

MONDAY

Correct as of 13th September 2024

TIME	SESSION	ROOM	CONTACT INFO
09:30AM - 10:30AM	Beginners Pilates by Next Chapter Pilates 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	Sarah Brown sarah@nextchapterpilates.com www.nextchapterpilates.com
10:00AM - 11:00AM	Stay Steady Stay Strong 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	Lucie 07951294178
4:00PM - 8:00PM	Urban Strides 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 classes@urbanstrides.com
7:00PM - 8:00PM	Beginner/Improver Pilates by Next Chapter Pilates 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	Sarah Brown sarah@nextchapterpilates.com www.nextchapterpilates.com
8:15PM - 9:15PM	Intermediate/Advanced Pilates by Next Chapter Pilates 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	Sarah Brown sarah@nextchapterpilates.com www.nextchapterpilates.com

TUESDAY

Correct as of 12th June 2024

TIME	SESSION	ROOM	CONTACT INFO
09:30AM - 12:30PM	Risboro' Lacemakers 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	Please e-mail: Risborolacemakers@gmail.com
09:30AM - 1:00PM	Risborough Countryside Group 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. We meet on the 1st Tuesday of each month.	Cherry Baker Room	Email francisgomme@aol.com for details.
1:00PM - 5:00PM	Risborough & District Bridge Club We are a friendly club that can cater for all standards of players.	Carrington Room	Membership Sec - Margie Hamley 01296 630767
1:00PM - 5:00PM	u3a Canasta 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. We meet every 2nd Thursday and 4th Tuesday of the month.	Cherry Baker Room	Ian Miller Hall Canasta@risboroughu3a.org.uk
6:30PM - 10:00PM	Princes Risborough Ukulele Group 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. We meet every 2nd and 4th Tuesday of the month.	Cherry Baker Room	Ron Holland ukulele@risboroughu3a.org.uk 07738 009795

WEDNESDAY

Correct as of 13th September 2024

TIME	SESSION	ROOM	CONTACT INFO
10:15AM - 11:15AM	<p>Pure Pilates</p> <p>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.</p> <p>Come and join our mixed friendly group with adaptable programmes to suit all levels and ability.</p>	Sports Hall	<p>Sarah Johnson purepilatesuk@outlook.com 07563 968877</p>
1:45PM - 4:15PM	<p>u3a Short Mat Bowls</p> <p>The aim of the group is to enjoy playing Short Mat Bowls together.</p>	Sports Hall	<p>Peter Fenton shortmatbowls@risboroughu3a.org.uk 01844 346175</p>
2:00PM - 4:00PM	<p>u3a Music Appreciation</p> <p>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.</p> <p>We meet every 4th Wednesday of the month.</p>	Cherry Baker Room	<p>Peter Willett musicappreciation@risboroughu3a.org.uk 01844 343487</p>
2:00PM - 4:00PM	<p>u3a Antiques and Collectables</p> <p>The aim of the Group is to learn the History of any Antiques or Collectables that members of the group or U3A may possess.</p> <p>We meet every 2nd Wednesday of the month.</p>	Cherry Baker Room	<p>David Gibbs antiquesandcollectables@risboroughu3a.org.uk 01844 346497</p>
7:15PM - 9:15PM	<p>Princes Risborough Area Heritage Society</p> <p>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.</p> <p>We meet every 1st Wednesday of the month between September and April.</p>	Brushwood Suite	<p>Chris Kingham 07840 769857</p>

THURSDAY

Correct as of 12th June 2024

TIME	SESSION	ROOM	CONTACT INFO
10:00AM - 12:30PM	u3a Out with Friends 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. We meet every 1st Thursday of the month.	Cherry Baker Room	Yvonne Harris outwithfriends@risboroughu3a.org.uk 07760 766186
1:30PM - 4:30PM	u3a Bridge 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. We meet every 2nd and 4th Thursdays of the month.	Carrington Room	Stephen & Babs Cooper bridge@risboroughu3a.org.uk
2:00PM - 4:30PM	u3a Finance 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. Alternating monthly, we meet on the final Thursday.	Cherry Baker Room	Andrew Melville-Jackson financialworkshop@risboroughu3a.org.uk 01844 347128
4:15PM - 9:00PM	Natalie Jane Dance School Natalie Jane Dance School offers dance classes in ballet, tap, modern, acro, jazz, performances, showcases and exams.	Sports Hall	Natalie Stone natalie@njdance.co.uk 07855 296242
8:00PM - 10:00PM	Princes Risborough & District Cage Bird Society We meet on the last Thursday of each month.	Cherry Baker Room	Roger Carr rogercarr43@gmail.com 01844 213 600

FRIDAY

Correct as of 12th June 2024

TIME	SESSION	ROOM	CONTACT INFO
09:15AM - 10:15AM	Musical Mayhem 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	Email: info@musicalmayhemuk.co.uk You can also call or text Monica on 07979 861142 or Emma on 07973 884947
09:00AM - 01:00PM	Monkey Music 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	Sally Williamson 01494 819138 aylesbury@monkeymusic.co.uk monkeymusic.co.uk
10:30AM - 11:30AM	Stay Steady Stay Strong 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	Lucie 07951294178
1:30PM - 2:30PM	T'ai Chi by Active in the Community 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	To book please contact: Katie.Youngman@aitc.org.uk 07956702435

SATURDAY AND SUNDAY

Correct as of 12th June 2024

TIME	SESSION	ROOM	CONTACT INFO
SATURDAY 08:45AM - 09:45AM	<p>Beginners Tai Chi & Qigong by Tai Chi Globe</p> <p>Relaxed and friendly classes for beginners with Lee Welch. Regular & correct practice of Tai Chi and Qigong helps you to:</p> <ul style="list-style-type: none"> • Relax and feel better about yourself • Boost your immune system • Recover from illness and injuries • Improve balance and co-ordination • Loosen the joints, reducing aches & pains • Improve posture and alignment • Improve health and longevity • Promotes healing and speeds recovery 	Sports Hall	<p>Lee Welch www.taichiglobe.com/contact 07312266320</p>
SATURDAY 10:00AM - 11:00AM	<p>Beginners Tai Chi & Qigong by Tai Chi Globe</p> <p>Relaxed and friendly classes for beginners with Lee Welch. Regular & correct practice of Tai Chi and Qigong helps you to:</p> <ul style="list-style-type: none"> • Relax and feel better about yourself • Boost your immune system • Recover from illness and injuries • Improve balance and co-ordination • Loosen the joints, reducing aches & pains • Improve posture and alignment • Improve health and longevity • Promotes healing and speeds recovery 	Sports Hall	<p>Lee Welch www.taichiglobe.com/contact 07312266320</p>
SUNDAY 08:30AM - 12:00PM	<p>Little Kickers</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>Littles Kickers MK Call 01494 911133 Email mk@littlekickers.co.uk</p>