

St Arvans Memorial Hall Classes

	Class	Time	Notes	Contact Info
Monday	Dance In Line: Latin and Ballroom	9:30am & 11:15am	Dancing in Line, for starters and improvers, using the choreography of Latin & conventional ballroom. A U3A activity. Non-members are very welcome to come try. You do not need a partner.	Judith.bolton360@gmail.com https://chepstowu3a.org.uk/u3agroups/dancing-in-line-latin-ballroom/
	Toddler Playgroup	9:30am (excluding school holidays)	A morning of friendship, play, exploration and singing for toddlers, mums, dads and carers.	starvansbookings@gmail.com
	Taekwon-Do	4:30pm onwards	Classes for a variety of age groups. Craig is a member of the Int. Taekwon-Do Federation (ITF), 2nd Degree Black Belt, coach of Gassor's Tournament Team Wales and BTC registered Instructor.	st_arvans.tkd@yahoo.com https://starvans-tkd.co.uk/
	Countryside & Gardening Club	7:30pm (1st Monday of month)	The group that started with the 'Dig For Victory' campaign of WW2. Now hosting meetings with visiting speakers and occasional away visits.	starvansbookings@gmail.com
Tuesday	Pilates: Traditional & Trigger Point	9:15am & 10:30am	Two classes offering different approaches and led by Penny Jones, a qualified REPs, level 3 instructor. Penny also trained with the creator of a relatively new technique known as Trigger Point Pilates.	pennyjones.fitness@gmail.com http://www.pennyjonesfitness.co.uk/
	U3A Latin & Ballroom Dancing	10am onwards	Ballroom, Latin and Sequence Dancing organised by Chepstow U3A. Three classes of differing abilities. Teaching by experienced members of the U3A.	dshottin@gmail.com https://chepstowu3a.org.uk/u3agroups/ballroom-dancing/
	U3A WyeNotes	2pm (2nd & 4th Tuesday of month)	The U3A group for musicians, experienced, aspiring and erstwhile, to get together and enjoy a couple of hours of music-making.	https://chepstowu3a.org.uk/u3agroups/wyenotes/
	U3A HandiCrafts	(3rd Tuesday of month)	U3A interest group for anyone who enjoys handicrafts of all descriptions.	Theresa Lee: 01291 620383 https://chepstowu3a.org.uk/u3agroups/handicrafts/
	Fitness Pilates	7pm	Claire is fully qualified Personal Trainer, qualified to teach Exercise to Music, Fitness Pilates and Spin.	clairejardineevolutionfitness@gmail.com http://www.clairejardinefitness.com/
	Judo	7:30pm	Adult classes taught by qualified tutors.	starvansbookings@gmail.com
Wednesday	Dance In Line: Latin and Ballroom	9:30am & 11:15am	Dancing in Line, for starters and improvers, using the choreography of Latin & conventional ballroom. A U3A activity. Non-members are very welcome to come try. You do not need a partner.	Judith.bolton360@gmail.com https://chepstowu3a.org.uk/u3agroups/dancing-in-line-latin-ballroom/
	Childrens Ballet	1pm onwards	A fun introduction to dance, movement and rhythm. Classes for children from 6 mths-7 yrs. The teacher is a fully qualified ballet teacher with extra, specific training with the Tiny Toes organisation.	charlotte@tinytoesballet.co.uk http://www.tinytoesballet.co.uk/
	Slimming World	5pm	Founded over 50 years ago in Derbyshire, Slimming World is a UK success story. David has been hosting the group in St Arvans for over 8 years.	cheryl.roberts97@gmail.com
	Art Workshop	7:30pm	Talented local artist and art tutor, Rebecca, specialises in watercolours, inks, pastels and mixed media. All skill levels are very welcome.	rebecca.way123@gmail.com
	Music With Mummy	9:15am & 10:15am	Small friendly classes full of music, educational games and fun activities for children from birth through the pre-school ages.	emlouiseclarke1997@icloud.com

Thursday	U3A Recorder Group	10am	This group meets to enjoy making music together & exploring the wide range of repertoire the instruments offer, guided by a qualified music teacher.	thetotts1@gmail.com https://chepstowu3a.org.uk/u3agroups/recorder-playing/
	Zumba	10am	Focusing on all elements of fitness, inc. flexibility, cardiovascular, muscle conditioning and balance.	ayresandgraces@yahoo.com
	U3A Folk Dancing	1:30pm (Third thursday of month)	Traditional and Modern Folk Dancing for all levels of ability.	https://chepstowu3a.org.uk/u3agroups/folk-dance/
	Ukulele Club	8pm	Ukulele for all levels of ability	noodlepops@yahoo.co.uk
Friday				
Saturday				
Sunday	Warhammer	9am (last Sunday of month)	A tabletop, miniature wargame with a fantasy, mediaeval theme.	dave_mitchard@hotmail.co.uk
	Chepstow Chatelaines	6:30pm	A female voice choir, enjoying a wide ranging repertoire inc, classical, madrigals, songs and arrangements for SSAA.	jaynepiano@aol.com