

**ROSEMARY CONLEY DIET AND FITNESS CLUB**

Advice on healthy eating followed by a 45 minute exercise session (optional) to suit all ages and abilities.

**Day:** Monday - 09.30-11.00  
**Contact name:** Mrs Pink  
**Telephone:** 020 8224 1626  
**Age group:** 18 - 70 years

**SMALL CIRCLE JUJITSU FEDERATION**

Junior judo and self defence for 7-14 years. Adult self-defence, weapons disarms (based upon small circle jujitsu) and pressure point fighting.

**Days:** Tuesday and Thursday  
**Contact name:** Leon Jay  
**Telephone:** 01737 210 052  
**Website address:** [www.smallcirclejujitsu.co.uk](http://www.smallcirclejujitsu.co.uk)  
**Age group:** 7 years +

**STAR STEPPERS STAGE SCHOOL**

Join our professional actors, singers and dancers as you learn funky dance moves, hit songs, and show off your acting talent performing classic plays while making friends, keeping fit and healthy and having fun!

Star Steppers performances take place at professional venues and will put your child in the spotlight!

**Day:** Mondays - 17.00-18.00

**Leatherhead Leisure Centre**

Guildford Road  
 Leatherhead  
 Surrey  
 KT22 9BL

**Tel:** 01372 377674

**Fax:** 01372 386749

**Email:** [leatherhead@fusion-lifestyle.com](mailto:leatherhead@fusion-lifestyle.com)

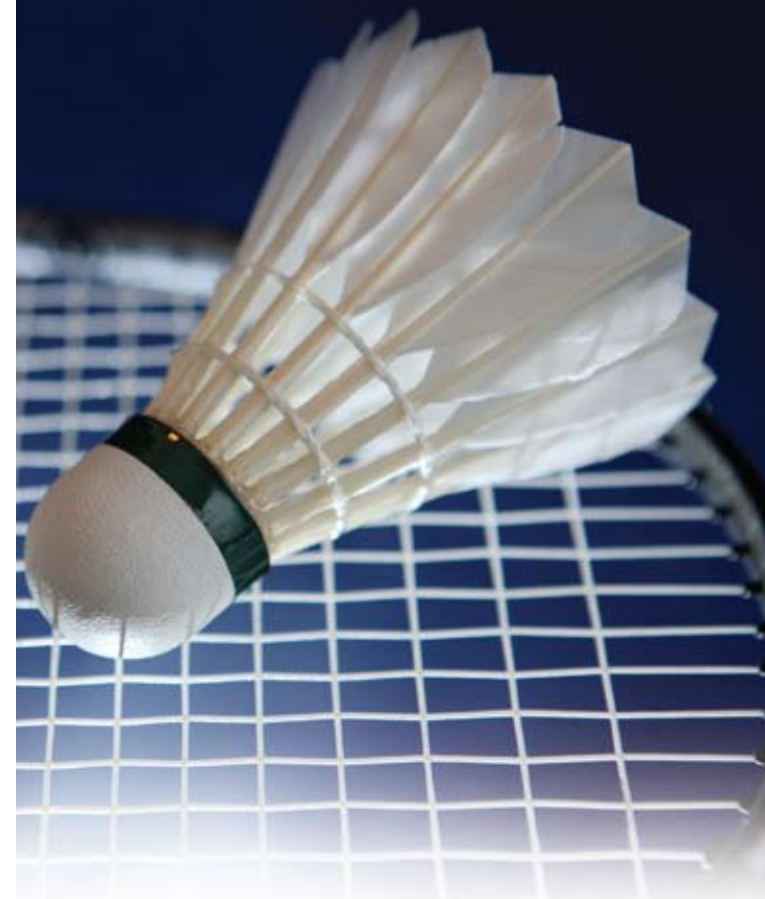
**Website:** [www.leatherheadleisurecentre.com](http://www.leatherheadleisurecentre.com)



Operated for Mole Valley  
 District Council by Fusion

**Leatherhead Leisure Centre**

Club Activities 2010



**ASSOCIATION OF WORLD TAE KWON DO CLUBS**

Korean Martial Art dating back 2,500 years. Now an Olympic sport. Regular seminars, grading, full contact competitions and special training sessions.

