

# MONDAY

Correct as of 17th February 2025

TIME	SESSION	ROOM	CONTACT INFO
09:30AM - 10:30AM	<b>Beginners Pilates by Next Chapter Pilates</b> This is a fairly gentle class that is a perfect introduction if you've never tried Pilates before or are returning to exercise after a break. You will be taken through various moves to challenge your balance, mobility, strength and flexibility all within a fun, relaxed environment.	Carrington Room	<b>Sarah Brown</b> sarah@nextchapterpilates.com www.nextchapterpilates.com
09:45AM - 10:45AM	<b>Stay Steady Stay Strong</b> Do you ever feel unsteady? Are you worried about falling? Or do you know an older person who would answer yes? If yes, consider joining this specialist strength and balance exercise class for older people, help maintain your independence, keep mobile and steady on your feet.	Sports Hall	<b>Lucie</b> 07951294178
4:00PM - 8:00PM	<b>Urban Strides</b> Skyrocket your Street Dance skills and enjoy an empowering atmosphere with zero judgement.	Carrington Room	To find out more about class offerings and timings, please contact <b>classes@urbanstrides.com</b>
5:00PM - 6:00PM	<b>Risborough Rangers Junior Football Club</b> Risborough Rangers JFC was started in 1971 and since then thousands of children have enjoyed their time with us. Today, we are one of the largest clubs in the area with over 400 boys and girls playing regularly between 5 and 16 years of age.	Sports Hall	Michelle Lane (Online Registration Administrator) <b>rrjfc.subscriptions@gmail.com</b>
7:00PM - 8:00PM	<b>Beginner/Improver Pilates by Next Chapter Pilates</b> This is a beginner/improver class so you are given options to challenge yourself within each move. We work on the mat each week but sometimes use small equipment such as bands or balls to make the moves a little more difficult depending on your ability.	Brushwood Suite	<b>Sarah Brown</b> sarah@nextchapterpilates.com www.nextchapterpilates.com
7:15PM - 9:45PM	<b>Risborough Army Cadets</b> Open to ages 12-18. We are recruiting instructors across Bucks — no military experience needed. For more information, please visit the link below or email: <a href="https://armycadets.com/county/buckinghamshire-acf/">https://armycadets.com/county/buckinghamshire-acf/</a>	Sports Hall and Cherry Baker Room	5190down@armymail.mod.uk
8:15PM - 9:15PM	<b>Intermediate/Advanced Pilates by Next Chapter Pilates</b> This class is either for people who have done Pilates before or have a good general level of fitness, in particular can demonstrate good lower abdominal strength and awareness. If you are unsure if this class would be suitable for you please contact Sarah at sarah@nextchapterpilates.com	Carrington Room	<b>Sarah Brown</b> sarah@nextchapterpilates.com www.nextchapterpilates.com

# TUESDAY

Correct as of 20th December 2024

TIME	SESSION	ROOM	CONTACT INFO
09:30AM - 12:30PM	<b>Risboro' Lacemakers</b> A local group of lacemakers who meet to make lace and share our expertise as well as catching up. Our 'Tuesday' sessions are primarily Beginners sessions.	Carrington Room	<b>Please e-mail:</b> Risborolacemakers@gmail.com
09:30AM - 1:00PM	<b>Risborough Countryside Group</b> We aim to protect and improve wildlife and wild places in and around Princes Risborough, to understand our rich local history and to inform and educate. <b>We meet on the 1st Tuesday of each month.</b>	Cherry Baker Room	Email <b>francisgomme@aol.com</b> for details.
1:00PM - 5:00PM	<b>Risborough &amp; District Bridge Club</b> We are a friendly club that can cater for all standards of players.	Carrington Room	<b>Membership Sec - Margie Hamley</b> 01296 630767
1:00PM - 5:00PM	<b>u3a Canasta</b> Enjoy an afternoon playing a very interesting and tactical card game, with like minded people, in a social environment. Everyone joins in helping one another and socialising in a positive way. <b>We meet every 2nd Thursday and 4th Tuesday of the month.</b>	Cherry Baker Room	<b>Ian Miller Hall</b> Canasta@risboroughu3a.org.uk
6:30PM - 10:00PM	<b>Princes Risborough Ukulele Group</b> This is intended to be a fun group for ukulele players that is also developmental and creative. It is open to all, from absolute beginners to experienced players. <b>We meet every 2nd and 4th Tuesday of the month.</b>	Cherry Baker Room	<b>Ron Holland</b> ukulele@risboroughu3a.org.uk 07738 009795
6:15PM onwards	<b>Princes Risborough Town Council Meetings</b> Full Council meetings take place at the Wades Centre on Stratton Road on the last Tuesday of each month, starting at 7:00 PM. Sub-committees also convene on Tuesday evenings at the Wades Centre; visit our website for specific dates and times. Learn more about participating in council meetings at <a href="http://www.princesrisboroughtowncouncil.gov.uk">www.princesrisboroughtowncouncil.gov.uk</a> under the "Meetings, Agendas, and Minutes" section.  E: <a href="mailto:towncouncil@princesrisboroughtowncouncil.gov.uk">towncouncil@princesrisboroughtowncouncil.gov.uk</a>		

