching. We teach life skills. Students from 4 years old to 9 years old are welcome.

Course Title	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
YOGA							
Yoga 9yrs+	Wed	16.15-17.00	07-Sep	14-Dec	14	£73.50	C Jaureguiberry
	Wed	16.15-17.00	04-Jan	29-Mar	12	£63.00	C Jaureguiberry
	Wed	16.15-17.00	19-Apr	19-Jul	13	£68.50	C Jaureguiberry
FOOTBALL							
Football Skills 4-5yrs	Wed	16.15-17.00	07-Sep	14-Dec	14	£62.00	R Seale
	Wed	16.15-17.00	04-Jan	29-Mar	12	£53.00	R Seale
	Wed	16.15-17.00	19-Apr	19-Jul	13	£57.50	R Seale
Football Skills 5-7yrs	Wed	17.00-18.00	07-Sep	14-Dec	14	£72.00	R Seale
	Wed	17.00-18.00	04-Jan	29-Mar	12	£62.00	R Seale
	Wed	17.00-18.00	19-Apr	19-Jul	13	£67.00	R Seale
TRAMPOLINING							
Junior Beginner Trampoline 4-7yrs	Mon	15.45-16.30		Ongoing		£24.00 per month	L Ellis
Junior Beginner Trampoline 6-8yrs	Mon	16.30-17.15		Ongoing		£24.00 per month	L Ellis
Junior Intermediate Trampoline 5yrs+	Mon	17.15-18.15		Ongoing		£29.62 per month	L Ellis
Junior Beginner Trampoline 4-7yrs	Fri	15.45-16.30		Ongoing		£24.00 per month	L Ellis
Junior Beginner Trampoline 6-8yrs	Fri	16.30-17.15		Ongoing		£24.00 per month	L Ellis
BADMINTON							
Junior Badminton Intermediate 7yrs+	Tue	17.00-18.00	06-Sep	13-Dec	14	£105.00	tbc
	Tue	17.00-18.00	03-Jan	28-Mar	12	£90.00	tbc
	Tue	17.00-18.00	18-Apr	18-Jul	13	£97.50	tbc
GYMNASTICS							
Gymnastics Beginners 4-6yrs	Thurs	16.15-16.45		Ongoing		£16.84 per month	M Khoo
Gymnastics Beginners 6-8yrs	Thurs	16.45-17.15		Ongoing		£16.84 per month	M Khoo
Gymnastics Intermediates 6yrs+	Thurs	17.15-18.00		Ongoing		£21.00 per month	M Khoo
MARTIAL ARTS							
Tigers Club 4-9yrs	Sat	15.30-16.15	17-Sep	10-Dec	12	£62.00	U Vijapura
	Sat	15.30-16.15	14-Jan	25-Mar	10	£53.00	U Vijapura
	Sat	15.30-16.15	29-Apr	08-Jul	10	£57.50	U Vijapura
Tae Kwon Do 8yrs+	Sat	16.15-18.00	17-Sep	10-Dec	12	£88.00	U Vijapura
	Sat	16.15-18.00	14-Jan	25-Mar	10	£74.00	U Vijapura
	Sat	16.15-18.00	29-Apr	08-Jul	10	£74.00	U Vijapura



Junior Section - Languages, Art & Pottery



Languages

Fun French (2–10 yrs)

These classes are designed to introduce your child to French through lively games, songs and activities so they can gain a good accent and have fun at the same time. The classes are taught by a native French lady. Each week will include: activity work sheets, games and songs based on a different topic. Please make sure you book the correct class – according to your child's age.

Pottery

7yrs+ Junior Beginners & Improvers

Learn and enjoy working with clay. Children will make pots by hand-building methods before learning to work on the wheel. Decorating with slips and glazes will also be covered. A small charge is made to cover the cost of materials and firings. Numbers are limited, so book early.



Pottery Parties at the Malden Centre

For children aged 7yrs +

- Spend 2 hours in the Pottery Studio with our Pottery Instructor.
- Anything you and your guests make and wish to keep will be clear glazed and professionally fired after the party.

Contact reception today on 020 8336 7770 for more information.

