

# Y ACTIVE Ealing Autumn Timetable 2017



## CHILDREN'S CLASSES AND COURSES

### Monday

- 0915 -1045 ● Monday Merry-go-Round 0-3 yrs
- 1100 -1145 ● Gym Kids 3-5 yrs
- 1420-1450 ● Yoga Bugs 3.5-5 yrs
- 1510-1555 ● Tinies Tumble 1-2 yrs
- 1610-1655 ● Gymnastics 5-7 yrs SE
- 1630-1715 ● Gymnastics 5-7 yrs WE
- 1655-1740 ● Gymnastics 5-7 yrs SE
- 1715-1815 ● Gymnastics 8+ yrs WE

### Tuesday

- 1020 -1105 ● Tumble and Stretch 2 -3 yrs
- 1115-1200 ● Baby Explorers 0-2 yrs
- 1300-1345 ● Gym Kids 3-4 yrs
- 1400-1500 ● Baby Massage 5wks-10 months
- 1530-1600 ● Mini Movers 4-7 yrs
- 1610-1710 ● Dance Club 8+ yrs
- 1630-1715 ● Gymnastics 5-7 yrs WE
- 1715-1800 ● Gymnastics 5-7 yrs SE
- 1715-1815 ● Gymnastics 8+ yrs WE
- 1815-1915 ● Gymnastics Advanced WE

### Wednesday

- 1115-1200 ● Baby Explorers 0-2 yrs
- 1300 -1345 ● Tiny Tiptoes Ballet 3-4 yrs
- 1400-1445 ● Gym Kids 3-4 yrs
- 1500-1530 ● Tiptoe with me 2-3 yrs

- 1545-1630 ● Intermediate Ballet 4-6 yrs
- 1630-1715 ● Advanced Ballet 7+ yrs
- 1630-1715 ● Gymnastics 5-7 yrs WE
- 1715-1815 ● Gymnastics 8+ yrs WE
- 1815-1915 ● Gymnastics Advanced WE

### Thursday

- 0900-1030 ● Thursday Merry-go-Round 0-3 yrs
- 1030-1115 ● Tinies Tumble 1-2 yrs
- 1125-1210 ● Tumble and Stretch 2-3 yrs
- 1300-1400 ● Baby Massage 5wks-10 months
- 1415-1500 ● Gym Kids 3-4 yrs
- 1550-1635 ● Gym Kids Advanced 4-5 yrs
- 1645-1730 ● Gymnastics 5-7 yrs SE

### Friday

- 0930-1015 ● Tumble and Stretch 2-3 yrs
- 1025-1110 ● Gym Kids 3-4 yrs
- 1115-1200 ● Baby Explorers 0-2 yrs
- 1330-1430 ● Baby Sensory 4 -18 months
- 1500-1545 ● Tinies Tumble 1-2 yrs
- 1600-1645 ● Gymnastics 5-7 yrs SE
- 1645-1745 ● Gymnastics 8+ yrs WE

## CHILDREN'S PRICES

- Children's termly courses

Tiny Tiptoes	£64.00
Intermediate Ballet	£84.00
Advanced Ballet	£94.50
Gymnastics SE 5-7 yrs	£91.00
Gymnastics WE 5-7 yrs	£84.50
Gymnastics 8+ yrs	£97.50
Gymnastics WE Advanced	£97.50
Judo - contact teacher	

- Children's classes

Pay As You Go £6.00

or buy a book of 10 classes for £44.50  
valid for 12 months and siblings can share the book.

## STUDIOS

All classes and courses are in our South Ealing studio:  
25, St. Mary's Road W5 5R  
unless coded: WE West Ealing studio  
St. James Church W13 9DL

## TERM DATES Autumn 2017

3 September - 15 December

Half Term: 22 - 28 October

**BOOKING** online either on our website or via our free App. Scan the QR codes below.



Google Play



App Store



Online PC or tablet

E: [yactive@ymcawestlondon.org](mailto:yactive@ymcawestlondon.org) T: 020 8832

[ymcawestlondon.org](http://ymcawestlondon.org)

## ADULT'S CLASSES

### Monday

1300-1400 YMCA Body Bootcamp

(children welcome)

YMCA class book online

Pay As You Go £6.50

or buy a book of 10 classes for £48.50

1845 - 2045 Tai Chi

Mira: [mira@meiquan.co.uk](mailto:mira@meiquan.co.uk)

### Tuesday

1900 - 2000 Kung Fu

David Smith: [davidpbsmith76@hotmail.com](mailto:davidpbsmith76@hotmail.com)

### Wednesday

1000 - 1100 Mixed ability Pilates

1800 -1900 Antenatal Pilates

1900-2000 intermediate Pilates

2000-2100 Beginners Pilates

Charlie Kelly: [pilatesman.co.uk](http://pilatesman.co.uk)

E: [charlie@pilatesman.co.uk](mailto:charlie@pilatesman.co.uk)

T: 07961191976

### Thursday

1900 - 2100 Salsa starting 2 November

Liliana: [lilianschifler@gmail.com](mailto:lilianschifler@gmail.com)