



Tel: 01926 855205 Enquiries@thekenilworthcentre.com

**theKenilworthCentre**  
we're here for you

## Activities - Spring 2025

Bookings are to be made directly with activity leaders. Further info on classes can be found on our website: [thekenilworthcentre.com](http://thekenilworthcentre.com) on the 'What's On' tab or by interacting with the online calendar.

Day / Time	Activity (*TT - Term Time only)	Info	Cost
<b>Monday</b>			
9:30-10:30 am	Gentle Hatha Yoga *TT	You will be supported to discover those 'hard to come by' moments of self-care and love through the wonderful world of yo-	£
11-12 pm 12-1 pm	Over 50s Dance Fitness Class	Fun, easy to follow, low impact. To book contact: Nicola 07766 181514	£6.50
10:30-12:30 pm	Little Ray of Sunshine (Dementia)	Come with with carer. Every <b>3rd Monday</b> in the month. Contact:	FREE
10:30-12:00 pm	Compassionate Kenilworth: Surviving Bereavement Cafe	<b>4th Monday</b> of the month. Drop-in. Contact: <a href="mailto:info@compassionatekenilworth.co.uk">info@compassionatekenilworth.co.uk</a>	FREE
2-4 pm	tKC/Compassionate Kenilworth: Monday Hub *TT	Weekly. Drop-in. A place to connect, learn & be active. (Adult only)	FREE
2:45-3:45 pm	Walking for Health	Castle Medical Centre	FREE
6.30-8.30 pm	ILEAP Bingo	Monthly bingo activity for young people and adults with addi-	£20
<b>Tuesday</b>			
10-11 am	Pilates with Deborah *TT	Booking essential. Email: <a href="mailto:dthomasphysio@gmail.com">dthomasphysio@gmail.com</a>	£
10:30-12:30 pm	CELST Lipreading *TT	Lipreading courses. Contact: 07799 224361 Email: <a href="mailto:contactcelst@gmail.com">contactcelst@gmail.com</a>	£
10-3 pm	ILEAP	Leisure activities for young people and adults with additional needs. Contact: 01789 260 644 Email: <a href="mailto:sparkle@ileap.co.uk">sparkle@ileap.co.uk</a>	£40
11:15-12:15 pm	Physio led chair exercise *TT	Numbers are limited and booking is essential. Participation depends on a health screening. Email: <a href="mailto:dthomasphysio@gmail.com">dthomasphysio@gmail.com</a>	£
2-3.30 pm	KU3A Art Appreciation	Every 3rd Tuesday of the month. Members only. Website: <a href="https://Kenilworth(u3asite.uk)">https://Kenilworth(u3asite.uk)</a>	Members only
2-4 pm	KU3A Photography Group	Every <b>4th Tuesday</b> of the month. Members only. Website: <a href="https://Kenilworth(u3asite.uk)">https://Kenilworth(u3asite.uk)</a>	Members only
5-6 pm	Zest Dance *TT	Bringing dance to life for children and adults. <a href="https://zest-dance.co.uk/">https://zest-dance.co.uk/</a> <a href="mailto:frankie@zest-dance.co.uk">frankie@zest-dance.co.uk</a> 07897 988735	£
6:30-8 pm	Sound Hounds	Dog Training. Contact 07855 706122 <a href="mailto:info@soundhounds.co.uk">info@soundhounds.co.uk</a>	£
7-9 pm	Menopause Group	Monthly. 8th April, 13th May, 17th June.	FREE
<b>Wednesday</b>			
9-12.30 pm	Rhythm Time *TT	Music classes for children age 0-3 . Contact: 07469 186042.	£
10-11 am	tKC Rain or Shine playgroup *TT Easter – October half term	In the tKC garden. <a href="http://www.ticketsource.co.uk/the-kenilworth-centre">www.ticketsource.co.uk/the-kenilworth-centre</a>	£2
<b>Wednesday continued overleaf</b>			