Course Title	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
FRENCH							
Fun French 4-5yrs	Sat	9.20-10.00	10-Sep	17-Dec	14	£75.00	C Matthews
			07-Jan	01-Apr	12	£64.50	C Matthews
			22-Apr	22-Jul	13	£70.00	C Matthews
Fun French 2-3yrs	Sat	10.00-10.40	10-Sep	17-Dec	14	£75.00	C Matthews
			07-Jan	01-Apr	12	£64.50	C Matthews
			22-Apr	22-Jul	13	£70.00	C Matthews
Fun French 6-10yrs	Sat	10.40-11.20	10-Sep	17-Dec	14	£75.00	C Matthews
			07-Jan	01-Apr	12	£64.50	C Matthews
			22-Apr	22-Jul	13	£70.00	C Matthews
POTTERY							
7yrs+ Junior Beginners & Improvers	Tue	16.15-17.45	13-Sep	11-Oct	5	£50.00	S Rosemeyer
			01-Nov	29-Nov	5	£50.00	S Rosemeyer
			10-Jan	07-Feb	5	£50.00	S Rosemeyer
			21-Feb	21-Mar	5	£50.00	S Rosemeyer
			25-Apr	23-Mar	5	£50.00	S Rosemeyer
			06-Jun	04-Jul	5	£50.00	S Rosemeyer
7yrs+ Junior Beginners & Improvers	Thurs	16.15-17.45	15-Sep	13-Oct	5	£50.00	S Rosemeyer
			03-Nov	01-Dec	5	£50.00	S Rosemeyer
			12-Jan	09-Feb	5	£50.00	S Rosemeyer
			23-Feb	23-Mar	5	£50.00	S Rosemeyer
			20-Apr	18-May	5	£50.00	S Rosemeyer
			08-Jun	06-Jul	5	£50.00	S Rosemeyer

Drama

Drama (3-4yrs)

Let your little ones explore stories and characters, go on adventures and enjoy role playing in these fun and energetic drama classes. They will gain confidence, learn theatre skills and socialisation through singing, games and drama activities. There will be a showing to the parents at the end of term.

Drama (5-7yrs)

A lively and creative class aimed at 5-7 year olds exploring drama and performance skills through games, devising, singing and movement. The class will focus on a theme or story and let the children improvise and present it in their own unique way, guided and directed by the drama professional. It will help your child develop confidence and find their voice and they'll improve their social skills by working as a team. We will work towards an exciting final performance for parents at the end of term.

Dance

Street Dance (6 – 12 yrs)

Street Dance is a lively, enthusiastic class. Children learn new routines to current pop songs. They play games to develop the basic dance skill; rhythm, confidence and coordination, plus social skills through working with others, leading, awareness and general behaviour. The children also develop their own creativity by having regular input into the routines. All classes build to a final performance at the end of term.

Music

Guitar Beginners (8-12yrs)

For children who want to learn and understand the basics through to the skills of playing the Acoustic Guitar. Please bring your own acoustic guitar to the sessions.

Malden Centre Youth Orchestra: Come And Join The Sound!

The MALDEN CENTRE YOUTH ORCHESTRA is a new exciting opportunity offered to young musicians aged 10-21 to practice and perform symphonic music under the professional guidance of an experienced conductor within the vibrant and safe environment of the Malden Community Centre. The orchestra will start in September 2016, with weekly rehearsals on Thursdays afternoon between 5pm and 7pm during school terms, and will explore music across a wide range of styles, from the classical repertoire of the past to modern show tunes and film scores. The MCYO is committed to delivering a high quality, ensemble training residential course, and to raising the profile and musicianship of its players. Players of strings, wind and brass instruments are welcome (percussion players, please contact the Music Director before enrolling): although this is a non-auditioning orchestra, players are required to have a grade 3 standard or above (note: a final decision will be made by the tutor after the first rehearsal). Playing in a full orchestra is a challenging and rewarding experience: enthusiasm and positive attitude is expected, as well as commitment to make attendance at rehearsal a priority. The MCYO aspire to grow within and without the local community, to provide excellent educational experience to young musicians, and to deliver first-rate music to audiences.

Please note that the running of this course will be subject to number of enrolment: early booking is recommended.

