



St Augustine's

PRIORY



St Augustine's Priory
Co-Curricular Programme
2017-2018
Michaelmas Term
Preps and Junior

Welcome to the St Augustine's Priory Co-curricular Programme

At the front of this booklet, you will find tables containing all clubs and activities on offer for children in the Preps and Junior School, followed by page by page outlines of the individual clubs and necessary information. We are excited to be launching a number of new clubs this term, such as Prep and Junior Yoga and Bollywood Dance, so please encourage your daughter to take advantage of the many opportunities available to her.

Objectives of the Co-curricular Programme

- To develop and practise new skills
- To integrate children across year groups
- To challenge the girls and encourage them to take risks



Bookings

- Co-curricular bookings will be open via our Parent Portal <https://mis.sapriory.com/Logon> on Tuesday 29th August at 9:00am
- Booking closes and registers confirmed on Thursday 7th September at 5pm.
- Enquiries after this date will need to go straight to the member of staff running the club
- For technical enquiries regarding our Parent Portal or log in information, please email Mr Wood at swood@sapriory.com
- A full term's commitment is required for all paid clubs

Monday Preps and Juniors

Activity	Staff	Time
Breakfast Club	Mrs O'Connell	8.00-8.30
Netball Training U12/U13	Mrs Gosling	7.45 -8.30
Drama Gifted Pathway Macbeth	Mrs Hagerty	3:45-5.00
LI & U1 Hockey	Mrs Gosling	3.40-5.00
Prep Gymnastics		3.40-5.00
L2 to U2 Netball	Ms Lindsay	3.40-5.00
Book club	Mrs Van Der Mewer	3.40-4.30
Creative Writing	Mrs O'Connell	3:40 - 4:30
After School Club	Mrs Lukomski afterschoolclub@sapriory.com	3.30-6.00

Venue	Year Groups	Max No	Min No	Cost / Information
Pupils' Refectory	Nursery to U2	20	N/A	Drop in £3.50 per session
Netball Court	F3 to L4	N/A	N/A	No booking required
New Hall	Senior & Junior	N/A	N/A	N/A
Astro	LI & U1	N/A	N/A	N/A
Sports Hall	P2 & P3	20	N/A	£60 per term
Netball Court	L1 & U2	N/A	N/A	N/A
Junior Library	L1 to U2	16	6	N/A
L2 Class-room	L2 & U2	14	N/A	N/A
Pupils' Refectory	Nursery to U2	20	4	£13.00 per session

Tuesday Preps and Juniors

Activity	Staff	Time
Breakfast Club	Mrs O'Connell	8.00-8.30
Swimming Club	Ms Hales	7am start
Junior Orchestra	Mr Judson	8.20-8.55
LAMDA Intro Stage 1	Ms Hewitt	9.00-9.40 or 9.40-10.20
Junior Netball	Mrs Gosling Ms Hales	12.45-1.15
Junior Percussion Club	Miss Westley/ Mrs Hatch	12.45-1.15
ICT Club	Miss Gambrill	12.45-1.15
LAMDA L1 Intro Stage 3	Mrs Hewitt	12.30-1.10
Taekwondo All Years	Mr Ronnie Deguzman	3.40-5.00
L2 and Upper2 Hockey	Ms Cross	3.45-5.00
LAMDA U1 Speaking Verse and Prose	Mrs Hewitt	3.50-4.30
Prep Yoga	Ms Rosen	3.40-4.30
Prep – Around the World Club	Mrs Lubowiecka	3.30-4.30
Junior Beginners Needle and Craft	Ms Ransome	3.40-5.00
After School Club	Mrs Lukomski afterschoolclub@sapriory.com	3.30-6.00

Venue	Year Groups	Max No	Min No	Cost / Information
Pupils' Refectory	Nursery to U2	20	N/A	Drop in £3.50 per session
Acton Pool	L2 to Priory 6	40	N/A	This club is currently full Booking not available £60 per term
New Hall	L1 to U2	N/A	N/A	N/A
Breakout Room	Prep 2 (groups 1 & 2)	8	2	On Rotation See LAMDA brochure for costs
Netball Court	L1 to U2	N/A	N/A	N/A
New Hall	L1 to U2	16	4	N/A
Fox Hollow	L1 to U2	15	4	N/A
Breakout Room	L1	9	2	See LAMDA brochure for costs
Sports Hall	Junior & Senior	20	4	£66 for the term
Astro	L2 & U2	N/A	N/A	N/A
Breakout Room	U1	8	2	See LAMDA brochure for costs
New Hall	P2 & P3	20	5	£66 for the term
Prep 3 Classroom	P2 & P3	14	4	N/A
U2 Classroom	L1 to U2	6	3	£110 per term All materials included
Pupils' Refectory	Nursery to U2	20	4	£13.00 per session

