

Parish Hall Regular Activities

Bodysense Pilates Committee Room 1

Wednesday am and Friday pm

6.30pm-7.30pm Pilates Improvers

7.45pm-8.45pm - Pilates Improvers

Friday:

9.15am-10.15am - Pilates Improvers

10.25am-11.25am - Pilates Mixed Ability

11.35am-12.35pm - Pilates Over 50's

Tai Chi

Thursday am

The Taoist Tai Chi Society of Great Britain holds classes in the Parish Hall every Thursday throughout the year 10 – 11.45am, with additional beginner's classes at the same time in Committee Room 1 being held approximately 2 times a year.

The Taoist Tai Chi Society of Great Britain is a registered charity founded in 1970.

Taoist Tai Chi™ is available to all ages and for all health conditions. The movements exercise the whole physiology, including the tendons, joints, connective tissue and internal organs and are specifically designed to improve health. At the mental and spiritual level, Taoist Tai Chi internal™ arts are a method of 'taming the heart' and developing an attitude of calm, compassion and reduced self-centredness, both during practice and in daily life.

For more local information and to find classes visit our website at www.taoist.org/uk/locations or call 01621 852484.

We can also be found on the following social media sites:



facebook.com/TaoistTaiChiInternational



twitter.com/taoisttaichisoc



[instagram.com/taoisttaichisoc](https://www.instagram.com/taoisttaichisoc)

Jesters

Wednesday pm & Saturday am & pm

Broadway Babies

Wednesdays 1:15pm Committee Room 1

Broadway Babies is a Musical Theatre class for the youngest members of Jesters Theatre Academy. We introduce the magic of Musical Theatre to our toddlers by teaching them simple routines to songs from all the best musicals. Singing in the Rain, Les Mis, Annie, Barnum, Mary Poppins and many more! Props, costumes and even sparkly hats are provided to bring out the performer in your child

Junior Jesters

Saturdays 9am - 10am

Acting, Singing and Dancing for youngsters aged 5 - 7 years who love to perform. Sessions include creative exploration as well as taught routines and direction. Pupils have the opportunity to take examinations in Dance and Musical Theatre. Examinations are not compulsory and are there as an opportunity to gain certificates for their portfolio as well as giving them a goal and gaining a sense of achievement.

Jesters Youth Theatre

Saturdays 10am - 1pm

We recruit between 15 and 20 students who are treated as a professional company. During the session students take part in Singing, Acting and Dancing lessons as well as learning how to implement all three genres into their performances. Keeping the Youth Theatre small sets us apart from other such 'stage schools' as it allows us to nurture and develop each student as an individual.

Showchoir

Saturdays 1:30pm - 3pm

We are a unique and fun musical theatre choir based in Essex that will capture your imagination and bring out the performer in you! Showchoir gives you the chance to sing and perform all the big hits from your favourite musicals as part of a theatrical ensemble. We cover every genre and period of musical theatre from Oklahoma and West Side Story through to Wicked and Mamma Mia. With simple vocal arrangements and harmonies there are opportunities to sing solo if you fancy it, on the other hand is you'd rather stay in the background and sing along with the group that's fine too.

Contact details

www.jesterstheatreacademy.com

jesterstheatreacademy@gmail.com

01206 524115

www.facebook.com/jesterstheatreacademy



Whole
academy.PDF



Maria Tsoutsas

Thursday pm

STRETCH PILATES in Committee Room 1 (THURSDAYS 7.15-8.15 PM) An exercise class, combining a form of Stretch Pilates and conditioning for adults.



STRETCH
PILATES_poster19.doc

Janeheadfitness

Tuesday pm & Wednesday pm

Tuesday evenings, 6-7pm, Aerobics

Wednesday afternoons, 2-3pm, Gentle Fitness

Wednesday afternoons, 3 – 3.45pm, Gentle Body Tone

Jane has over 33 years teaching experience and can offer you a good variety of fun, well-balanced, happy fitness classes that get results. Classes cover Aerobics, Body Tone, and a programme of Gentle Fitness for 60+ age group with a more recent 45 minute all-standing class developing inner core strength and a bringing a moment of calmness into a busy day. For more information contact 01245 475543 or janeheadfitness@aol.com



Jane Head Keep Fit
Flyer 2019.pdf

"Little Stars Theatre School

Monday pm

We are a theatre school for students 3-16, we offer classes in Singing, Acting and dance and also hold sessions in LAMDA where we work towards exams in Acting and Musical Theatre.

