#### Tiddington Community Centre

## EVERY WEEK in 2025

**TCC on Mondays** 

9-11.45 Little Kickers runs fun football sessions - 18 months – 5

#### years

09.15-10.00 Little Kicks 18 months – 2.5 years 10.05-10.50 Junior Kickers 2.5-3.5 years 10:55-11:40 Mighty Kickers 3.5-5 years 01926 967066 or

warwick@littlekickers.co.uk

Sessions run every Monday Morning including Bank Holidays.



Little Kickers

Online Shop - <a href="https://little-kickers-online-shop.myshopify.com/?">https://little-kickers-online-shop.myshopify.com/?</a>
ref=0011I00000mllpF

George Joyce 01926 967066



## **TCC on Mondays**

15.45-19.00 Zest Dance

At Zest Dance, we believe dance should be joyful, creative, and confidence-boosting for everyone. Our TCC classes offer a fun, welcoming space for children and adults to explore movement, build skills, and make lasting friendships. Whether you're taking your first steps or perfecting your technique, our experienced teachers bring energy, encouragement, and plenty of passion to every session.

We hold weekly classes in Tiddington in a variety of styles including;

tots and pre-school dance, ballet, tap, modern, street, musical theatre and acro for children adults we offer Zest DanceFit (a dance fitness class), and adult ballet.

We offer a 2-week trial for our classes - do get in touch to book or visit our website to find out more.



#### Frankie Young, Principal 07897 988735

ZEST DANCE also at TCC on Tuesdays 16.30-18.15 Wednesdays 16.00 – 19.30 Thursdays 9.00-11.00 and 16.15-21.15



#### **TCC on Tuesdays**

16.30-18.15 Zest Dance, Frankie Young warwickshire@zest-dance.co.uk

07897 988735 <u>www.zest-dance.co.uk</u> SEE Mondays above for fuller details
Existing Customer Useful Links: <u>Class Manager Portal Log in Dancewear Shop</u>
Zest Dance Branded Uniform & Merchandise



#### **TCC on Tuesdays**

18.30-20.00 Yoga, Shama Sara Palmer

**foin us for gentle YOGA** In this popular class, we use breath, posture and guided relaxation to strengthen the body, increase flexibility and release tensions from body

and mind for a good night's sleep. We'd love you to join us.
We are socially spacing Yoga mats, wearing masks at all times except on our own mat.

To book a place in class please email/text: <a href="mailto:sarashama108@gmail.com">sarashama108@gmail.com</a> 07910 088032



#### TCC on Wednesdays

9.30-13.15 Baby Sensory, Gemma O'Rourke warwickshire@babysensory.co.uk 07989 502712 Precious early learning for babies



### **TCC on Wednesdays**

16.00-19.30 Zest Dance, Frankie Young warwickshire@zest-dance.co.uk 07897 988735 www.zest-dance.co.uk SEE Mondays above for fuller details



## **TCC on Thursdays**

09 - 11.00 Zest Dance Frankie Young warwickshire@zest-dance.co.uk

Also at 16.15 - 21.15 Zest Dance

07897 988735 www.zest-dance.co.uk SEE Mondays above for fuller details



11.00 - 12.00 One Fit Mama, Victoria Larder 07855 424104



### **TCC on Thursdays**

12.00 - 13.00 TCC Fitness, John Thomson

Thursdays at 12.00, a bunch of grumpy old men get together to participate in light fitness circuit training. Two circuits one of 50seconds the second of 40secs of 14 different exercises using weights, medicine balls, etc.

OPEN TO ALL once registered, just turn up on the day. There's no need to prebook.

£5 per session paid in advance on the day by bank transfer. Sorry, no cash .

Why not come and join us? FOR MORE INFORMATION CONTACT

John Thomson by email to jathomson2@btinternet.com



#### **TCC on Thursdays**

14.00 – 16.00 Stratford, AsYouLikeIt Blind Club, Rob Cobley

Every Other Week from Thursday 3<sup>rd</sup> September in 2025

A Club for Blind and Partially sighted members registered with Warwickshire Vision Support - we are a registered Charity.

At every meeting we have entertainment either a speaker or music followed by Tea and Cakes and a Raffle. We can arrange a limited amount of Transport to and from meetings.

Rob.cobley@touchwoodonline.com 01789 293863



# TCC on Fridays

08.30 - 13.30 Rhythm Time, Rachel Turner 07469 186042 rachel.t@rhythmtime.org , Rhythm Time - Location Finder







### **TCC on Fridays**

13.45 – 14.45 Zumba Gold, Miranda Maloney

Zumba Gold - A low impact, dance based exercise class. Easy to follow routines, using music and movement from around the world. Everybody is welcome.



miranda@pixiefit.co.uk 07595 696506



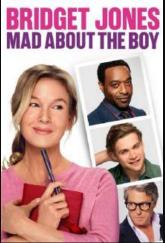
### **TCC on Fridays**

18.30 – 22.00 TCC Film Club (Every 1st Friday)

£5/attendance for non-Film Club Members £24 for 12 monthly films for members!

See <u>Film Club | Tiddington Community Centre</u> for next Film Night showing Email <u>rob.cobley@touchwoodonline.com</u> to be added to our email distribution list.





TO BE SHOWN ON FRIDAY 10th OCTOBER 2025



### **TCC on Saturdays**

14.00 – 16.00 Karate, Rachel Griffiths rachwgj@gmail.com 07930 171504



#### **TCC on Sundays**

08.30 – 11.15 Pre School Tennis, Dr Naomi Shearing naomi.s@btinternet.com 07919 483783



#### **TCC on Sundays**

14.00 – 16.00 Computer Classes, Andy Hollis (Twice/month) zzcyberlab@gmail.com

NEXT BOOKINGS are 7/9/25, 21/9/25, 5/10/25, 19/10/25, 2/11/25, 16/11/25 & 30/11/25 (both @11.30am)



### Pantomime at TCC, Natasha Smith

tiddingtonplayers@gmail.com 07964324357

#### EVERY FEBRUARY HALF-TERM WE HAVE A PANTOMIME

Next Pantomime is Week of 16<sup>th</sup>-22<sup>nd</sup> February 2026

Rehearsals take place Fridays from 7pm & Sundays from 2pm in January/February



There are other ad-hoc bookings for St James' Church and Taekwon-Do etc Additional details available from <a href="mailto:rob.cobley@touchwoodonline.com">rob.cobley@touchwoodonline.com</a>