Wednesday Preps and Juniors

Activity	Staff	Time
Breakfast Club	Mrs O'Connell	08.00-08.30
Junior Aerobics Morning- first Wednesday of the month	Mrs Gosling Ms Hales	8.15-8.30
Junior Choir	Miss Westley	12.45-1.30
U1 and L1 Netball	Ms Cross	3.45-5.00
Homework Club	Ms Round	3.50-4.30
After School Club	Mrs Lukomski afterschoolclub@sapriory.com	3.30-6.00

Venue	Year Groups	Max No	Min No	Cost / Information
Pupils' Refectory	L1 to U11	20	N/A	Drop in £3.50 per session
Prep Playground	All Juniors	N/A	N/A	No booking required
Chapel	L1 to U2	N/A	8	N/A
Netball Court	L1 & U1	N/A	N/A	N/A
L2 Classroom	L1 to U2	16	2	Drop in Sessions For Juniors
Pupils' Refectory	Nursery to U2	20	4	£13.00 per session

Thursday Preps and Juniors

Activity	Staff	Time
Breakfast Club	Mrs O'Connell	8.00-8.30
LAMDA U1 Acting	Ms Hewitt	8.00-8.50
LAMDA Intro Stage 2	Ms Hewitt	9.00-9.40 or 9.40-10.20
Junior Hockey Club	Ms Cross	12.45-1.15
LAMDA L2 & U2 Speaking Verse and Prose	Ms Hewitt	12.30-1.10
LAMDA U2 Acting	Ms McMullin	12.30-1.10
Senior and Junior DGP Macbeth Rehearsal's	Ms Hagerty	1.10-1.40
	Mr Pereira	3.40-5.00
LAMDA L2 Acting Group 1	Ms Hewitt	3.50-4.30
Mindful Chess	www.mindfulchess.co.uk	3.40-4.40
Advance Junior Needle Craft	Ms Ransome	3.40-5.00
After School Club	Mrs Lukomski afterschoolclub@sapriory.com	3.30-6.00

Venue	Year Groups	Max No	Min No	Cost / Information
Pupils' Refectory	Nursery to U2	20	N/A	Drop in £3.50 per session
Breakout Room	U1	8	2	See LAMDA brochure for costs
Breakout room	P3 (Groups 1 & 2)	8	2	On Rotation See LAMDA brochure for costs
Astro	L1 & U1	N/A	N/A	N/A
Breakout Room	L2 & U2	8	2	See LAMDA brochure for costs
New Hall Stage End	U2	8	2	See LAMDA brochure for costs
Senior Drama Room	Senior & Junior	N/A	N/A	N/A
	U5	N/A	N/A	Students invited to attend
Senior Music Room	L2	8	2	See LAMDA brochure for costs
Scriptorium	L1 to U2	20	8	£110 for the term
U2 Classroom	L1 to U2	6	3	£110 for the term
Pupils' Refectory	Nursery to U2	20	4	£13.00 per session

Friday Preps and Juniors

Activity	Staff	Time	Venue
Breakfast Club	Mrs O'Connell	08.00-08.30	Pupils' Refectory
Netball	Mrs Gosling	7.45-8.30	Netball Court
LAMDA L2 Acting Group 2	Ms Hewitt	8.00-8.40	Senior Music Room
LAMDA U2 Acting Group 2	Ms McMullin	12.30-1.10	New Hall Foyer
LAMDA L2 – U2 Speaking in Public Group 1	Ms Hewitt	12.30-1.10	Breakout Room
Junior Drama Club	Mrs Van Der Merwe	12.45-1.25	L1 Classroom
Junior Strings	Miss Jackson	1.10-1.45	Chapel
Junior Art Club	Mrs Mackay	1.00-1.30	Junior Art Room
Music Club	Miss Westley	12.45-1.15	Senior Music Room
Football Club Junior	Mr Fazel	3.40-5.00	Astro
Junior Yoga	Ms Ananthakumar	3.40-4.45	Sports Hall
LAMDA L2 & U2 Speaking in Public Group 2	Ms Hewitt	3.50-4.30	Senior Music Room
After School Club	Mrs Lukomski afterschoolclub@sapriory	3.30-6.00	Pupils' Refectory