Wednesday Continued			
11-12 pm	Inspiring Fitness—Education for all	marcus@inspiring-fitness.co.uk	£
11:45-1:45 pm	Kenilworth Acoustic Traditional Session	Donation to cover room hire	Donations
2-4 pm	CELST Lipreading *TT	Lipreading courses. Contact: 07799 224361 Email: contactcelst@gmail.com	£
2-3.30 pm	Digital Tech Cafe / Compassionate Kenilworth	Come and get some guidance on how to use you smart phone, laptop or Tablet. To book please call Alex: 07737511215	FREE
5-6 pm	Griffiths Karate	Tel: 07908 268 629 Email: julian@braxiatek.com	£
6-8 pm	tKC Youth Wellbeing Courses *TT	tKC Youth. <a href="http://www.ticketsource.co.uk/the-kenilworth-centre">www.ticketsource.co.uk/the-kenilworth-centre</a>	£
7.30-9.30 pm	Kenilworth All Together Greener	<b>2nd Wednesday</b> of the month. janburnell@metronet.co.uk	Donations
7.30-9.30 pm	Midlands Ancestors Kenilworth Group	<b>2nd Wednesday</b> of the month. <a href="mailto:kenilworthfhs@gmail.com">kenilworthfhs@gmail.com</a>	Non members £1
Thursday			
9:30-10:30 am	Over 50s Dance Fitness Class	See contact detail above: Monday	£6.50
9:30-1:30 am	Baby Clinic		FREE
10am-12 pm	WDU3A Philosophy Group	<b>Bi-weekly.</b> 07951 108317 <a href="mailto:smtjazz@hotmail.co.uk">smtjazz@hotmail.co.uk</a>	Members only
10:30-3 pm	ILEAP	See contact details above: Tuesday	£40
10:45-11:45 am	Pilates in Motion *TT	07762 311074 yvette@freedomwithmotion.com	£
2-4 pm	Kenilworth U3A Poetry Appreciation Group	Every <b>2nd &amp; 4th Thursday</b> . Website: <a href="https://Kenilworth(u3asite.uk)">https://Kenilworth(u3asite.uk)</a>	Members only
4-6 pm	Zest Dance *TT	See contact details above: Monday	£
7-8 pm	Sound Hounds	See contact details above: Tuesday	£
6.15—7.15 pm	Men's Yoga—Living your Yoga *TT	info@livingyouryoga.co.uk	£
7.15-8:45 pm	Ashtanga Yoga—Living your Yoga *TT	info@livingyouryoga.co.uk	£
Friday			
9-10 am	Pilates with Deborah *TT	See contact details above: Tuesday	£
10-11 am	Pilates with Deborah *TT	See contact details above: Tuesday	£
10-12 pm	ILEAP Dance	Weekly dance session for for young people and adults with additional needs. See contact details above: Tuesday	£25
10:30-11:15 am	Glo Babies *TT	To book call Michelle on: 07956355729	£
11:30-12:30 pm	Tonersize with gym tension chairs	Call Liza on: 07403964063	£
1-2 pm	Well-being Walks—post walk cuppa & chat	12.30pm meet at Abbey Medical Centre for walks, then drinks at tKC. Open to anyone.	FREE
3:45-7:45 pm	Stagecoach *TT	kenilworth@stagecoach.co.uk	£
6-7:15 pm	Junior Youth Club *TT	<a href="http://www.thekenilworthcentre.com/whats-on/youth-activities/">www.thekenilworthcentre.com/whats-on/youth-activities/</a>	FREE
7:30-9 pm	Senior Youth Club *TT	<a href="http://www.thekenilworthcentre.com/whats-on/youth-activities/">www.thekenilworthcentre.com/whats-on/youth-activities/</a>	FREE
Saturday			
9-12 pm	Zest Dance *TT	See contact details above: Monday	£
10 am - 12 pm	Art classes for children	kenilworth@cygnetsartschool.com	£
12-3 pm / 12-4.30 pm	ILEAP	Leisure activities for young people and adults with additional needs. See contact details above: Tuesday	£25
1—5 pm	Band One lessons	Learn Guitar, Keyboard, Drums or Vocals on real instruments. chris.lewis@bandone.co.uk	£
Sunday			
9:00-1 pm	11 Plus Lesson Warks	warwickshire@11pluslessons.co.uk	£
9:30-2:30 pm	Sound Hounds	See contact details above: Tuesday	£
3-4 pm	Griffiths Karate	Tel: 07908 268 629 Email: julian@braxiatek.com	£
3-5 pm	tKC/Compassionate Kenilworth Board Games Hub	Every <b>3rd Sunday</b> of the month. No booking required—just turn up	FREE
4-6 pm	tKC/Compassionate Kenilworth/Cook - Live music & dinner	<b>Last Sunday of the month.</b> Booking essential. <a href="http://www.ticketsource.co.uk/the-kenilworth-centre">www.ticketsource.co.uk/the-kenilworth-centre</a>	Donations
4:30-6:30 pm	Word of Life Church	admin@wol.org.uk	FREE

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