**Days:** Wednesday and Saturday  
**Contact name:** Mr M Worsfold  
**Telephone:** 07740 680 879  
**Age group:** 5 years +

**BLUE BEAT STREET DANCE**

Capture the beat, dance to the street with a new urban street dance class.

**Day:** Saturday - 10.00-11.00  
**Telephone:** 01306 712178  
**Age group:** 12-16 years  
**Price:** £6 per class

**COERVER FOOTBALL TRAINING**

The Coerver coaching method allows all players to improve dramatically by working on co-ordination, mobility, flexibility and speed whilst creating an atmosphere that is enjoyable and fun.

**Day:** Friday  
**Telephone:** 020 8397 7200  
**Age group:** 4-9 years

**FETCHAM CANNONS BASKETBALL CLUB**

If you enjoy playing basketball, join our friendly scrimmage sessions to get fit, improve your skills and have fun.

**Day:** Sunday – 09.00-10.30  
**Contact name:** Alastair Pigott  
**Telephone:** 020 8 391 3504  
**Age group:** 16 years +  
**Cost:** £2.30 per person

**HINE TAI CHI SCHOOLS**

Traditional long form Yang Tai Chi Chuan and Chi Kung for good health, calming the mind and relieving tension.

**Day:** Wednesday 19.15-21.15  
**Contact name:** Kai Cheong  
**Telephone:** 020 8643 6641  
 07941 661 001

**KING CHARLES SUB AQUA**

Weekly pool sessions and use of club equipment, training lectures – leading to internationally recognised qualification.

**Day:** Tuesday – 20.30-21.30  
**Contact name:** David Watt  
**Telephone:** 0208 399 7989

**LEATHERHEAD SWANS CLUB**

Bowling, swimming and canoeing. Opportunities for disabled people in Surrey to take part in leisure activities.

**Day:** Tuesday – 19.00-22.00  
**Contact name:** Elaine Lush  
**Telephone:** 01306 875058  
**Age group:** All ages – any disability

**LEATHERHEAD SWIMMING CLUB**

Please contact the number below for further details.

**Days:** Monday and Friday  
**Contact name:** Bernice Graham  
**Telephone:** 01737 242 801

**LIL DRAGONS KICKBOXING**

The Lil Dragons programme is especially designed for children aged 4-6 years. In addition to fun, high energy classes out little dragons will gain confidence.

**Days:** Thursday and Friday  
**Contact name:** Curtis Page  
**Telephone:** 020 8393 3668  
 07949 486 999  
 07939 217 772

**LE ROC**

Le Roc jive classes are fun, friendly and there is no complicated footwork to master. You'll be amazed at what you can dance after only a few weeks!

**Contact name:** Colin Shaul  
**Telephone:** 07944 971 195  
**Age group:** 16 years +

**MOLES JUNIOR BADMINTON CLUB**

The club places emphasis on progressive coaching by Badminton Association of England qualified coaches for all players (including county juniors) without losing sight of the importance of enjoyment.

**Day:** Saturday  
**Contact name:** Alan Cunningham  
**Telephone:** 01372 372 326

**MOLE VALLEY INDOOR BOWLING CLUB**

A mixed club playing National and County competitions. Leagues for ladies, gentlemen and mixed play. Friendly roll ups. There are a limited number of memberships available.

Morning, afternoon and evening  
**Membership secretary:** John Squire  
**Telephone:** 01372 456 465  
**Age group:** All ages catered for

**MOLE VALLEY SUB AQUA CLUB**

Join a friendly aqua club where you can achieve a diving qualification which is accepted around the world.

**Day:** Wednesday – 20.00-21.15  
**Contact name:** Harry Cooper  
**Telephone:** 01932 862 974  
 07976 673 874

**POISSON D'OR FENCING CLUB**

Introduction and free play at Foil, Sabre and Epee. Two electric boxes, club equipment can be provided.

**Day:** Wednesday – 20.00-21.30  
**Contact name:** Alan Wolsoncroft  
**Telephone:** 01372 374 624  
**Age group:** 10 years +