Year Groups	Max No	Min No	Cost / Information
Nursery to U2	20	N/A	Drop in £3.50 per session
L2 & U2	N/A	N/A	N/A
L2	8	2	See LAMDA brochure for costs
U2	8	2	See LAMDA brochure for costs
L2 to U2	8	2	See LAMDA brochure for costs
L1 & U1	16	N/A	N/A
L1 to U2	16	4	N/A
L1 to U1	20	N/A	N/A
L1 to U2	16	6	No experience necessary
L1 to U2	24	N/A	Full PE kit and shin pads No Cost
L1 to U2	20	5	£66 for the term
L2 & U2	8	2	See LAMDA brochure for costs
Nursery to U2	20	4	£13.00 per session

Saturday Preps and Juniors

Activity	Staff	Time	Venue
LAMDA Solos and Pairs	Ms McMullin	09.00-12.50	Senior Music Room
Yourstage Tots Drama and Dance	Ms Hagerty in-fo@yourstagedrama.com	9.00-10.00	New Hall
Yourstage Too and Teens Drama and Dance	Ms Hagerty in-fo@yourstagedrama.com	10.00-12.00	New Hall
Hockey Skills Junior	Ms Cross	10-11.00am	Astro
Netball Skills Senior	Ms Lindsay	11-12.00pm	Netball Court
Hockey Skills Senior F3	Ms Cross	11-12.00pm	Astro
Netball Skills Junior	Ms Lindsay	9-10.00am	Netball Court
Senior Hockey Lower 4	Ms Cross	9-10.00am	Astro
Form 3 Netball	Ms Lindsay	10-11.00AM	Netball court

Year Groups	Max No	Min No	Cost / Information
U1 to Priory 6	8	N/A	See LAMDA brochure for costs Half an hour slots available
Boys and girls aged 3-5	20	5	£105 per term (10 weeks) Term commences 16th Sept.
Boys and girls aged 6-16	30	3	£205 per term (10 weeks) Term commences 16th Sept.
L1 to U2	N/A	N/A	Full PE Kit
L4 to U5	N/A	N/A	Full PE Kit
F3	N/A	N/A	Full PE Kit
L1 to U2	N/A	N/A	Full PE Kit
L4 to U5	N/A	N/A	Full PE Kit
F3	N/A	N/A	Full PE Kit



Prep 2 and 3 Around the World Club:

During the course of the year we will visit a different continent each half term. We will then explore a country within that continent every week and engage in related to it.



activities



Start date	Topic	Venue	Facilitator
Tuesday 12th September	Around the World Club	Prep III Classroom	Mrs Lubowiecka
Max Number	Min Number	Time	Cost
14	4	3:30pm 4:30pm	N/A

Where: Prep 3 classroom from 3:30pm

Pick up: Entrance to Prep 2/3 building at 4.30pm

Materials: All materials and equipment will be Provided. Girls are asked not to bring in snacks

Cost: No Cost



Art Club

Lower 1 to Upper 2

Mrs Mackay/ Mrs Wright

Art Club: Lower 1 to Upper 2



The girls will have the opportunity to make arts and crafts in the studio environment. It's a wonderful opportunity for girls to work on seasonal projects which will support them to develop their creative thinking and practical skills.

Start date	Topic	Venue	Facilitator
Friday 15th September	All sorts	Junior Art room	Mrs Mackay Mrs Wright
Max Number	Min Number	Time	Cost
20	N/A	1:00pm 1:30pm	N/A