Twinkling Stars (Age 3-6 years) – 3.45-4.30pm

Shinning Stars & Shooting Stars (6-16 years) – 4.30-6pm

For further information please contact the Little Stars Principal Vicki Barrett 07743650845 or email backstage@littlestarsuk.co.uk



Happy Hearts

Wednesday am

- Wednesday 9.30-10.30am
- Wednesday 10.45-11.45am

About Us

Are you looking to stay or become more active?

Eager to stay healthy and enjoy a greater quality of life?

Wanting regular sociable, safe, effective, supportive and fun exercise with like-minded people?

Our Focus

- Improving Cardiovascular Health
- Strength and Stamina
- Balance and Coordination
- Mobility and Flexibility
- Relaxation and Happiness

Mobile 07947 259405

Phone 01621 854614

Email lucyhappyhearts@hotmail.com

Judy Cowell

Tuesday am

Dance & Keep Fit every Tuesday morning, 10-11.30am in the Parish Hall

Improve and maintain your mobility for everyday activities in a safe, relaxed and friend environment

Classes to suit individual needs - All ages welcome

Fully qualified KFA Teacher

Contact 07790 083737 or 01376 561757

Jo Jingles

Wednesday am

Committee Room 1 - Wednesdays (term time) – mixed class 10am

Committee Room 1 - Wednesdays (term time) – 3 months to walking 11am

Classes to help children to enjoy and cultivate an interest in music from an early age. With the help of my class teacher Charlotte we enjoy delivering our fun and educational music, singing and movement classes.

[07984 550631](tel:07984550631)

jojinglesbraintree@btinternet.com

Greek Conversation Classes

Fridays pm

Held most Fridays in Committee Room 1, 7-9pm

Tel Mr Craddock – 01245 258656

Craddockkeith7@gmail.com

Elite Dance School

Wednesday pm & Friday pm

Our passion is for teaching Ballroom, Latin American and Sequence dance with professionalism, warmth and precision, and we're gaining quite the reputation as the principal dance school in Chelmsford for social and aspiring competition dancers

Adult Beginners – Wednesdays 7.30-8.30 & 8.30 – 9.30pm

Children's Classes – Wednesday 4.30-5.30 & 5.30-6.30pm

- [01245 708 005](tel:01245708005)
- info@elitedanceessex.co.uk

Great Baddow Horticultural Society

Every 2nd Thursday in the month, 7-10pm excluding June – August.

The Society was formed in October 1941 at the Parish Hall, to enable a licence to be granted by the Ministry of Agriculture for the supply of fertilizers such as growmore and lime which were needed for successful food production and to support the recently introduced government "Dig for Victory" Campaign. Growing over the last 70 years to a membership in excess of 900, members enjoy 3 flower and vegetable shows a year, various coach outings and free monthly meetings on a variety of gardening subjects.

Tel 01245 259913 or email info@greatbaddow-horticultural.co.uk



Great Baddow Flower Club meets at the Parish Hall, Great Baddow, on the third Thursday of

Every 3rd Thursday in the month, 7.30-10pm, excluding January & August

Demonstrations of Floral Art are presented by qualified designers. Workshops are run throughout the year to help improve skills. Visitors are always welcome.

Contact details

Email: gbaddowflowerclub@gmail.com

Follow us on Facebook 'Great Baddow Flower Club'

<https://www.facebook.com/greatbaddowflowerclub/>



Theatre at Baddow

With 3 shows a year since 1982, we're one of Chelmsford's longest running theatre groups.

We realize that one of the ways forward in our continuing quest for improvement is the introduction of new talent and we are always ready to give a welcome to newcomers. So, if we sound like the kind of group that would appeal to you, why not come along and have a

close look. We perform three productions a year, in January, May and October. If you wish to join us or require further information, you can contact us at :- theatreatbaddow@tiscali.co.uk

Great Baddow Hospice Support

4 lunches are held throughout the year to raise funds for the local hospice. Dates for 2019 are:-

3rd April

17th July

16th October

4th December

7th June (Cream Tea)