Course Title	Day	Time	Start Date	End Date	Wks	Full Fee	Tutor
ORCHESTRA							
Malden Centre Youth Orchestra	Thurs	17.00-19.00	08-Sep	15-Dec	14	£120.00	P Buttaboni
	Thurs	17.00-19.00	05-Jan	30-Mar	12	£103.00	P Buttaboni
	Thurs	17.00-19.00	20-Apr	20-Jul	13	£111.00	P Buttaboni
DRAMA							
Drama 3-4yrs.	Wed	14.00-15.00	07-Sep	14-Dec	14	£72.00	K Tavanandi
	Wed	14.00-15.00	04-Jan	29-Mar	12	£62.00	K Tavanandi
	Wed	14.00-15.00	19-Apr	19-Jul	13	£67.00	K Tavanandi
Drama 5-7yrs	Wed	16.15-17.45	07-Sep	14-Dec	14	£100.00	K Tavanandi
	Wed	16.15-17.45	04-Jan	29-Mar	12	£86.00	K Tavanandi
	Wed	16.15-17.45	19-Apr	19-Jul	13	£93.00	K Tavanandi
DANCE							
Street Dance 6-9yrs	Tues	16.30-17.15	06-Sep	13-Dec	14	£62.00	K Collins-Smith
	Tues	16.30-17.15	03-Jan	28-Mar	12	£53.00	K Collins-Smith
	Tues	16.30-17.15	18-Apr	18-Jul	13	£57.50	K Collins-Smith
Street Dance 9-12yrs	Tues	17.15-18.00	06-Sep	13-Dec	14	£62.00	K Collins-Smith
	Tues	17.15-18.00	03-Jan	28-Mar	12	£53.00	K Collins-Smith
	Tues	17.15-18.00	18-Apr	18-Jul	13	£57.50	K Collins-Smith
GITAR							
Guitar Lessons Beginners 8-12yrs	Tues	17.00-18.00	06-Sep	13-Dec	14	£105.00	G Raggett
	Tues	17.00-18.00	03-Jan	28-Mar	12	£82.50	G Raggett
	Tues	17.00-18.00	18-Apr	18-Jul	13	£90.00	G Raggett

Malden Centre Breakfast and After School Club



Let us stretch your child's imagination and join in the fun. We offer a wide choice of activities including:-

- Swimming (over 8's)
- Role Play
- Team Games
- Board Games
- Outdoor Area
- Group Projects
- Arts/Crafts
- Cookery

Breakfast Club - £3.50

After School Club - £10.00

Walking bus to and from school

Pick up from local schools

Hot healthy snack

Family discount

Ofsted registered childcare

Times

Breakfast club 7.30am to school drop off

After School Club 3.15pm – 6.30pm

Birthday Parties at the Malden Centre

Active Tots Parties

Enjoy an hour of fun in our studio using our soft play equipment, apparatus and mini bouncy castle, followed by your party tea. For children under 5 years.

Package Parties

Turn your children's party into an exciting day to remember. There's no mess, no fuss and we do all the hard work whilst you, your children and their friends have all the fun.

Choose from:

Active Bounce, Football, Fitness Fun

For children aged 5 - 9 years

Pool Inflatables Parties

For children over 8 years.

Our giant inflatable unleashed in the Main Pool.

Can you and your friends reach the end without falling in???

Pottery Party

For children aged 7yrs +

Spend 2 hours in the Pottery Studio with our Pottery Instructor.

Anything you and your guests make and wish to keep will be clear glazed and professionally fired after the party.





The crèche welcomes children from the age of 6 months. Registered by OFSTED, our standards comply with those required for day care under the children's act 1989.

Crèche Opening Hours – Term Time

Monday – Friday
9.15am – 12.30noon and 1.00pm – 3.00pm

The crèche may be able to take children whose parent/guardian is attending a lunch time course. Please ensure prior arrangements have been made with the Crèche Supervisor.