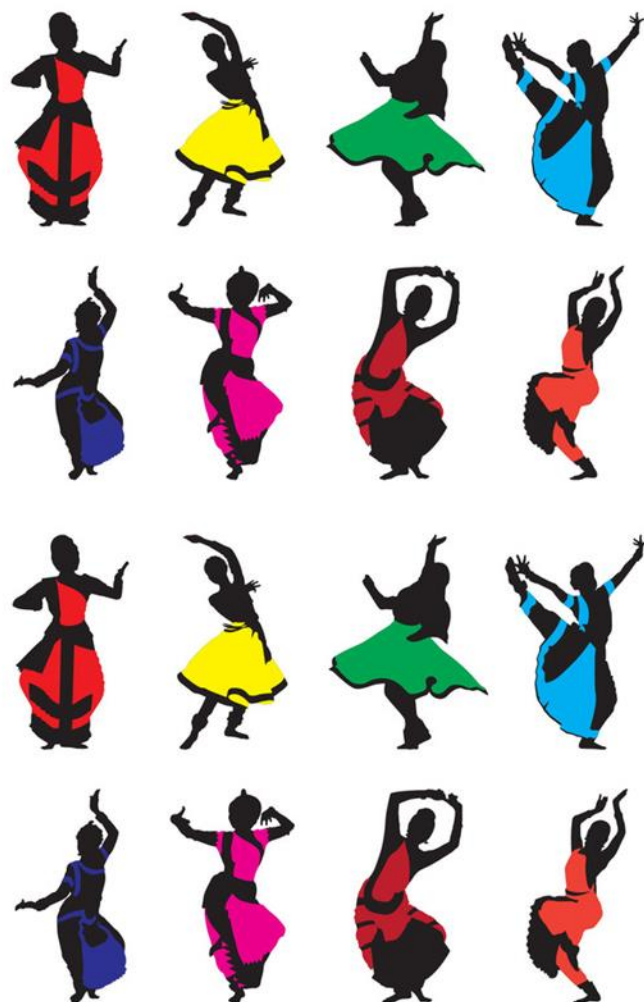
Where: Junior Art room

Pick up: N/A

Materials: All materials and equipment will be provided

Cost: N/A

Bollywood Dance



Bollywood Dance:

Bollywood dancing is an expressive form of movement based around the popular Indian film genre. Fusing classical Indian steps with folk, Latin and hip-hop styles, it offers a fast-moving and vivacious dance workout that is great for enjoyable group exercise.

The most popular type of Bollywood dancing is Bhangra, a folk dance that stems from Punjab in northern India. Bhangra bears similarities to funk and Latin dance, consisting of strong beats and driving rhythms. Needless to say, it's a fine way to get your body on the right path towards better fitness.

Start date		Topic	Venue	Facilitator
Thursday 14th Sept		Dance	New Hall	Mrs Sonal Thukral
Max	Number	Min Number	Time	Cost
10		4	7.45am 8.30am	£110 per term (£10 per class)

Year groups: L1 to Form III

Drop off: Prep playground at 7.45am

Materials: PE kit to be worn. Water bottle and snack.

Cost: £110 for the term (£10 per session)

Book Club Mrs Van Der Merwe



BOOK CLUB: All juniors welcome!



This is a wonderful opportunity for our junior girls to read for fun. Giving them the chance to discuss their favourite books whilst encouraging them to use the schools wonderful facilities.

Start date	Topic	Venue	Facilitator
Monday 11th September	Books	Junior Library	Mrs Van Der Merwe
Max Number	Min Number	Time	Cost
16	N/A	3:40pm 4:40pm	N/A

Where: Junior Library

Pick up: Collection from the prep play ground

Materials: All materials and equipment will be provided

Cost: N/A

Creative Writing Club

Mr O'Connell



Creative Writing Club:

L2 and U2

The girls will have an opportunity to use a number of different writing methods to develop their creative writing skills.

Start date	Topic	Venue	Facilitator
Mondays	Creative Writing	U2 Alpha Classroom	Mrs O'Connell
Max Number	Min Number	Time	Cost
14	N/A	3:40pm 4:30pm	N/A

