

**LOWER PENARTH COMMUNITY ASSOCIATION BROCKHILL WAY PENARTH CF64 5QD****Registered Charity No. 1074675**

For individual activities please contact the named people, where given, for the activity.

For hall hire please e-mail [sec.lpca@gmail.com](mailto:sec.lpca@gmail.com) or call 07724632300 and leave a message for the secretary**REGULAR ACTIVITIES – MAIN HALL**

DAY	TIME	GROUP	CONTACT	TEL.NO.
<b>Monday</b>	10am to 11am	Extend/Fit For Fun	Currently Full	N/A
	11:30 to 12noon	Mind Matters	Currently Full	N/A
	1pm to 2:30pm	Tai-Chi – Adults	Currently Full	N/A
	5pm to 6pm	Rainbows	Carol Emary	029 20709434
	6:15 to 7:30pm	Brownies	Janet Mathias	029 20702544
	7:45 to 8:45pm	Turned Up Fitness	Beth Webb	07969285147
<b>Tuesday</b>	10am to 2pm	Sensory West (3x1hr sessions)	Becci Broad	07802676065
<b>AFTERNOONS CURRENTLY FREE 2:30PM TO 6PM</b>				
	7pm to 7:45pm	Tabata Circuits by Escofit <a href="mailto:teamescofit@icloud.com">teamescofit@icloud.com</a>	Amy Rasbuary	07545127650
	8pm to 9:30pm	GA (Community Support Group)		N/A
<b>Wednesday</b>	10am to 11am	Extend/Fit For Fun	Currently Full	N/A
	11:30 to 12noon	Mind Matters	Currently Full	N/A
	3:30 to 5:30pm	First Class Learning (Maths & English tuition)	Jenny Tricklebank	07415702061
	6:30 to 7:30pm	Pilates (intermediate plus)	Sarah Fowles	07738738903
	7:45 to 8:45pm	ACA (Community Support Group in Committee Room)	Natalie Woodhall <a href="mailto:n.woodhall@icloud.com">n.woodhall@icloud.com</a>	
<b>EVENINGS CURRENTLY FREE 8:00PM to 9:45PM</b>				
<b>Thursday</b>	10:30 – 12:00	Coffee Club (1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays)	Elizabeth Mainwaring	029 20709674
<b>AFTERNOONS CURRENTLY FREE 1:00PM to 5:00PM</b>				
	6pm to 7pm	Private Dance Practice	Private Booking	N/A
<b>Friday</b>	09:30 – 11:00	Eden Church Parents & Toddlers	Helen Dyer	07791101587
<b>AFTERNOONS CURRENTLY FREE NOON to 5PM</b>				
	6pm to 9pm	Dog Training Classes	Emma Hall	07854695362
<b>Saturday</b>	<b>CURRENTLY FREE FROM 11AM TO 9:45PM</b>			
<b>Sunday</b>	6pm to 7pm	Yoga	Natalie Brown	07523366433