

Programme
February 2018

YELLOW PAVILION

From sports & fitness to arts & crafts, meet new people and learn new skills. Come and try out the Yellow Pavilion.

Monday

Creative Coffee Mornings

£3.50 | Booking advised
10-12pm | Adults only

Contact Jayshree: 07799 143 000

Socialise with coffee and learn some new skills, including card making, jewellery design, glass painting and much more.

London Youth Rowing

Free | Booking not required
4:30-5:30pm | Age 11-15

Contact: lfarquharson@londonyouthrowing.com

Enjoy the joys of indoor rowing and get the opportunity to get active!

Be Smart Get Fit: Fitness Club

£5 | Booking not required
6:30-8pm | Age 18+

Contact Rey: 07948 522 881

Join the club and get fit with a blend of dancercise, core exercise and running drills for a whole body work out.

Muay Thai

£5 | Booking not required
6:30-8:30pm | Age 16+

Contact Humphrey: 07849 873 237

Practise those stand-up strikes and get that clinching technique nailed. An enjoyable and energetic martial art class for all levels.



Tuesday

ESOL

Free | Booking required
10-12pm | Age 18+

Contact Rhoda: saafi-org@hotmail.co.uk

Improve your English speaking, listening, reading and writing skills. Perfect for speakers of other languages at pre-entry level to level 1.

Urban Gardening

Free | Booking required
1-3pm | Age 18+

Contact yellowpavilion@wembleypark.com

A hands on session where you can learn different techniques for growing and looking after your own plants and herbs.

Sewing Hands

£5 | Booking not required
4-5pm | Age 7-12

Contact Naomi 07424 206 261

The perfect class for little hands to get creative. From basic sewing techniques and patternmaking to imaginative designing.

Yoga with Clarey

£5 | Booking not required
5:30-6:30pm | Age 16+

Contact Clare: c1clare1@icloud.com

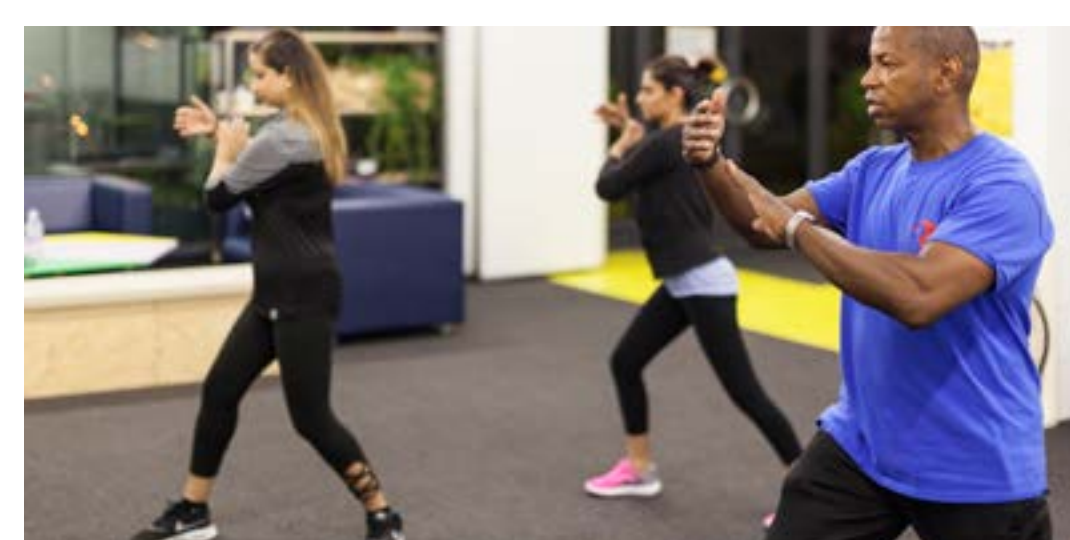
Synchronise your physical, mental and spiritual needs with this wellbeing activity, filled with relaxing and calm movements.

Tai Chi

£5 | Booking not required
7-8pm | Age 12+

Contact Jeff 07941 072 325

Moving meditation class combining deep breathing and relaxation with flowing movements. The perfect way to get healthy for all levels.



Wednesday

Yellow Pavilion 'Drop-in & Bring Your Ideas!'

Free | Booking required
12-2pm | All ages

Contact yellowpavilion@wembleypark.com

Come along to the Yellow Pavilion and share your thoughts on the activities you would like to see us put on.

Be Smart Get Fit: Wembley Stadium Group Run

Free | Meet outside Asics
7-8pm | Age 16+

Contact Rey: 07948 522 881

Join other running enthusiasts from the local community for a group run around Wembley Stadium. Perfect for all levels.



AQ Arts Open Dance Training

£3 | Booking not required
7-10pm | Age 14+

Contact Andrea 07984 021 712

AQ Arts host a dance class with a difference. The perfect class for those wanting to explore different styles at any level.

Thursday

Creative Cooking and Nutrition Programme with The Bite Me Corner Team

£8 | Booking required
4-6pm | Age 8-12

Contact contact@thebitemecorner.co.uk

Get your little ones creative with cooking and join the team from Bite Me Corner to learn all about nutrition, cooking and most importantly tasting!

Guitar Lessons for Beginners

Free | Booking required
4:30-5:20pm | Age 7-10 only
5:20-6:10pm | Age 11-18 only
6:10-7pm | Age 18+

Contact Tom 07870 251 766

Be a guitar hero and learn how to play with the help of professional instructors. Perfect for beginners and guitars are provided.