Where: Upper 2 Alpha Classroom

Pick up: Prep Playground at 4:30pm

Materials: All materials and equipment will be provided

Cost: N/A

Drama Gifted Pathway— Macbeth

Shakespeare

Schools Festival

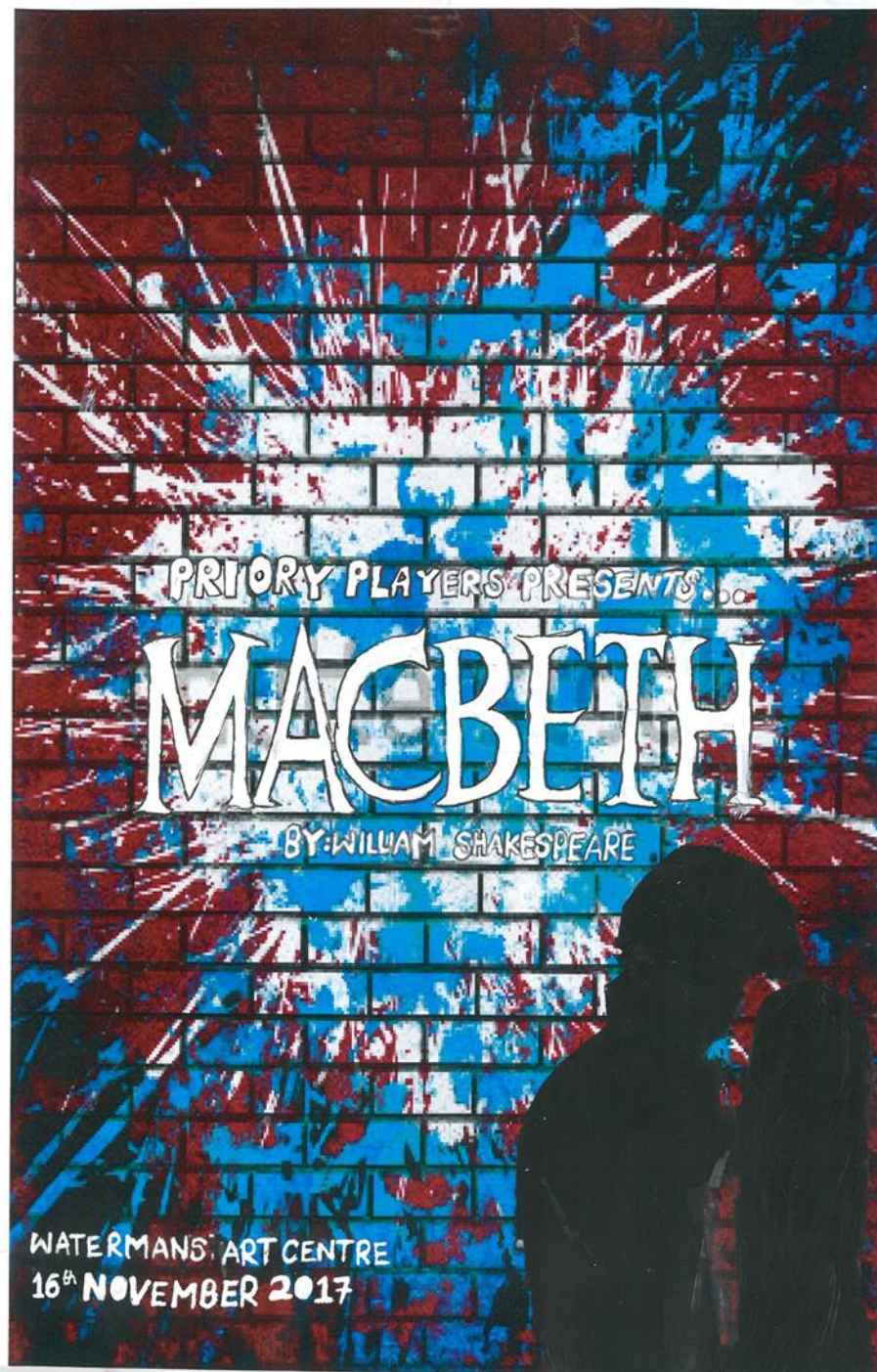
Date	Topic	Venue	Facilitator	
Monday 18th September	Drama	New Hall	Ms	Hagerty
Max Number	Min Number	Time	Cost	
30	20	3:40pm 5:00pm	N/A	

Year Groups: Junior and Senior girls on the Drama Gifted Pathway are invited to audition on Monday 11th September at 3.45pm.

Where: New Hall

Pick up: Prep Playground for any Juniors involved

Materials: All materials and equipment will be provided



Drama Club

Mrs Van Der Merwe



Junior Drama Club: Lower and Upper 1



If you could be anyone who would you be?

Drama club offers girls the opportunity to develop their acting and performance skills in a fun and friendly setting.

Date	Topic	Venue	Facilitator
Friday Lunch Time	Drama Club	L1 Classroom	Mrs Van Der Merwe
Max Number	Min Number	Time	Cost
16	N/A	1:00pm 1:25pm	N/A

Where: Lower 1 Classroom

Pick up: N/A

Materials: All materials and equipment will be provided

Cost: N/A

Homework Club

Mrs Round



Homework Club : Lower I to Upper II

Homework club is an ideal opportunity to tackle and complete homework, with teacher support if needed.

"I've finished all my homework!" is a very welcome announcement, for parents, when the children are collected at the end of the session.

Start date	Topic	Venue	Facilitator
Wednesday 13th September	Homework	L2 Classroom	Mrs Round
Max Number	Min Number	Time	Cost
16	2	3.50pm 4.30pm	N/A

Pick up: Prep Playground

Cost: N/A

Additional information:

The club runs as a drop-in club so girls are more than welcome to come along on a weekly basis. We ask parents to inform their form teachers if they are due to attend.

ICT Club Miss Gambrill



ICT Club: All Juniors Welcome



During the course of the term the girls can utilise the ICT facilities to complete homework, or start a project on a topic they are inspired by. Miss Gambrill will support and facilitate where needed.

