

Bookings and Enquiries

We are always looking for new groups and classes to join us here at Wooldale CFL.

Most of our activities take place during the evenings and weekends and also in the daytime during school holidays.

We are not just here to hire out rooms, we can help you start your own class, plan an event, advise you on marketing strategies and even funding opportunities.

Once you have made your booking, we can help promote your sessions through different marketing mediums that we use.

Caroline
Chisholm
School



KAJIMA
Community



inside

Spotlight on... Experience Dance & Fitness
Spotlight on... Tumble Tots
Our NEW Website!
The Spring 2009 Programme

FREE IT & FINANCE COURSES

Provided by Caroline Chisholm School & Kajima Community

Have you been left behind in the world of computers? Are you planning to go back to work and need some ICT skills?

Caroline Chisholm School with the support of Kajima Community, is pleased to offer four workshops to help you understand Microsoft Office. There will be four sessions, each looking at a different area of the software. Each session is independent of the others and so you can attend one or more of the workshops.

We are very pleased to offer these courses free to the local community. Places will be limited so early registration is advised.

Monday 27th April – Microsoft Word

This session will help you to use Word to create a variety of documents and write both formal and informal letters.

Monday 11th May – Microsoft Excel

This session is designed to help you understand how to use a spreadsheet effectively, particularly for personal finances.

Monday 1st June – Microsoft Publisher

This session will help create your own publications – invitations, cards, certificates and much more.

Monday 15th June – Internet and Email

In this session you will learn how to send emails and attachments, browse the internet for information, holidays, shopping etc.

Are you caught up in the credit crunch? Bewildered by the huge range of different financial products on the market? Don't know your APR from your EAR? Then you're not alone!

Caroline Chisholm School are pleased to offer four

workshops to help you understand your finances better and enable you to make better informed decisions about what to do with your money. There will be four sessions, each looking at a different area of personal finance. Each session is independent of the others and so you can attend one or more of the workshops.

We are very pleased to offer these courses free to the public although places will be limited so early registration is advised.

Wed 6th May – Financial Planning & Budgeting

This session will help you to consider your priorities and aspirations and look at effective ways to budget for the present and plan your financial future.

Wed 20th May – Making Sense of Mortgages

This session is designed to help you understand the different types of mortgage available and help you to understand how to make informed choices of which product is right for you.

Wed 3rd June – Savvy Savings

This session will help you understand all of the different types of savings products available on the market and how to use the EAR to help you choose which one is the best product for you.

Wed 17th June – Dealing with Debt

This session is designed to help you understand the different types of personal borrowing products and how to use the APR to properly compare the cost of any credit. It will also look at how to manage debt effectively.

For bookings & enquiries please ring 01604 669200 or 01604 677760.

Bookings & Enquiries

01604 677760
01604 677761
07764 364200
wooldale@kajima.co.uk

www.kajimacommunity.co.uk

Kajima Community

Caroline Chisholm School (Wooldale CFL)
Wooldale Road,
Wootton Fields
Northampton NN4 6TP

SPOTLIGHT ON...

Saturday Morning Tennis Coaching

We have regular Saturday morning tennis coaching with our coaches from Technically Tennis who are always looking for players of all abilities. The first lesson is FREE so why not come along and have a go!

The times are as follows:

9.30 - 10.30 Mini Greens:

8 - 11yrs

10:30 - 11:30 Junior

Development: 11 - 18yrs

Sessions vary dependant on age and level. Younger groups take part in fun game based sessions to improve hand-eye coordination and timing. Older players progress to sessions that concentrate on technique and repetition. Experienced groups progress to competitive performance based sessions.

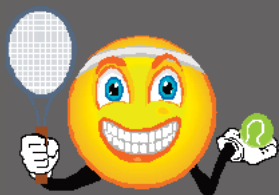
Private lessons for adults and juniors are available along with tennis camps during the school holidays.

