

# Kentish Town Community Centre

*Connecting and inspiring Kentish Town*

## What's On at KTCC?

### Parents and Under 5s

Toy Library  
Little Stars Drop-In for Parents and Carers

### Children and Young People

Caversham Girls Group (8-13 yr olds)  
Creative Dance and Hip Hop (3-12 yr olds)  
Supplementary School (6-14 yr olds)  
Kentish Town Youth Project (13-19 yr olds)

### Affordable Exercise and Fitness

Women's Workout with crèche  
Yoga for Beginners  
Kung Fu – all levels  
Adult kickboxing – all levels  
Healthy Bones over 50s Gentle Exercise  
Zumba for Beginners

### Wellbeing Programme

Reflexology  
Meditation  
Massage and Relaxation for over 50s

### Classes and Groups

English for Speakers of other Languages (ESOL) with crèche  
Chatty Crafts  
Computer Club for Beginners  
Gardening Club  
Knit and Knatter

### Advice and Support

Careers Advice – CVs, job applications and training  
Councillor's Surgery – every second Friday of the month

### See Over for Venues and Timetable

call **020 7482 3212** (email [info@ktcc.org.uk](mailto:info@ktcc.org.uk)) for more information  
Greenwood Centre, 25 Greenwood Place, NW5 1LB  
Torriano Tenants Hall, Torriano Road, NW5 2SY  
Peckwater Tenants Hall, Islip Street, NW5 2TU  
Montpelier Gardens, off Brecknock Road, N19 5AH

## Kentish Town Community Centre Weekly Programme – Summer 2011

All activities at Greenwood Centre (25 Greenwood Place, NW5 1LB) unless stated otherwise.

<b>Monday</b>			
10.00 – 12.00pm	Toy Library	Closed for Summer. Re-opens in September.	Free
1.00 – 3.00pm	ESOL with Creche	Closed for Summer. Re-opens in September.	Free
6.45 – 7.45pm	Zumba Classes	Ditch the workout and join the party!	£5/£3.50
<b>Tuesday</b>			
9.30 –11.00am 11.00-12.30pm	Little Stars Drop-In	Closed for Summer. Re-opens in September.	Free
10.30 – 12.00pm	Yoga for beginners	Friendly class – all levels - Peckwater Tenants Hall	Donations
2.00 – 3.30pm	Computer Club	Support for beginners – pre-booking necessary	Free
6.30 – 8.30pm	Youth Project	Summer programme in place. No evening sessions.	Free
<b>Wednesday</b>			
10.30 – 11.30am	Women’s Workout	Closed for Summer. Re-opens in September.	Free
1.00 – 1.45pm	Zumba Classes	Ditch the workout and join the party!	£5/£3.50
1.30 – 3.00pm	Little Stars Drop-In	Closed for Summer. Re-opens in September.	Free
1.30 – 3.30pm	Chatty Crafts	Knitting, sewing or crochet - Torriano Tenants Hall	Free
4.00 – 4.45pm	Creative Dance & Theatre	Closed for Summer. Re-opens in September.	£2
4.50 – 5.35pm	Hip Hop Street Dance	Closed for Summer. Re-opens in September.	£2
5.45 – 6.30pm	Hip Hop Street Dance	Closed for Summer. Re-opens in September.	£2
6.00 – 9.00pm	Knit & Knatter	Fun and friendly knitting group	Free
6.30 – 9.00pm	Youth Project	Summer programme in place. No evening sessions.	Free
<b>Thursday</b>			
9.30 – 12.00pm	Little Stars Drop In	Closed for Summer. Re-opens in September.	Free
10.00 – 11.30am	Healthy Bones Exercise	Gentle over 50’s exercise class then tea and socialising - Peckwater Tenants Hall	£1
1.00 – 3.00pm	Massage and Relaxation	Over 50s head and shoulder massage – must pre-book	£1
1.00 – 3.00pm	ESOL with Creche	Closed for Summer. Re-opens in September.	Free
6.30 – 8.30pm	Youth Project	Football - Peckwater Pitch	Free
<b>Friday</b>			
10.00 – 1.00pm (1 <sup>st</sup> Fri of month)	Careers Advice	Free advice on CVs, job applications and training	Free
1.00 – 3.00pm	Reflexology	£5 for 1-hour treatment – pre-booking necessary	£5
4.00 – 6.30pm	Caversham Girls Group	Summer programme – contact us for details.	Free
<b>Saturday</b>			
10.00 – 11.00am	Kung Fu	Class for all ages/all levels. Female tutor - Peckwater Tenants Hall	£5
11.00 – 12.30pm	Adult Kick Boxing	Contact Tanat on 07717 060563 – Peckwater Tenants Hall	£7
From 2.00pm	Gardening Club	Montpelier Gardens, just off Brecknock Road	Free
<b>Sunday</b>			
10.00 – 1.00pm	Supplementary School	Closed for Summer. Re-opens in September.	£5 p hour

Call **020 7482 3212** for more information or for booking, or visit our website at [www.ktcc.org.uk](http://www.ktcc.org.uk)