Start date	Topic	Venue	Facilitator
Tuesday 12th September	ICT	Fox Hollow	Miss Gambrill
Max Number	Min Number	Time	Cost
15	4	12:45pm 1:15pm	N/A

Where: Fox Hollow

Pick up: Prep Playground

Materials: All materials and equipment will be provided

Cost: - N/A

LAMDA



LAMDA

examinations improve
communication skills, increase
confidence and develop strong
social skills

Introduction

30 sessions are offered per academic year. Refunds are made for lessons missed owing to teacher absence. Refunds are not made for student absence for any reason, including sickness, exams, trips etc.

2017/18

- ♦ Group lessons £95 per student per term
- ♦ Individual lessons £230 per student per term
- ♦ Pair £115 per student per term
- ♦ One-off individual £15 lessons

Please note that a half term's notice is required of termination of lessons or a half term's fees in lieu of notice will be charged. All fees will be charged to your school account a term in arrears.

LAMDA examinations for each grade take place once per academic year. LAMDA entrance fees are charged separately and cost different amounts depending on the subject and grade. Notification will be sent of upcoming examinations and, should you wish to enter your daughter, the examination entrance fee would be added to your school account.

Application

Subjects at St Augustine's Priory

Group and individual lessons are offered in...

Solo Introductory

Introducing learners to basic communication skills. Learners will speak one poem from memory, audibly and clearly with some appreciation of meaning and maintain a short conversation with the examiner about a favourite toy or object, picture and book.

Acting

Developing a strong speaking voice and good memory skills by learning and performing monologues and duologues. Designed for solo or duologue performances.

Speaking in Public

Developing the skills necessary for effective oral communication and public presentation. These lessons will benefit native English speakers as well as those for whom English is a second language.

Speaking Verse & Prose

Learners interpret a rich variety of poems and novels, developing a strong speaking voice and memory skills. Designed for individual candidates.

Reading For Performance

Learners construct and present a recital based on a theme of their choice, using an introduction, verse readings, prose readings, dramatic readings, reflective linking statements and a conclusion. Texts are not memorised for this qualification. Designed for individual candidates.

Individual lessons are also offered in...

Devising Drama

Developing creativity by exploring ideas and themes and realising them through devised dramatic performances. Designed for solo or duologue performances.

Miming

Gaining an understanding of non-verbal communication by exploring body language and facial expression, and putting them into a dramatic performance. Designed for solo or performances.



MINDFUL CHESS

Year groups: All Junior and Senior

Pick up: Prep playground at 4.40pm

Materials: Water bottle and snack.

Mindful Chess:

Mindful Chess equips young people with both greater chess skills and concentration techniques to benefit all areas of their learning and development. Following working with one of Hong Kong's most prestigious chess schools Scholastic Chess, we are now providing the same opportunities for children in London.

We consider making the learning experience a fun enjoyable one to be fundamental to a student's progress. As ones passion grows so does the speed at which they retain knowledge and improve.

For further information about our teaching please see www.mindfulchess.co.uk

Date	Topic	Venue	Facilitator
Thursday 14th Sept	Enrichment	Scriptorium	Mindful Chess
Max Number	Min Number	Time	Cost
20	8	3:40pm 4.40pm	£110 per term

Music Clubs



Music is a vital part of a complete education, and at St Augustine's Priory we encourage each girl to develop her musical skills and interests both in the classroom and through partaking in a range of extra-curricular activities.

Junior Orchestra

- Tuesdays 8.20am-8.55am
- Lower I to Upper II
- New Hall
- Mr Judson

Junior Percussion Club

- Tuesdays 12.45pm-1.15pm
- Lower I to Upper II
- New Hall
- Miss Westley/ Mrs Hatch
- Maximum number 16
- Minimum number 4

Junior Choir

- Wednesday 12.45pm-1.30pm
- Lower I to Upper II
- Chapel
- Miss Westley
- Minimum number: 8

Junior Strings

- Fridays 1.10pm-1.45pm
- Lower I to Upper II
- Chapel
- Miss Jackson
- Maximum number 16
- Minimum number 4

Music Club

- Fridays 12.45pm-1.15pm
- Lower I to Upper II
- Senior Music Room
- Miss Westley
- Maximum number 16
- Minimum number 6

Needle Craft Intermediate Melody Ransome



Needle Craft Program:



During the course of the term the girls will develop their sewing machine and construction skills. Whilst making their very own embroidered purses, girls will have the opportunity to make their own fabric choices and design decisions.

