

MONDAY

Yoga In life- Weekly

10.10am — 11.25am.

Gentle and friendly yoga classes for easier movement and mental stress relief. Mixed ability and suitable for beginners. 07885 971712

Chair Yoga class 11.45am — 12.45am

Chair Yoga Class 1.00pm- 2.00pm

www.yogainlife.co.uk barbara@yogainlife.co.uk

Art-A-Peel

An amateur art group self led with support from the group. 1.30pm — 3.30pm

Kumon

Helps children master the fundamentals of Maths and English whilst building strong learning skills.

Contact: Mrs Cheung on 01279 423345.

4.00pm — 6.00pm **Every fortnight**



Harlow Chorus

A lively and innovative choir which always welcomes new members:

01279 835689. **Term Time only**

Rehearsals in Main Hall: 7.30pm — 9.45pm

Harlow Singers

A small choir; no audition 7.30pm — 9.00pm

Director: Sara Stowe **Term Time only**

TUESDAY

New Arts Harlow Occasional Arts Lectures

- see "What's On" page

10.30am — 12.00pm

Ballet First **Term Time only**

5.45pm — 6.30pm

6.30pm — 7.30pm

www.balletfirst.com or email:

bf.theresacrumb@gmail.com

WEDNESDAY

Hartbeeps www.hartbeeps.com Parent & child sensory and musical classes: **Term Time only**

9:45am — 10:30am Happy House - Toddlers

10:45am — 11:30am } Baby Beeps -

11:45am — 12:30pm } sitting to first steps

1pm — 1:45pm Baby Bells - newborn to sitting

Kumon 4.00pm — 6.00pm

Every fortnight

Ballet First **Term Time only**

6.15pm — 7.15pm Adult / Senior Ballet

THURSDAY

Veronica's Yoga ***class currently full***

10.30 am — 12 noon

Beyond Sound and Vibration- Gong Bath

www.beyond-sound-and-vibration.co.uk

Contact Michelle on 07919002202

7.00pm-8.00pm

Class on hold- Please contact Michelle for further information

FRIDAY

Lunchtime Concerts

Live classical concerts. Tea/Coffee and Biscuits served from 12.45pm, retiring collection donation at end of performance. Please see our website "What's On" page for further details

Concerts 1.30pm — 2.30pm **Term Time only** (tea/coffee refreshments served from 12.45pm).

SATURDAY

Ballet First



Term Time only

Ballet at all levels

10.00 am — 1.00 pm

Guitar Lessons

Please call 07790846999 to check availability

SUNDAY

Harlow Quakers

10.30 am — 12.30 pm

Monthly Clubs

Essex Society for Family History

1st Saturday each month
2.30pm — 5.00pm



U3A Art & Design Group

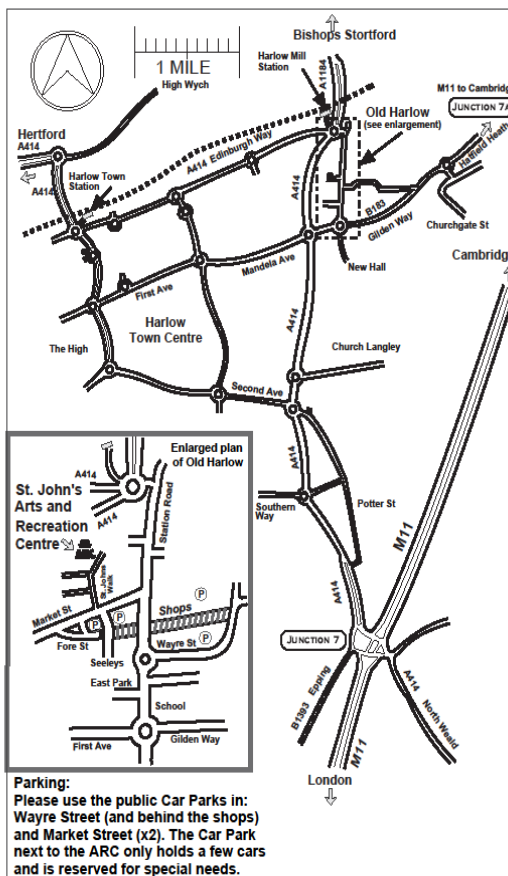
1st Tuesday each month, 1.30pm —
4.00pm



The Hall is available for **Private Hire** at weekends and during school holidays. Suitable for all occasions; Christenings, Birthdays, Dinner Dances, Concerts, Lectures, Quizzes and Demonstrations. Please see our website or call the office between 10.00am and 12.00noon, Mon — Fri for further information.

For details of special events, ask for a copy of our occasional newsletter or see the "What's On" page of our website.

How to find us



Parking:
Please use the public Car Parks in:
Wayre Street (and behind the shops)
and Market Street (x2). The Car Park
next to the ARC only holds a few cars
and is reserved for special needs.

St John's Arts & Recreation Centre

St John's Walk, Market Street,
Old Harlow. Essex, CM17 0AJ

01279 442447

info@stjohnsarc.org.uk

www.stjohnsarc.org.uk



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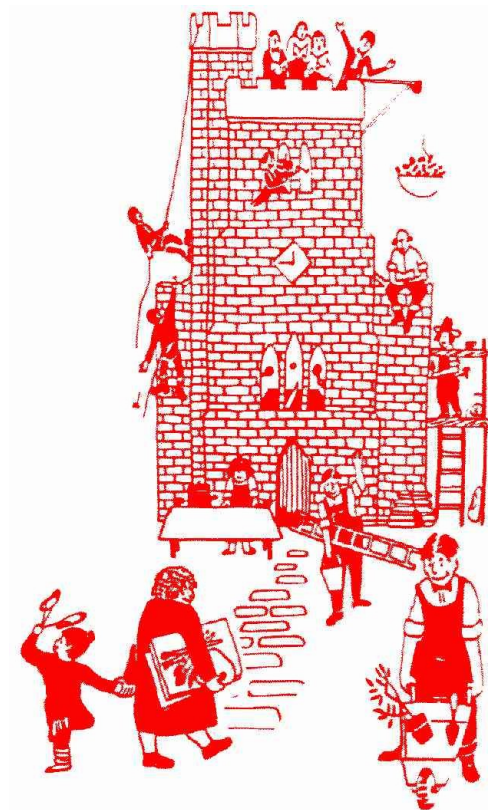


Registered Charity No 291079

Programme



St John's Arts & Recreation Centre



Spring 2024