# WEDNESDAY

Correct as of 20th December 2024

TIME	SESSION	ROOM	CONTACT INFO
10:15AM - 11:15AM	<b>Pure Pilates</b> Pilates will strengthen and tone muscles, correct and improve posture, increase flexibility, reduce stress and tension. Pilates is recommended by medical professionals to relieve back and muscle aches and pains. Come and join our mixed friendly group with adaptable programmes to suit all levels and ability.	Sports Hall	<b>Sarah Johnson</b> purepilatesuk@outlook.com 07563 968877
1:45PM - 4:15PM	<b>u3a Short Mat Bowls</b> The aim of the group is to enjoy playing Short Mat Bowls together.	Sports Hall	<b>Peter Fenton</b> shortmatbowls@risboroughu3a.org.uk 01844 346175
2:00PM - 4:00PM	<b>u3a Music Appreciation</b> The aim of the Group is to deepen our appreciation of all genres of western- style music. Typically this is achieved through listening to members' presentations based around a particular theme. <b>We meet every 4th Wednesday of the month.</b>	Cherry Baker Room	<b>Peter Willett</b> musicappreciation@risboroughu3a.org.uk 01844 343487
2:00PM - 4:00PM	<b>u3a Antiques and Collectables</b> The aim of the Group is to learn the History of any Antiques or Collectables that members of the group or U3A may possess. <b>We meet every 2nd Wednesday of the month.</b>	Cherry Baker Room	<b>David Gibbs</b> antiquesandcollectables@risboroughu3a.org.uk 01844 346497
7:00PM - 8:00PM	<b>Impulse Dance</b> These exciting new classes combine movement and mindfulness for adults. Lyrical dance is a fusion of ballet & jazz dance with choreography inspired by emotive song lyrics. We will learn lyrical techniques & routines while integrating mindfulness exercises into each class. New to dance or have experience? This class welcomes you!	Carrington Room	<b>Victoria McCrudden</b> E: impulsedanceuk@gmail.com Instagram: Impulse_Danceuk Facebook: Impulse Dance
7:15PM - 9:15PM	<b>Princes Risborough Area Heritage Society</b> A Local History Society founded in 1987 which holds monthly indoor meetings from September to April. The Society arranges occasional exhibitions of historical material together with guided walks through the Conservation Area, particularly during the annual Town Festival. <b>We meet every 1st Wednesday of the month between September and April.</b>	Brushwood Suite	<b>Chris Kingham</b> 07840 769857

# THURSDAY

Correct as of 20th December 2024

TIME	SESSION	ROOM	CONTACT INFO
10:00AM - 12:30PM	<b>u3a Out with Friends</b> The Out With Friends Group is for both men and women who need to socialise on their own either because they live alone or for some other reason. New members are welcome to just turn up at our meetings and join in. <b>We meet every 1st Thursday of the month.</b>	Cherry Baker Room	<b>Yvonne Harris</b> outwithfriends@risboroughu3a.org.uk 07760 766186
1:30PM - 4:30PM	<b>u3a Bridge</b> The Bridge Group is a social / contract bridge group for members to play and enjoy bridge rather than as a specific competitive environment. The aim of the group is for everyone, novice to expert, to enjoy bridge. If you are a total beginner, you can be confident that you will get support and encouragement from your fellow group members. <b>We meet every 2nd and 4th Thursdays of the month.</b>	Carrington Room	<b>Stephen &amp; Babs Cooper</b> bridge@risboroughu3a.org.uk
2:00PM - 4:30PM	<b>u3a Finance</b> The aim of the group is to run workshops on a number of financial and topical issues, with guest speaker and with members pooling their experience. <b>Alternating monthly, we meet on the final Thursday.</b>	Cherry Baker Room	<b>Andrew Melville-Jackson</b> financialworkshop@risboroughu3a.org.uk 01844 347128
4:15PM - 9:00PM	<b>Natalie Jane Dance School</b> Natalie Jane Dance School offers dance classes in ballet, tap, modern, acro, jazz, performances, showcases and exams.	Sports Hall	<b>Natalie Stone</b> natalie@njdance.co.uk 07855 296242
8:00PM - 10:00PM	<b>Princes Risborough &amp; District Caged Bird Society</b> <b>We meet on the last Thursday of each month.</b>	Cherry Baker Room	<b>Roger Carr</b> rogercarr43@gmail.com 01844 213 600

