

BEDFORD HOUSE COMMUNITY ASSOCIATION

Arts, Fitness & Leisure
courses in your community

TERM 1

September - December 2023



www.bedfordhouse.org.uk



admin@bedfordhouse.org.uk



0208 504 6668



4 Westbury Road,
Buckhurst Hill, Essex, IG9 5NW

Registered Charity CIO No.1178692 England and Wales

ARTS & CRAFTS

Find your inner artist and get creative with one of our art classes. Our courses range from printmaking to painting, pottery to calligraphy, and many more.

HEALTH & FITNESS

Dedicate time to your physical and mental wellbeing with a fitness class. A variety of different courses are available, including dance-based classes, aerobics and yoga.

LEISURE COURSES

Get thinking and meet like-minded people at one of our leisure activities. This includes our Art Appreciation course.

ARTS & CRAFTS

**Watercolour
with Katherine Poluck**

MONDAYS 19:00-21:00

**Term 1: £245
Half term fee: £122.50
Code: 047**

**Pottery & Sculpture
with Esther Neslen**

MONDAYS 19:15 - 21:15

**Term 1: £249
Half term fee: £124.50
Code: 041**

**Learning to Draw
with Tony Swann**

MONDAYS 19:00-21:00

**Term 1: £215
Half term fee: £107.50
Code: 033**

**Exploring Painting
with Tony Swann**

TUESDAYS 10:00-12:00

**Term 1: £215
Half term fee: £107.50
Code: 026**

**Pottery and Sculpture
with Esther Neslen**

TUESDAYS 10:00-12:30

**Term 1: £310
Half term fee: £155
Code: 042**

**Art for All
with Tony Swann**

TUESDAYS 14:00-16:00

**Term 1: £215
Half term fee: 107.50
Code: 021**

**Oil Painting
with Tony Swann**

TUESDAYS 19:00 - 21:00

**Term 1: £225
Half term fee: £112.50
Code: 035**

**Ceramics: Pottery
with Martin Chesterman**

TUESDAYS 19:30-21:30

**Term 1: £249
Half term fee: £124.50
Code: 038**

**Drawing & Painting
with Anna Bisset**

TUESDAYS 10:00-12:30

**Term 3: £245
Half term fee: £122.50
Code: 024**

ARTS & CRAFTS

**Drawing & Painting
with Anna Bisset**

TUESDAYS 14:00-16:30

**Term 1: £225
Half term fee: £112.50
Code: 025**

**Ceramics: Pottery
with Martin Chesterman**

WEDNESDAY 10:00-12:30

**Term 1: £309
Half term fee: £154.50
Code: 039**

**Ceramics: Pottery
with Martin Chesterman**

WEDNESDAY 13:30-15:30

**Term 1: £249
Half term fee: £124.50
Code: 040**

**Calligraphy
with Gwyneth Hibbett**

THURSDAYS 13:00 - 15:00

**Term 1: £215
Half term fee: £107.50
Code: 023**

**Pottery and Sculpture
with Esther Neslen**

THURSDAYS 13:30-15:30

**Term 1: £375
Half term fee: £187.50
Code: 057**

**Watercolour Masterclass
with John Tookey**

THURSDAYS 14:00-16:00

**Term 1: £279
Half term fee: £139.50
Code: 046**

Painting with Paper

THURSDAYS 10:00-12:30

**Term 1: £275
Half term fee: £137.50
Code: 048**

**Discovering Drawing &
Painting with Anne
Daniels**

FRIDAYS 10:00-12:30

**Term 1: £225
Half term fee: £112.50
Code: 022**

**Printmaking
with Anne Daniels**

FRIDAYS 13:30-16:00

**Term 1: £229
Half term fee: £114.50
Code: 036**

HEALTH & FITNESS

**Tai Chi & Qi Gong
with Richard Edwards**

MONDAYS 13:00-14:15

**Term 1: £149
Half term fee: £74.50
Code: 011**

**Aerobics
with Jennifer Humm**

MONDAYS 19:30-20:30

**Term 1: £115
Half term fee: £57.50
Code: 001**

**Yoga
with Jacqui Bonham**

TUESDAYS 9:30-11:00

**Term 1: £159
Half term fee: £79.50
Code: 018**

**Keep Fit for Women 60+
with Marion Pretty**

TUESDAYS 10:00-11:00

**Term 1: £109
Half term fee: £54.50
Code: 009**

**Guided Walks in
Epping Forest
with Robert Levene**

TUESDAYS 10:00-12:00

**Term 1: £169
Half term fee: £84.50
Code: 005**

Ballet (Beginners)

TUESDAYS 12:15-13:15

**Term 1: £129
Half term fee: £64.50
Code: 003**

HEALTH & FITNESS

**Yoga
with Jacqui Bonham**

WEDNESDAY 10:00-11:30

**Term 1: £159
Half term fee: £79.50
Code: 016**

**Gentle Yoga
with Kim Doyle**

THURSDAYS 10:00-11:30

**Term 1: £159
Half term fee: £79.50
Code: 020**

**Guided Walks in
Epping Forest
with Robert Levene**

THURSDAYS 10:00-12:00

**Term 1: £169
Half term fee: £84.50
Code: 006**

**Guided Walks:
Paths & Tracks
with Robert Levene**

THURSDAYS 12.30-13:45

**Term 1: £129
Half term fee: £64.50
Code: 007**

**Pilates (Beginners)
with Belinda Payne**

FRIDAYS 11:15-12:15

**Term 1: £119
Half term fee: £59.50
Code: 017**

**Pilates (Intermediate)
with Belinda Payne**

FRIDAYS 9:45-11:00

**Term 1: £149
Half term fee: £74.50
Code: 015**

**Contemporary Dance
with Rachel Newby**

WEDNESDAY 13:15-14:15

**Term 1: £129
Half term fee: £64.50
Code: 058**

LEISURE COURSES

Creative Writing
Rosemary Haslam &
Lauraine Everitt

MONDAYS 10:00-12:30

Term 1: £119
Half term fee: £59.50
Code: 053

Art Appreciation

THURSDAYS 10:00-12:00

Term 1: £175
Half term fee: £87.50
Code: 051

ENROL TODAY

You can now enrol online, in person, or over the phone.



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