



# IN TOUCH



## MATWORK PILATES

Strength, Stamina, Flexibility

Wednesday 7pm-8pm  
£15

To book, go to:  
[mkc-pilates.pilatesnearyou.co.uk](http://mkc-pilates.pilatesnearyou.co.uk)

### Offers

St Mary's Church, Mat work Class - £15

1:1 or 2:1 Pilates: We focus on your goals, improving stamina, strength and flexibility - £35

**Bespoke Pilates Therapy:** This is a personalised form of Pilates, tailor made to your individual requirements. This is a good option for professional sportsmen, those taking part in a marathon or other sporting events, or those recovering from an injury or illness that effects muscle strength or skeletal structure. Consultation with full postural analysis - £40  
Continued Sessions - £55

MKC

[mkclarke09@gmail.com](mailto:mkclarke09@gmail.com)  
07746795511  
[mkc-pilates.pilatesnearyou.co.uk](http://mkc-pilates.pilatesnearyou.co.uk)



THE LEADING EDGE OF YOUNG PLAYER DEVELOPMENT IN LONDON  
FOR MORE INFO VISIT [WWW.SGSPORT.CO.UK](http://WWW.SGSPORT.CO.UK)

EASTER HALF TERM CAMP 2018  
Camp 1 - 3rd, 4th, 5th April 2018 or Camp 2 - 10th, 11th, 12th April 2018

Morning Camp for 3 - 5 year olds - 9am - 12pm  
Day Camps 9am - 3pm  
6 - 8 years Pre Academy  
9 - 12 years Juniors

OFFERS  
Early Morning drop off 8.30pm - £5  
Late Collection 3.30pm - £5  
Morning booking £15 - Day Booking £30 - 3 Day Camp - £75  
Sibling discounts for families!

Add-ons available online including training T - Shirt and Hoody.

Venue - Goal Soccer Centre Wimbledon, New Malden, Wimbledon, KT3, 4PH  
For bookings contact Steve Gale - [steve@sgsport.co.uk](mailto:steve@sgsport.co.uk) - 07930 - 473414

BE GOOD AT BEING YOURSELF

ASK US ABOUT OUR 2 WEEK TRIAL AND HOLIDAY WORKSHOPS



Unlock your child's potential with Stagecoach Performing Arts

Singing, dancing and acting classes for 4 - 10 year olds, where students learn to embrace life with creativity and courage

Find out more today:

- W [stagecoach.co.uk/Putney](http://stagecoach.co.uk/Putney)
- E [Putney@stagecoach.co.uk](mailto:Putney@stagecoach.co.uk)
- T 0845 265 7050



Creative Courage For Life®

Roll up, roll up - join us this April to become one of the

**GREATEST SHOWMEN**  
in South West London!!

When - Monday 9<sup>th</sup> - Friday 13<sup>th</sup> April  
9:15am-12pm for 4-6 yrs or  
9:30am-3pm for 7 yrs plus

Where - St Stephen's Church,  
Manfred Rd, SW15 2RS

Cost - £125, with siblings at £200 each  
or  
- £165, with siblings at £135 each



If you're looking for something active and entertaining to do during the Easter holidays? Then look no further!

Stagecoach Putney is running a fantastic week-long workshop open to all children aged from 4 years and up with sessions full of dancing, singing and lots and lots of FUN!  
For more information go to [www.Stagecoach.co.uk/Putney](http://www.Stagecoach.co.uk/Putney) or call 0845 265 7050