	Tuesday	Thursday	Friday
After School	Junior L1 to U2 Beginners Needle and Craft U2 classroom 3:40-5:00pm	Junior L1 to U2 Advanced Needle and Craft U2 classroom 3:40-5:00pm	Senior F3 to U5 Needle and Craft U2 classroom 3:40-5:00pm

Where: U11 alpha classroom from 3:40pm

Pick up: Prep playground at 5pm

Materials: All materials and equipment will be provided

Cost: £110 for the term (£10 per session)

Additional information: Girls are asked not to bring in snacks as there is a no eating and drinking policy for this club. The advance programme is designed for girls who have completed the beginners programme.

The advance course is only for Junior who have completed the beginners course.

Sports Clubs

Prep Gymnastics:

This club focusses on developing fundamental movement skills which are imperative for girls development. Girls develop their strength, balance, flexibility and co-ordination, as well as gaining a greater understanding of how their body moves. Girls are taught by a Gymnastics Coach, who caters for all abilities and helps the girls to develop. At the end of each term, girls perform in a showcase, to demonstrate to parents their progress.

The club costs £60 per term and in Michaelmas it is open to Prep II and Prep III only. In Lent and Summer term, Prep I are able to join.



Cheerleading

'Dynamite' our Cheerleading Squad are a great squad made up of girls in Lower II – LV. Girls work together to create sequences and routines which involve stunts, jumps, tumbling and other Gymnastic skills. This club is run by LDCA Cheerleading Academy, who provide specialist coaching for the girls. Dynamite compete in three main competitions throughout the year, as well as competing at local and school events. This club not only develops girls' Gymnastics skills such as strength, co-ordination and tumbling but also teaches them leadership, team work and trust which are all vital for a successful squad.

This clubs costs £75 a term and girls who are already in Dynamite have first refusal on places. Trials for the squad occur in September, where girls can join taster sessions to see if they enjoy the club.



Netball:

Netball is one of our main winter sports. Girls compete in fixtures from U1 - Senior level against a range of schools. We cater for all abilities providing the opportunities for all to participate and improve, as well as stretching the more able with Middlesex and National Schools Tournament.

At Junior Level, girls participate in Whole Year fixtures and learn through the High 5 Netball programme. They develop their basic skills, and movement and learn how to play all positions. As the girls get older, there are more training sessions and fixtures available and Saturday Sport is also a great way to get extra training.

At Senior Level, girls focus on tactics and strategies and compete in a regular fixtures programme. Training takes place before school at lunchtimes and after schools and girls are expected to commit to training if they want to represent the school regularly. Saturday Sport is also a great way to get extra training. We go on Bi-Annual Netball Tour, and girls must be committed to Netball in order to participate.



Hockey:

Hockey is one of our main winter sports. Girls compete in fixtures from U1 - Senior level against a range of schools. We cater for all abilities providing the opportunities for all to participate and improve, as well as stretching the more able with Middlesex and local Tournaments.

At Junior Level, girls participate in Whole Year fixtures and learn through the Quicksticks programme. They develop their basic skills, and movement and learn how to play matches.

At Senior Level, girls focus on tactics and strategies and compete in a regular fixtures programme. Training takes place before school at lunchtimes and after schools and girls are expected to commit to training if they want to represent the school regularly. As they progress through the school, girls will play 11aside matches. We go on Bi-Annual Hockey Tour, and girls must be committed to Hockey in order to participate.



Swimming Club Miss Hales



Swimming club:

Lower 2 to Priory 6



The swimming club is a high intensity club aimed at improving technique and endurance. A good level of swimming ability and fitness is required to participate. Beginners are not advised.

Start date		Topic	Venue	Facilitator
Tuesday 12th September		Swimming	Acton Pool	Miss Hales
Max	Number	Min Number	Time	Cost
40		N/A	7am Start	£60 per term

Where: Acton swimming pool

Pick up: Girls are taken back to school via coach

Materials: Swimming costume, goggles, flippers, swimming hat, towel.

Cost: £60 per term

Football



Football Club is a club available for girls in Lower 1 to Upper 2. It develops fundamental skills such as passing and moving into space as well as game related activities. This club helps to develop pupil's awareness in games and we have seen a large improvement in co-ordination and body control. It is run by parents and is a really popular club where the girls have made fantastic progress.