For more details or to book your place, please contact Mike at Technically Tennis:

Tel: 01604 759797 or 07828 689079

Email: mike@technicallytennis.co.uk

Web : www.technicallytennis.co.uk



TUMBLETOTS, NORTHAMPTON

 GYMBABES 09.30 – 10.10	 WALKING → 2 YRS 10.30 – 11.15	 2 → 3YRS 11.30 – 12.15	 3YRS → SCHOOL 12.45 – 13.30
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Since January 2009 Tumbletots has been a new activity here at Caroline Chisholm on Saturday mornings.

Each weekly session combines fun, excitement and challenge in a safe and caring environment. All sessions use unique equipment and are run by staff specially trained to get the best out of your child. It concentrates on 4 core areas – climbing, agility, balance and co-ordination, and is structured according to the different ages and stages of a child's development. The children's personality traits including confidence and self-esteem are also developed and improved.

Gymbabes - 6months - Walking:
Stimulates and encourages

babies to use all their senses, gently and without pressure. Playing, exploring, crawling and learning together in a fun and relaxed atmosphere.

Walking - 2 Years:
The confident walker is now encouraged to climb, jump, roll... and other elementary physical activities that help stimulate body awareness.

2 - 3 Years:
Sessions are now based around 'activity stations' which form the basis for various task sequences. These are designed to enable children to develop their sense of balance, co-ordination and agility.

Still with parent participation, children in this age group now start learning to listen to

instructions.

3 Years - School Age:
Sessions now focus on even more challenging task sequences with the use of higher pieces of equipment. As the more confident child now participates on his/her own, tasks are designed to further develop a child's co-ordination, ball skills, body awareness and control.

Enquiries & Bookings:
01327 300807

Email:
Naomi.RSmith@tumbletots.com

Web:
www.tumbletots.com/northampton

EXPERIENCE DANCE & FITNESS

Gill Lockett's adult dance school has been teaching ballroom, latin, ballet, street dance and salsa at Caroline Chisholm on various evenings during the week since January. Due to its growing popularity the classes are expanding after Easter, so come along and join in a session. You don't have to be an expert by any means as most of the classes are for beginners.

MONDAYS
7.30-8.30pm: Street/Hip Hop a completely new beginners' class

8.00-9.00pm: Beginners' Ballet (primarily for teenagers and young adults) - aimed at fun and fitness rather than medals.

TUESDAYS
7.00-8.00pm—Beginners Ballroom & Latin - Waltz and Rumba. Learn the basics of these beautiful dances.

8.05-8.50pm Beginners Ballroom Tango. A very popular class as our members like tango - the passion and drama!

8.50-9.35pm Latin American Dancing for All - Samba. This carnival dance is great fun, and the music truly inspiring.

WEDNESDAYS
8.00-9.00pm Beginners Tap Dancing. No experience necessary.

9.00-10.00pm Solo Salsa. Dancing

to Latin tunes, pop music or true salsa rhythms. No experience necessary.

FRIDAY
7.00-7.45pm Latin Dancing for all - Jive. Learn the basics of this vivacious latin dance. For complete beginners and those with little experience.

7.45-8.30pm Beginners Ballroom - Waltz

8.30-10.00pm Improvers / Intermediates Ballroom & Latin. We shall be working on Ballroom Tango, Quickstep and Samba primarily, and other dances on request. We end the evening with a Viennese Waltz.

NEW KAJIMA COMMUNITY WEBSITE

We have redesigned our website (www.kajimacommunity.co.uk) to make it easier to view the facilities that are available to hire.

Other information available on the website is:

- Latest Newsletters with information about new sessions and our up to date activity programmes
- Advance information on new courses and classes that will be running
- Links to the websites of our hirers
- More information about Kajima Community's other school facilities around the country
- Learn about the other services Kajima Community has to offer

www.kajimacommunity.co.uk

The image displays two screenshots of the Kajima Community website. The top screenshot shows the 'facilities for hire' page, featuring a map of the UK and a 'find a school' button. The bottom screenshot shows the 'Sports Hall' page for Caroline Chisholm School, listing available equipment and suitable activities.

facilities for hire
find a school
Click on the regions for full details about our schools and their facilities

