

WHAT'S ON IN MARKS TEY PARISH HALL

REGULAR GROUPS AND CLUBS HELD IN THE MARKS TEY PARISH HALLS

IF YOU ARE INTERESTED IN JOINING

CALL 01206 213250 OR CONTACT THE ORGANISER

BALLROOM, LATIN & SEQUENCE DANCING Barbara Patrick Dancing to CD's - Ballroom Rhythms	SATURDAY Recreation Hall	Monthly 18:30 - 23:30
BOUNCE Mini trampoline fitness	Monday, Tuesday Recreation Hall Wednesday Small Hall Thursday Recreation Hall Friday Recreation Hall	Weekly 10:00 - 11:00 19:45 - 20:45 18:30 - 19:30 10:00 - 11:00
CAMEO SOCIAL CLUB Linda Carter Meeting Group for ages 45 plus	SATURDAY Main Hall	Contact organiser for further info 19:00 - 24:00
CEROC DANCING Kieran Moore - 07789 333227 Social partner dancing classes	WEDNESDAY Recreation Hall Main Hall	Weekly 19:00-22:30
COLCHESTER BONSAI SOCIETY Ron Shoesmith - 01206 211003 To promote the growing and care of Bonsai Trees	MONDAY Small Hall	Monthly 19:30 - 21:30
COLCHESTER & DISTRICT CANINE SOCIETY Breed Dog Training (Ringcraft)	TUESDAY Main Hall	Weekly 19:00 - 21:30
COLCHESTER INSTITUTE ADVANCED MOTORISTS Patrick Corps - 07887 500799 Teaching Driving Skills	TUESDAY Small Hall	Monthly 19:30 - 22:00
COLCHESTER JAZZ CLUB Traditional and New Orleans Jazz, Live Bands, all ages welcome	SUNDAY Main Hall	Weekly 19:00 - 22:30
COLLECTORS FAIR Lorne Webb - 01424 751518 Colchester Stamp and Postcard Fair	SATURDAY Recreation Hall	Bi-Monthly 09:30 - 15:30
COUNTRY & WESTERN DANCES Wendy Knights - 07940 546532 or Lyn Dawes - 07715 881579	FRIDAY Main Hall	Monthly 19:00 - 23:00
CRAFT CLASS Karen Moss - karen.moss2@btinternet.com Paper crafting and Scrapbooking	SATURDAY Small Hall	Monthly 10:00 - 17:00
GUIDE DOG TRAINING Claire Dilkes - 07766 360697	FRIDAY Main Hall	Fortnightly 10:00 - 12:15
JAZZERCISE Caroline Holloway - 07810 803012 Aerobic dancing for men and women	MONDAY Main Hall	Weekly 18:15 - 20:45
KEEP FIT Maureen Squirrell - 01206 524355 Moves to Music - 45yrs+ & experienced	THURSDAY Main Hall	Weekly 09:30 - 12:00
KARATE Nigel Hutchinson - 07841 954223 Karate for all ages (6+) and levels, great for confidence & fitness	THURSDAY Main Hall	Weekly 19:30 - 21:00

KICKBOXING 01376 529122 / 07967 490968 / reception@themartialartscentre.com Kickboxing (Children & Adults)	FRIDAY Small Hall	Weekly 18:30 - 19:20
MARKS TEY BOWLS CLUB Carpet Bowls - No Experience Required	THURSDAY Main Hall	Weekly 13:30 - 16:15
MARKS TEY FOOTBALL CLUB Sue Dyer - 01206 211016		Contact organiser for further info
OVER 50'S EXERCISE CLASS Greg Whyman - 07904 607843	THURSDAY Main Hall	Weekly 18:00 - 19:00
PILATES CLUB Pat Smith - 01206 564348 Helps develop good posture to ease back and joint pain	WEDNESDAY Main Hall	Weekly 09:30 - 10:30
SALSA SENSATIONS Steve Eden - 07912 675616 Salsa Party Night	TUESDAY Recreation Hall SATURDAY Recreation Hall	Weekly 19:30 - 23:30 Monthly 19:30-00:30
SHOTOKAN KARATE 01376 529122 / 07967 490968 / reception@themartialartscentre.com Karate (Children)	FRIDAY Small Hall	Weekly 17:30 - 18:20
SILVER THREADS Keith Ward - 01206 211513 Meeting club for older people	TUESDAY Main Hall FRIDAY Main Hall	(2nd & 4th of each month) 13:15 - 16:45 Monthly 18:00-11:00
SLIMMING WORLD Wendy Chandler - 07941 965832 Supportive Weight Loss Group	TUESDAY Main Hall	Weekly 09:30 - 11:00
STANWAY U3A TABLE TENNIS Val Barclay - 01206 541908 You need to be a member of Stanway U3A to participate however two taster sessions are permitted	MONDAY Recreation Hall	Fortnightly 11:30 - 13:45 14:00 - 16:15
STARLIGHT DANCING Chris Burrell - 07739518890 Afternoon Tea Dance - socialise and dance to all your favourite Ballroom, Latin and Sequence dances. Juvenile Class (6-11 Year Olds) - Fun class teaching the basics of Ballroom and Latin dances, including Cha Cha Cha, Waltz, Quickstep, Jive and more! From 16:45-17:15 optional, free practice session for your child to cement in their new dance moves. Junior Class (12-17 Year Olds) - Learn the basics of all Ballroom and Latin dances, as well as some fancy groups and technique to make your dancing look the best it can. We will also be learning fun routines to chart-topping tracks. Ballroom and Latin Practice for all	TUESDAY Recreation Hall WEDNESDAY Recreation Hall FRIDAY Recreation Hall SATURDAY Recreation Hall	Weekly 13:00 - 15:30 Weekly 16:00 - 16:45 16:45 - 17:15 17:15 - 18:00 Weekly 17:30-21:00 Monthly 19:30-23:00
TADPOLES (Pre-school Group - Term time only) Jayne Webster - 07712 335363	MONDAY, TUESDAY, THURSDAY Small Hall WEDNESDAY, FRIDAY Small Hall	Weekly 09:00 - 15:00 Weekly 09:00 - 13:00