Friday

Parent and Toddler Group (Term Time Only)

£2 for first child, 50p for each additional child
| Booking required | 9:30-11:00am | Age 0-5 and parents

Contact Jo: 07984 042 777

A space where parents, carers and toddlers can come together over educational play, with light refreshments provided.

Drama Sessions – The British Theatre Academy

Free | Booking required
5-9pm | Age 6-20

Contact Marcus: marcus@btmail.co.uk

Starts Friday 9th February, The British Theatre Academy are coming to the Yellow! A professional performer training programme for young performers aged 6-20, we'll be starting with auditions and then rehearsals for our first show in Wembley, the classic musical Annie Jr. You must audition to join but please feel free to contact Marcus for free space.

Auditions at the Yellow:
Saturday 27 January 2pm
Sunday 4 February 2pm

To audition, please contact:
www.thebritishtheatreacademy.com
Then scroll down and select Annie Jr

Saturday

Be Smart Get Fit: Short Circuits

£5 | Booking advised
9-10am | Age 18+

Contact Rey: 07948 522 881

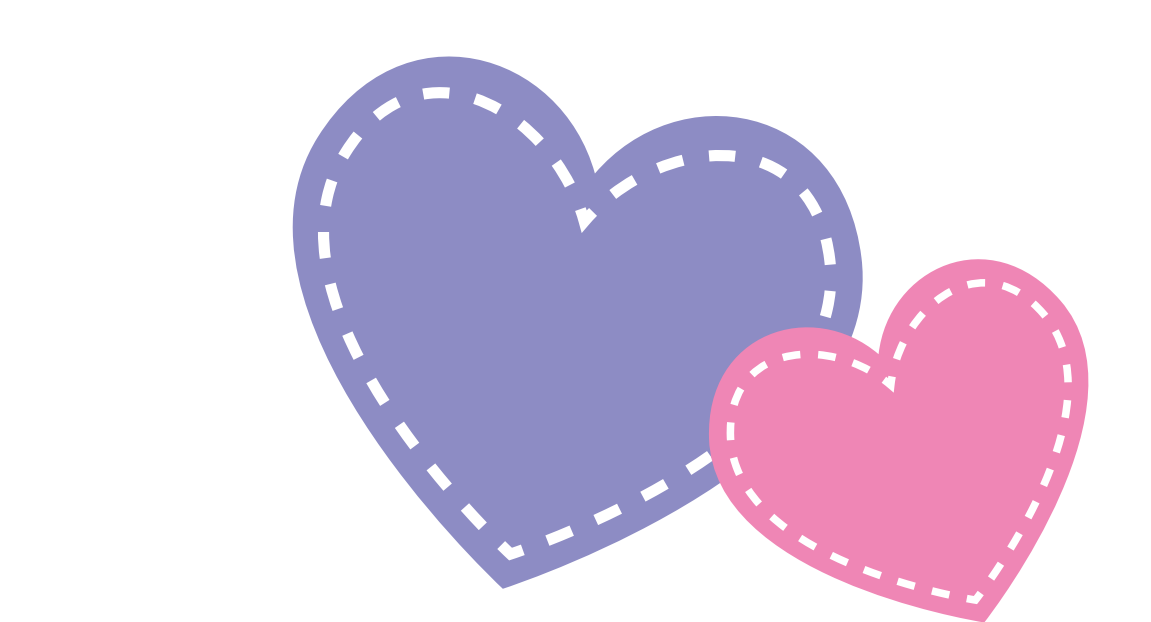
High energy circuits with a blend of cardio and calisthenics, all to the backing of beats chosen by you!

Crochet Basics

£35 for 8 classes plus materials and hooks Booking preferred.
10-11am | Adults and children age 12+

Contact Philomena: philroberts@hotmail.de

Learn all about stitches and patterns, as well as different techniques and designs in this crochet class. Perfect for beginners to create wonderful pieces.



Be Smart Get Fit: Beat Boxercise & Kick Boxercise

£5 | Booking advised 10-11am | Age 18+

Contact Rey: 07948 522 881

Move to the beat of the music with this high energy class, combining kickboxing, circuits and cardio.

Street Dance with Fagee

Free | Booking not required
5:20-6:30pm | Age 5-12
6:45-7:45pm | Age 13-25

Contact Fagee: 07875 933 770

Perfect your moves with everything from Salsa to Street Dance, as our specialist instructors lead the way.

Sunday

Yoga

Free | Booking advised
8:45-9:45am | Age 16+

Contact Dilip Rai: raideelip@yahoo.com

A meditative yoga class filled with relaxing and calm movements. The perfect wellbeing activity for those looking for an easy Sunday morning.



Wonderkids Football Academy

£3 | Booking not required
10:15-11:15am | Age 3-4

Contact Ali: 07946 445 957

The perfect class for a budding footballer. Come along and join in our academy, teaching a multitude of skills to develop your little one's footie talents.

February highlights

Brent Pensioners Social Coffee Morning

Free | Booking advised

Wednesday 21 January
11-1pm | Age 50+

Contact Violet: 020 8795 3151

The social spot for pensioners to come together and socialise with other members of the local community, whilst digging in to homemade cakes and refreshments.

Brent Youth Debate

Free | Booking advised

Wednesday 21 January
5:30-7:30pm | Young people

Contact Eve: 07803 033 776

Got an issue you feel passionate about? Come along and join in an afternoon of debating workshops. A great place for young people to express their thoughts on a given topic and learn the art of constructing a concrete debate.

Love is in the air

To celebrate Valentine's Day, for one week only all our activities will be based around the theme of love.

Commencing from
Monday 12th February.

Bring your ideas along or get in touch!

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