# FRIDAY

Correct as of 20th December 2024

TIME	SESSION	ROOM	CONTACT INFO
09:15AM - 10:15AM	<b>Musical Mayhem</b> We introduce babies & young children to a lively mix of traditional & original children's songs with guitar accompaniment, puppets, props & percussion games. Stimulates imagination & creative play, encourages communication & promotes early love of music.	Carrington Room	<b>Email:</b> info@musicalmayhemuk.co.uk You can also call or text <b>Monica on 07979 861142</b> or <b>Emma on 07973 884947</b>
09:00AM - 01:00PM	<b>Monkey Music</b> Welcome to our fun, educational, structured music classes. We sing, dance, play real instruments, and develop key skills through music. Classes include: 9.20am Jiggety-Jig for 2&3 year olds, 10am Heigh-Ho for 1-2 year olds, 10.40am Ding-Dong for 3&4 year olds, and 11.20am Rock'n'roll for babies from 3 months.	Cherry Baker Room	<b>Sally Williamson</b> 01494 819138 aylesbury@monkeymusic.co.uk monkeymusic.co.uk
10:30AM - 11:30AM	<b>Stay Steady Stay Strong</b> Do you ever feel unsteady? Are you worried about falling? Or do you know an older person who would answer yes? If yes, consider joining this specialist strength and balance exercise class for older people, help maintain your independence, keep mobile and steady on your feet.	Sports Hall	<b>Lucie</b> 07951294178
1:30PM - 2:30PM	<b>T'ai Chi by Active in the Community</b> A Tai-Chi class delivered by an expert instructor. This is a low-impact exercise that focuses on flexibility, strength, balance and mindfulness. The session can be adapted to your level of ability, and you will not be asked to do any movements/exercises you cannot do or are not comfortable with.	Sports Hall	<b>To book please contact:</b> Katie.Youngman@aitc.org.uk 07956702435

# SATURDAY AND SUNDAY

Correct as of 20th December 2024

TIME	SESSION	ROOM	CONTACT INFO
SATURDAY 08:45AM - 09:45AM	<p><b>Beginners Tai Chi &amp; Qigong by Tai Chi Globe</b></p> <p>Relaxed and friendly classes for beginners with Lee Welch. Regular &amp; correct practice of Tai Chi and Qigong helps you to:</p> <ul style="list-style-type: none"> <li>• Relax and feel better about yourself</li> <li>• Boost your immune system</li> <li>• Recover from illness and injuries</li> <li>• Improve balance and co-ordination</li> <li>• Loosen the joints, reducing aches &amp; pains</li> <li>• Improve posture and alignment</li> <li>• Improve health and longevity</li> <li>• Promotes healing and speeds recovery</li> </ul>	Sports Hall	<p><b>Lee Welch</b>  <a href="http://www.taichiglobe.com/contact">www.taichiglobe.com/contact</a>            07312266320</p>
SATURDAY 10:00AM - 11:00AM	<p><b>Beginners Tai Chi &amp; Qigong by Tai Chi Globe</b></p> <p>Relaxed and friendly classes for beginners with Lee Welch. Regular &amp; correct practice of Tai Chi and Qigong helps you to:</p> <ul style="list-style-type: none"> <li>• Relax and feel better about yourself</li> <li>• Boost your immune system</li> <li>• Recover from illness and injuries</li> <li>• Improve balance and co-ordination</li> <li>• Loosen the joints, reducing aches &amp; pains</li> <li>• Improve posture and alignment</li> <li>• Improve health and longevity</li> <li>• Promotes healing and speeds recovery</li> </ul>	Sports Hall	<p><b>Lee Welch</b>  <a href="http://www.taichiglobe.com/contact">www.taichiglobe.com/contact</a>            07312266320</p>
SUNDAY 08:30AM - 12:00PM	<p><b>Little Kickers</b></p> <p>We give your children a positive introduction to sport by teaching high quality football skills in a friendly, pressure-free environment. There are four different classes tailored specifically to the needs of children between 18 months and eighth birthday. It's the perfect way to ignite an enthusiasm for sport that will stay with them for life.</p>	Sports Hall	<p><b>Littles Kickers MK</b>            Call 01494 911133            Email <a href="mailto:mk@littlekickers.co.uk">mk@littlekickers.co.uk</a></p>