**ST PAUL’S CHURCH**

**Egerton Road, Monton M30 9LR**

**WHAT’S ON IN THE COMMUNITY ROOM INCLUDES**

**Little Groovers on a Tuesday Morning**

Baby, toddler and pre-school music sessions are now being held in the Community Room at St Paul’s on a Tuesday morning. There are sessions starting at 9:30am and then at 10:20am. Sessions are led by a classically trained musician, raise self-esteem, teach social skills and more. To book a free taster session please contact Liz on 07973 875168

**Uniformed Organisations:**

**Tuesday** 5:45pm-7:15pm Rainbows ~ Carly 07476 471808

**Wednesday** 5:30pm to 7pm Brownies ~ Charlotte 07814 751977

**Wedesday** 7pm- 9pm Guides ~ Rachel Manley 07850 486216

**‘Mums & Tods’ 9:30am to 11:30am Wed and Friday mornings**

during term time thanks to the ongoing commitment of Joyce and Tony Checkley and other helpers Tel : 0161 707 9028

**Thursday Afternoon at 2pm Dance Fitness For Mature Movers**

Each 45 minute class combines differing dance styles and toning exercises to improve body shape and co-ordination.

**Thursdays from 3pm- 4pm & at 8pm – 9pm Pilates Classes**

Pilates based mat work exercise classes. Stretch, tone and improve your core strength and flexibility For any of these sessions contact Kathryn on 07981265289 or email: ksmd@talktalk.net

**Thursdays 4:15pm – 5:15pm Kenkyo Kids 3 – 6 years**

Do you have a child aged between 3 and 6 whose discipline, confidence and coordination you would like to develop? Would you like your children to learn to follow instructions whilst having fun? If so try Kenkyo Kids!

**6pm – 7pm Beginners self defence class. 7yrs+**
Safe, fun and friendly class teaching pragmatic self defence and bullying awareness. Alongside the obvious benefits, learning these skills also builds awareness, self esteem, confidence, respect, determination, fitness, flexibility, strength, speed, whilst having fun.
**For both sessions please contact Neil on 07399 581754**

**Saturdays 11am to 2pm Joanne Farnell Dance School**: other

classes are held at Monton Methodist Church. For more info please call Joanne on 07799 068761 or visit their website: www.missjoanne.com

**Interested in hiring the Community Room?**

The Community Roomis generally free on a Monday evening at present

if you are looking for somewhere for your group to meet.Should you wish to hire the room then or at any other time (for examplefor a children’s party) please contact **Rosemary on 0161 917 8589**.

Users of the Community Room please note that this does not extend to include the use of the church itself without prior permission. All areas of the building must be treated with respect and consideration, thank you!