Bookings & Enquiries

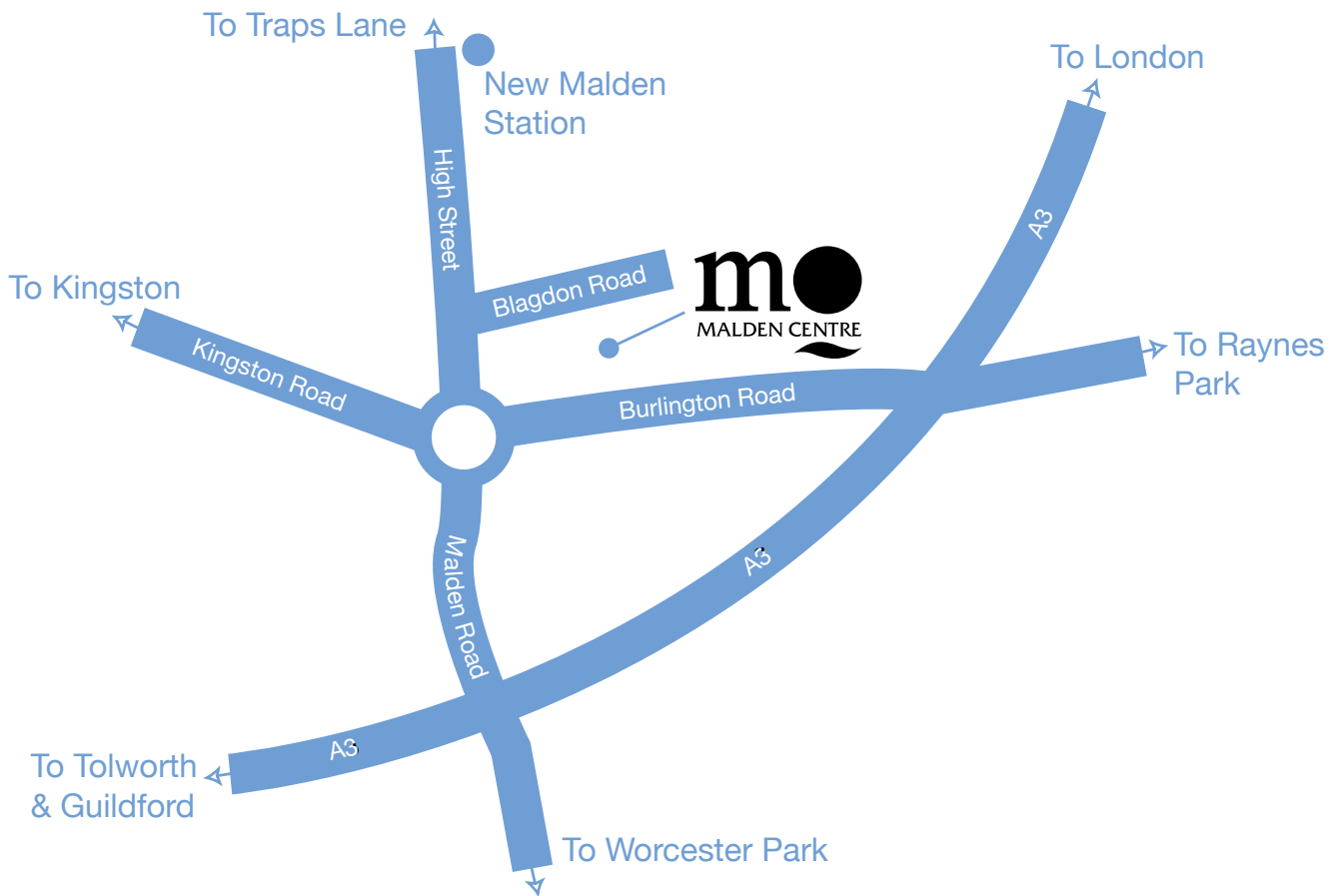
Places must be booked in advance. Telephone 020 8336 7787 and ask for the Crèche Supervisor during term time. At holiday periods messages and enrolment forms may be left at reception.

Crèche Availability

Crèche places are limited. Please check availability before booking a course or activity. Parents/guardians attending courses at the Malden Centre should book and pay for a term in advance. The Crèche is also available for parents/guardians wishing to swim or use the gym or other facilities at the centre on an hourly basis.



General Information



The Malden Centre is situated close to both the main line train and bus terminals. For motorists, the Centre is just 2 minutes from the A3 and there is ample car parking both on site and within a municipal car park opposite.

Parking

Entry via Blagdon Road just off New Malden High Street (first right from Fountain roundabout). Surface car park Pay and Display Monday to Saturday, free before 8.00am, after 6.30pm and all day Sunday. Multistorey Pay & Display free from 6pm Monday to Saturday, closing at 10.00pm weekdays, 6.30pm Saturdays. Please note, both car parks are managed by Royal Borough of Kingston, not the Malden Centre.

Refund Policy

■ Please see your Enrolment Form for the full Terms & Conditions.



MOVES Fitness

at the MALDEN CENTRE



Tuesday 6.30pm – 7.30pm

**Move your body and lift your spirits.
Be inspired, enjoy the movement.**

- ♥ Fabulously fun exercise class combining dance-based cardio, functional strength and mobility training.
- ♥ All ages and fitness levels welcome.
- ♥ £7 per class, pay as you go, no need to book.
- ♥ For more information call Helen on 020 8390 5961.
- ♥ www.movesfitness.com

Come and join the fun!



ALSO at

Manor Park Hall, Malden Road, New Malden
Wednesday 6.45pm-7.45pm

SENIOR MOVES

A gentler mobility class for the older or very unfit Mover.

Manor Park Hall, Malden Road, New Malden

Monday 11.30am-12.30pm, £6 per class, includes coffee



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enquiries **email: execfit1@btinternet.com**

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MALDEN CENTRE

Blagdon Road, New Malden

020 8336 7770

enquiries@themaldencentre.co.uk

www.themaldencentre.co.uk

* Terms and conditions apply.



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 The Scouts Hall, 45-47 Green Lane, KT3 5BX Saturdays 12.00pm Children & Adults
 Classes also in Cheam, Kingston, Wimbledon, Tooting & Putney **Pay As You Go**

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