Sports Hall
CAROLINE CHISHOLM SCHOOL
01604 677760 or wooldale@kajima.co.uk

Equipment Available

- SAS Goals
- Netball Posts
- Badminton Posts
- Volleyball Posts
- Cricket Nets (4 Bays)
- Basketball Rings
- Gymnastics Equipment (x2)
- Net
- Scoreboard
- Table Tennis
- Badminton
- Table Tennis

Suitable Activities

- SAS Football
- Netball
- Badminton
- Volleyball
- Cricket Nets
- Gymnastics
- Indoor Hockey
- Martial Arts
- Indoor Athletics
- Children's Parties

Unlimited Tennis Pass for Just £30.00

Due to the success of last years Unlimited Tennis offer, we are extending the offer for this summer from April until September 2009.

Kajima Community, are offering an unlimited tennis pass for just £30.00 to use the tennis courts at Caroline Chisholm School during the community opening hours. The pass comes into effect on the 4th April and can be used until the 30th September 2009. There are eight tarmac tennis courts available to use.

Each pass allows an adult to take one other player with them. All you need to bring is your racquet and balls!

If you would like more information, or would like an application form for a pass, please contact Sam on 01604 677760 or email: Samantha.Bell@kajima.co.uk.



Spring / Summer 2009 Timetable

Time	Activity	Contact	Telephone
Monday			
17:00 – 18:00	Diana Miller School of Dance – Classical Ballet*	Diana Miller	01604 812754
17:00 – 18:00	Junior Gymnastics (Beginners)*	Marion Flynn	01604 859412
18:00 – 19:00	Junior Gymnastics (Intermediates)*	Marion Flynn	01604 859412
17:00 – 19:00	Wooddale Football Club (Juniors)*	Bev Fraser	07910 143154
17:00 – 17:45	Street Jazz – Dance Class (6-8 year olds)*	Sinead Loughnane	01604 768420
17:00 – 17:45	Street Jazz – Dance Class (9-13 year olds)*	Sinead Loughnane	01604 768420
18:30 – 19:30	Pilates	Melody Tipton	01604 604149
19:30 – 20:30	Street Dance/Hip Hop (Adult)*	Gill Lockett	01327 354892
20:30 – 21:30	Beginners Ballet (Adult)*	Gill Lockett	01327 354892
20:00 – 20:45	Adult Tap Class (Level 3)*	Sinead Loughnane	01604 768420
20:45 – 21:30	Adult Tap Class (Level 2)*	Sinead Loughnane	01604 768420
19:00 – 20:00	Beginners Line Dancing	Gill Bradley	07733 091865
19:00 – 22:00	Line Dancing	Gill Bradley	07733 091865
19:00 – 21:00	Ante Natal Classes	Anne Richley	07756 348428
Tuesday			
17:00 – 19:00	Diana Miller School of Dance – Classical Ballet*	Diana Miller	01604 812754
17:00 – 17:45	Mini Tennis Coaching (Indoors)	Mike Coggin	07828 689
18:00 – 19:00	Tae kwon-do (ages 6 upwards)	Kam Patel	0116 276 5649
19:00 – 20:00	Tae kwon-do (Adults)	Kam Patel	0116 276 5649
18:00 – 19:00	Wooddale Football Club (Juniors)*	Bev Fraser	07910 143154
18:00 – 21:30	Rosemary Conley	Diana Thomson	07811 141959
19:00 – 21:00	Adult Learning Courses – See Reverse for Details	Bookings	01604 237418
19:00 – 20:00	Beginners Ballroom & Latin – Waltz/Rumba (Adults)*	Gill Lockett	01327 354892
19:00 – 22:00	Football Mundial – 6AS Football League	Matt	01937 845762
20:00 – 20:50	Beginners Ballroom - Tango (Adults)*	Gill Lockett	01327 354892
20:50 – 21:35	Beginners Latin American Dancing (Adults)*	Gill Lockett	01327 354892
