

**Hall & Church Users. Most groups meet in Hall unless otherwise stated. Some groups run during term time only.**

<b>Group</b>	<b>Type</b>	<b>Date</b>	<b>Time</b>	<b>Contact email</b>
Wanstead Park Preschool	Pre-school	Mon→ Fri	8am-3pm	manager@wansteadparkpreschool.onmicrosoft.com
Hot Shots Football	Children's Football (5-11 years)	Mon & Thur	3.30pm-4.30pm Mon & Thur	mcnike13@aol.com
Beavers	Children's Uniform Group	Mon	5.30pm-6.30pm	21stefs.beavers@gmail.com
Keep Fit with Tom	Adult Fitness	Mon	6.15pm-7.15pm	tmmmdixon@hotmail.co.uk
Pilates	Adults Fitness	Mon	7pm-8pm	sesameseed@hotmail.co.uk
Yoga	Adult Fitness	Mon	8.30-9.30pm	yogaontheflats@gmail.com
Get together club	Adults Art & Craft	Tue	1.30pm-3pm	ronfiler91@gmail.com
Dance	Children's & Young People (2 1/2 years +)	Tue & Fri	4pm-7pm Tue 3.30-6.30 Fri	sara@variationsdancestudio.co.uk
Scouts	Young People's Uniform Group	Tue	7.15pm to 8.45pm	21stefs.scouts@gmail.com
Preschool Carers Croup	Parent & Carer Children's group (up to 4years) This group is held in Church	Wed	12pm-1.30pm	aldersbrookstgabriels@gmail.com
Art Club Project (Make it, Do it)	Children's Arts & Crafts Group (5-11). This group is held in the upstairs hall room	Wed & Thur	3pm-4.45pm	raquel@artclubproject.com@gmail.com
After School Club	Children's group (5-11). This group is held in the Church, term time only	Wed	3.30pm-4.30pm	kevinoliver724@gmail.com
Rainbows	Children's Uniform Group	Wed	4.30pm-5.30pm	wansteadrainbows@hotmail.com
Brownies	Children's Uniform Group	Wed	5.45pm-7.15pm	4thwansteadbrownies@gmail.com
Karate	All Ages Martial Arts	Wed	7.30pm-8.30pm	carlance1@btinternet.com
Tai Chi	Adult Fitness. This group is held in the Church	Thur	10.15am-11.15am	richard.pratley@icloud.com
Mediation & Reflection	Adults: Spiritual Reflection	Thur	11.45am-1pm	In Church
Yoga with Caroline	Adults Fitness. Held in the Church	Thur	1pm-2.15pm	redbridgeyoga@gmail.com
Guides	Children's & Young People's Uniform Group	Thur	6.30pm-7.30pm	sarah_girlguidingwanstead@hotmail.com
Rangers	Young People's Uniform Group	Thur	7.30pm-8.30pm	sarah_girlguidingwanstead@hotmail.com
Cubs	Children's Uniform Group	Fri	7pm-8.30pm	21stefs.cubs@gmail.com
Babyballers	Toddler & Children's Football (16 Months-5y)	Sat	9.25am-11.30am	<a href="https://babyballers4.class4kids.co.uk/">https://babyballers4.class4kids.co.uk/</a> Sophie@babyballers.com