Football Club:

Lower 1 to Upper 2

Fridays 3:40pm to 5:00pm

Full PE kit and shin pads required

Max Number: 24



Taekwondo



Taekwondo:

- Taekwondo for all ages
- Fun way to get fit, learn self-defence, self-discipline and gain confidence
- Learn one to one sparring with the use of protective equipment
- Opportunity to gain national and internationally recognised Taekwondo certificates
- In-house grading conducted by a recognised British Taekwondo examiner and 4th Dan Black Belt

Start date		Topic	Venue	Facilitator
Tuesday 12th Sept		Martial Arts	New Hall	Mr Ronnie Deguzman
Max	Number	Min Number	Time	Cost
20		4	3:40pm 5:00pm	£66 per term

Year groups: All Junior and Senior

Pick up: Prep Playground at 5pm

Materials: Taekwondo suit required, water bottle and snack.

Cost: £66 for the term (£6 per session)

Yoga Friends



Yoga Friends

Yoga Friends teaches children the value of relationships. During a yoga class, we learn to connect our body, mind and heart. It is through this connection that we understand the importance of looking after our selves and others.

Children learn a vocabulary of different yoga poses that make us strong and flexible. Beyond the physical benefits, we also explore how yoga poses make us feel and how we express ourselves through our body.

Each yoga friend employs her imagination and creativity, so we can jointly weave ideas together into a practice sequence.

Partner yoga activities foster mutual trust and respect. A short relaxation time at the end of class allows us to digest what we learned.

Where: Sports Hall

Year groups: Preps II & III on Tuesdays, Juniors on Fridays

Running from: w/c 11 September to w/c 4 December

Pick up: Prep playground at 4.30pm (Preps on Tuesdays), 4.45pm (Juniors on Fridays)

Materials: PE kit to be worn. Mats provided. Water bottle and snack.

Cost: £66 for the term (£6 per session)



YOURSPACE to shine...YOURSTAGE

YOURSTAGESATURDAYS

Dance and drama classes for children aged 3-16 with an end-of-term show

- 3-5 years: 9am-10am
- 6-16 years: 10am-12pm

YOURSTAGEHOLIDAYS Courses

4-day Easter and 5-day summer holiday courses running daily plus a last-day show:

- 3-5 years: 9am-1pm
- 6-16 years: 9am-5pm

We make use of the 13 acres of outdoor space of St. Augustine's Priory for activities wherever possible. Our emphasis is on helping individuals to shine and gain confidence through their own creativity, whilst making friends and having fun!

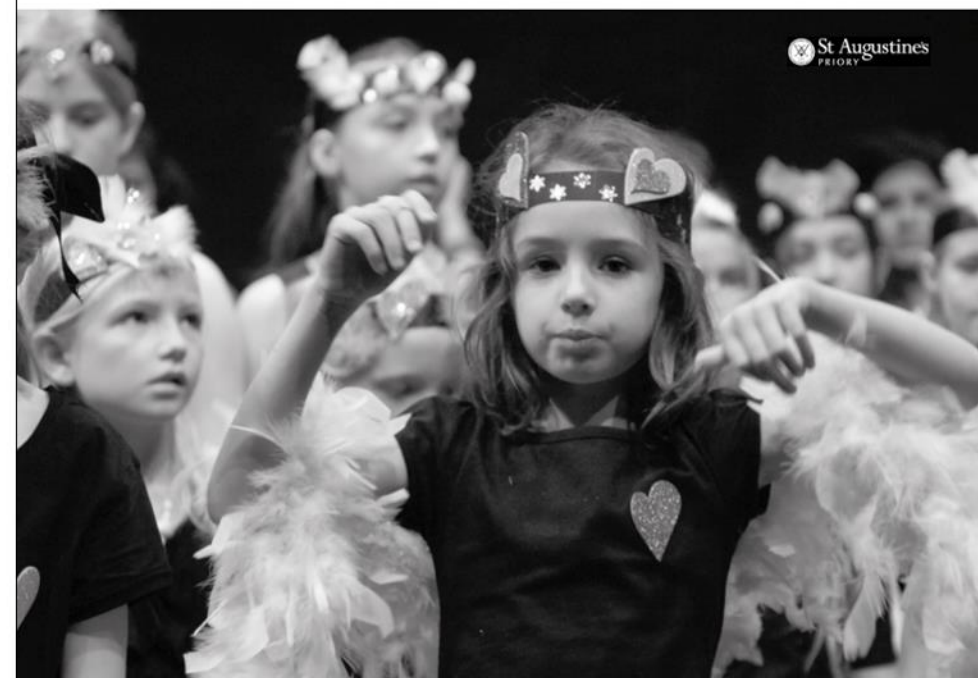
St Augustine's Priory, Hillcrest Rd, Ealing, W5 2JL

Formerly known as Yourspace, to book or for more information on Yourstage classes including course themes, fees and dates:

go to www.yourstagedrama.com,

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Yourstage Drama @YourstageDrama





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