20:00 – 22:00	Ladies Basketball – Northampton 'A' Team	Sarah Mathieson	01604 627377
Wednesday			
16:00 – 17:30	Impact Dance – IDTA Ballet 3-5yrs (1/2 hour classes)	Hayley Slater	07855 751787
17:00 – 18:00	Diana Miller School of Dance – Classical Ballet*	Diana Miller	01604 812754
17:00 – 18:00	Cobblers in the Community*	Darren Norton	01604 757773
17:30 – 18:30	Impact Dance – Street Dance (Juniors)	Hayley Slater	07855 751787
18:00 – 19:00	Junior Self Defence and Fitness	Ian Ferguson	07903 000525
18:00 – 19:00	Wootton Fields Wanderers JFC*	Gary Hicks	01604 760785
18:30 – 19:45	1 st Wootton Brownies*	Christine	01604 701388
19:00 – 20:30	Self Defence and Fitness	Ian Ferguson	07903 000525
19:00 – 20:00	Netball (Ashmore Netball Club)	Rachel	01604 404956
19:45 – 21:00	Grade 7 RAD Ballet	Sinead Lochnane	01604 768420
20:00 – 21:00	Tap Dancing for Beginners (Adults)*	Gill Lockett	01327 354892
21:00 – 22:00	Solo Salsa*	Gill Lockett	01327 354892
Thursday			
17:00 – 18:00	Diana Miller School of Dance – Classical Ballet*	Diana Miller	01604 812754
17:00 – 18:00	Cycling Club – Juniors (All abilities)	Colin Hull	01327 322337
18:00 – 19:00	Wootton Fields Wanderers Junior FC*	Gary Hicks	01604 760785
18:00 – 19:00	Dance Fusion* (mix of Jazz, Ballet & Contemporary) ages 8-11	Sam Yeal	01604 826050
18:00 – 19:00	Tae kwon-do (ages 6 upwards)	Kam Patel	0116 2765649
18:15 – 19:15	Bollywood Dancing (Adults)	Judy	01604 702747
19:00 – 20:00	Dance Fusion* (mix of Jazz, Ballet & Contemporary) ages 11-14	Sam Yeal	01604 826050
19:00 – 20:00	Tae kwon-do (Adults)	Kam Patel	0116 2765649
19:15 – 20:45	Samba Bandits – Mixed Samba Band	Pamela Harrison	01604 626181
19:15 – 21:00	Intermediate Ballet (seniors)	Sinead Lochnane	01604 768420
20:00 – 21:00	Dance Fusion* (mix of Jazz, Ballet & Contemporary) Adults	Sam Yeal	01604 826050
20:00 – 21:00	Fitness & Circuit Training Class	Duncan Spedding	07795 694659
Friday			
16:30 – 19:30	Stagecoach – Performing Arts School	Andrew Clingo	01932 254333
16:45 – 17:45	Bollywood Dancing (Juniors)*	Judy	01604 702747
17:00 – 18:00	Diana Miller School of Dance – Classical Ballet*	Diana Miller	01604 812754
18:00 – 21:30	Karate	Mr Sahota	08445 610534
18:00 – 19:00	Mereway Badminton Club (Juniors)	Brian Hart	07810 153093
19:00 – 22:00	Mereway Badminton Club	Brian Hart	07810 153093
19:00 – 19:45	Latin Dancing for all – Jive (Adults)	Gill Lockett	01327 354892
19:45 – 20:30	Beginner Ballroom - Waltz	Gill Lockett	01327 354892
20:30 – 10:00	Improvers/Intermediates Ballroom and Latin	Gill Lockett	01327 354892
Saturday			
08:30 – 12:15	Diana Miller School of Dance – Classical Ballet*	Diana Miller	01604 812754
09:00 – 14:00	 Tumble Tots – Children's Agility Classes	Naomi Rothwell-Smith	01327 300807
9.30 – 11.00	"Early Stages" (4-7 years) Stagecoach – Performing Arts School	Andrew Clingo	01932 254333
11.30 – 1.00			
1.30 – 3.00			
10.00 – 1.00	"Senior School" (7 – 16 years) Stagecoach – Performing Arts School		
2.30 – 5.30			
Sunday			
10:00 – 11:30	Okinawa Goju Ryu Karate-do (15 yrs upwards)	Michael	01604 708106
17:00 – 20:00	Football Mundial - 6AS Football League	Matt	01937 845762

* Activities only take place during school term time