



Riversmeet Consortium of
Extended Schools in
partnership with Three
Rivers District Council



EVERYDAY ACTIVE

An Extensive Programme of Affordable Classes for Adults

FEELING CREATIVE?

<i>Flower Arranging</i>	<i>Mill End Community Centre, Church Lane, Mill End, WD3 7HD</i>	Tuesdays, 2nd November – 7th December 10am – 12noon £40 for 6 week course	Learn traditional and contemporary flower arranging techniques and tricks to produce arrangements for home or gifts for the Autumn and Winter seasons. Flowers provided in week 1.
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FEELING ACTIVE?

<i>Pilates</i>	<i>Mill End Community Centre Church Lane, Mill End, WD3 7HD</i>	Wednesdays, 29th September – 24th November 10.00- 11.30am £32 for 8 week course	A mat based class focussing on strengthening and toning your muscles, it will leave you feeling relaxed and energised.
<i>Adult Ballet Class</i>	<i>Drama and Dance Studio, Rickmansworth School, Scots Hill, Croxley Green, Rickmansworth, WD3 3AQ</i>	Every Wednesdays during term time. 7:30pm – 9:30pm £10 and 7:30pm – 8:30pm £5	Accompanied by a professional pianist, this class is a wonderful way to keep fit and meet people in a friendly environment
<i>Ballroom Dancing</i>	<i>Rickmansworth School, Scots Hill, Croxley Green, Rickmansworth, WD3 3AQ</i>	Thursdays, 30th September – 25th November 7.00- 9.00pm £40 for 8 week course	A fun course giving you an insight into the ballroom dancing.

Tai Chi	<i>Rickmansworth Baptist Church Rickmansworth</i>	Fridays, 1 st October – 26 th November 10.00am - 11.30am £32 for 8 week course	A course to teach you the basic movements of this relaxing, centuries old exercise
Active Theatre	<i>Mill End Community Centre, Church Lane, Mill End, WD3 7HD</i>	Tuesdays, 14 th September – 9 th November 7pm – 9pm FREE 8 week course	Free workshop for anyone interested in theatre performance using improvisation techniques through fun and games.
Mums of Steel Stroller Strength Fitness	<i>Rickmansworth Aquadrome, Frogmore Lane Rickmansworth WD3 1NB</i>	<u>Course 1</u> 9 th September – 28 th October <u>Course 2</u> 4 th November – 23 rd December <u>Course 3</u> 6 th January – 24 th February FREE 8 week courses held on Thursdays from 1pm – 2pm	Jump start to weight loss, fight the baby blues and have fun! All exercise programmes are developed specially for post natal mothers, including focus on stomach toning.

**For more information and bookings for these call
01923 776611 or visit www.iGetEverydayActive.co.uk**

Other activities for adults available in Three Rivers include:

- **Health Walks** – Various venues, contact Countryside Management Services on 01727 848 168, at Healthwalks.cms@hertscc.gov.uk or visit www.hertsdirect.org/healthwalks
- **Improve your English** - St Michael's Catholic High School. Booking at 01923 673 760
- **Your local History** - Three Rivers Museum, 01923 662 222
- **Oil Painting** - Mill End Community Centre, 01923 770 967
- **50+ Exercise, Yoga and running** – Mill End Community Centre
- **Outdoor Gym** – Ebury Play Area, 01923 776611

**This is just a selection of the activities on offer!
Check our website at
www.hertsexterndedschools.org.uk/riversmeet
for details of all Adult learning opportunities
available locally.**