

Be Inspired Be Active programmes 2015

These programmes are for residents of Eynsford, Farningham, Horton Kirby and South Darenth, Fawkham, Hartley, New Ash Green and West Kingsdown.

Children Programmes (under 18 years old)

Ballroom and Latin dance

This is a 10 weeks course available to children to learn Ballroom and Latin dances led by a qualified instructor. Tailored to each individual's abilities and skills, sessions are suitable for absolute beginners and more experienced dancers.

Monday

<u>Horton Kirby Jubilee Hall</u>	4pm – 5pm Horton Road, South Darenth, Dartford, Kent, DA4 9AX	Course Starts 14 Sep Cost £2.50 per session
----------------------------------	---	---

Street dance

Street Dance is all about having fun and using your body to express how the music makes you feel. Children classes (6- 17 years old) are suitable for complete novice and more experienced dancers.

Tuesday

<u>Horton Kirby Jubilee hall</u>	5.15pm – 6.15pm Horton Road, South Darenth, Dartford, DA4 9AX	Course Starts 15 Sep Cost £1.50 per session
----------------------------------	---	---

Wednesday

<u>West Kingsdown Village Hall</u>	5.15pm – 6.15pm Gamecock meadow, West Kingsdown TN15 6BZ	Course Starts 16 Sep Cost £1.50 per session
--	--	---

Adults Programmes (over 18 years old)

Archery

Target archery is great fun and easy to take part in. It's much more fun to join in than it is to watch other people doing it. Learn a new skill and improve under the expert guidance of our archery instructor as all equipment is provided. All of our sessions are suitable for complete novice.

Sunday

<u>Horton Kirby Scouts Hall</u>	10.30am – 12noon Horton Road, South Darenth, DA4 9AX	Course Starts 20 Sep Cost £3.00 per session
---------------------------------	--	---

Ballroom and Latin dance

These classes are for adults wanting to learn and develop Ballroom and Latin dancing in friendly and relaxed atmosphere. You don't need a partner and no need any previous experience!

Monday

West Kingsdown
Village Hall

5.15pm – 6.15pm
Gamecock meadow, West
Kingsdown TN15 6BZ

Course Starts 14 Sep
Cost £1.50 per session

Boogie Buggy Fit

Want to get active and keen to get into shape but worried about childcare? Then this fitness class is for you, it's open to all with a baby and buggy (baby must be at least 10 weeks and older). Led by a qualified ante/postnatal exercise instructor this is a great class comprises of keep fit, body stretching and toning.

Tuesday

West Kingsdown

1.30pm – 2.30pm
Gamecock Meadow, West
Kingsdown, TN15 6BZ

Course Starts 15 Sep

Chair Yoga

Chair yoga is a 6 week's course run by qualified professional for adults who would like to take a gentler introduction to yoga with the aid of a chair. Programme comprises of gentle stretching movements, relaxation, breathing techniques, strengthening and balance work.

Monday

West Kingsdown
Village Hall

11am – 1pm
Gamecock Meadow, West
Kingsdown TN15 6BZ

Course Starts 14 Sep

Tuesday

Farningham Village
Hall

11am – 12noon
High Street, Farningham,
DA4 0DE

Course Starts 3 Nov

Wednesday

New Ash Green
Turners oak

1pm – 2pm
Centre Road, New Ash Green,
DA3 8JX

Course Starts 4 Nov

Back to Netball

Provides a sociable re-introduction to netball for female players aged 16 and over. The classes are focused on having fun in a friendly environment while relearning skills. Small weekly cost per person is payable. Beginners and newcomers always welcome.

Monday

Longfield academy

6.30pm – 7.30pm
Main Road, Longfield, DA3 7PH

Course Starts 14 Sep
Cost £3.00 per session

Table tennis

Table tennis is a wonderful sport to take up for life. It's easy to play, yet difficult to master. Our 8 weeks coaching courses are very popular with adult and children alike.

Tuesday

Horton Kirby Scouts Hall

8pm – 9pm
Horton Road, South Darent
DA4 9AX

Course Starts 14 Sep

If you require more information about any of the above programmes, please contact the Council on 01732 22700 or email healthy.living@sevenoaks.gov.uk