

The Hebden Diary

THE FREE GUIDE TO WHAT'S ON IN UPPER CALDERDALE
covering Hebden Bridge, Todmorden, Mytholmroyd & surrounding villages

APRIL 2010

REGULAR EVENTS & ACTIVITIES

Early morning Tai chi singing (also Thursdays), by donation
Therapeutic Yoga Classes: booking essential, £40/6 sessions
Language Cafe: informal conversation, any language welcome
Ladies non-contact boxing & fitness, £4
Pilates Courses with Yanda: beginners 10am, improvers 11.10am (also Tue)
The Monday Club: lunch, bingo, conversation, £5
Todmorden Walkabout: free short walks, (5th & 19th) (also Sun 11th & 25th, 11.15am from Morrison) 10.45am
Learn art of QiGong: Beautiful Wild Goose Form, £6/£4.50 or £30/6 sessions
Popular Ballroom Sequence Dancing, £1.80
Painting, drawing & mixed media workshops (includes refreshments), £7/session
Riding for the Disabled: details from hebdenbridgerda@hotmail.co.uk, from £10
Hatha Yoga Classes, £6/£4.50 (also Fri at 9.15am)
Tennis: Bloodright pay & play, beginners welcome, racquets provided, £4
Beginners' Step & Tone, £3 or £15/6wks
Pilates: improvers session, £5 (also Wed, 6.15 & 7.30pm)
Women's Boxing Fitness, £5/50
Mountain biking for women (blokes with nothing to prove welcome): beginners group ride
Nia Dance Class: New Fitness + Personal growth Programme, £6.50
Yoga for Pregnancy, £30/6wks or £7 drop in
Enlightenment through A Course in Miracles, free (also Wed/Thu/Fri/Sat/Sun)
Dance Classes: adult tap 7.15-9pm, £3.75 per class
Circus Session, £4
Basic Dog Obedience Training, £30 for 10 weeks
Feldenkrais Method: not 5th April, £7/6
Tae Kwon-Do Classes, (also Wed)
Wing Chun Kung Fu (Wing Chun Leung Method), £5
Shorin Kenpo Karate: adults, all abilities, £3 (also Wed)
Hebden Bridge Chess Club, £1/50p
Drawing Classes: with Peter Stanyer followed by music around the fire, £5
Todmorden Bridge Club: new members welcome, phone to confirm details, 50p
Ahtanga Yoga: booking essential (held in reception room) 24/£12 for 4 sessions
Chinese Martial Arts: Cheng Nam Chi Gong & QiGong, £40/£30 for 10wks
Circuit Training, £4.50
Pilates Classes: beginners, (also Wed 7.15pm & improvers 8.30pm)
Poetry + Jazz + Drawing Classes
Quiz night
Music around the fire, free
Horse & Pony Hacks: riding experience needed, £25 (also Sat 2-4pm)
Jewellery making workshop, £12
Volunteer drop-in: info on local volunteering opportunities, free
Kundalini Yoga: not on 6th April, £ 5.50/£4.50
Blessingway Baby/Postnatal Yoga: no classes until 16th April, £20 for 4 classes
Age Concern Lunch Club: also at Roomfield House (Wed) & Tod. Social Club (Fri), £3.25
Meditation: all welcome, £3 inc refreshments (also Thu 7.30pm)
Over 50s Drop-in
Gentle Exercise to Music: for over 50s, seated or standing, £1 (also Thu)
Starter Tennis Sessions: for 5 to 10 year olds (first 2 sessions free), £2
Short Form Tai Chi: all abilities & all ages, £3 (also Fri 7.30pm)
Yoga Classes: All levels welcome - start w/c 12th April, £6
Yoga & Pilates A Unique Combination: www.bodycourses.co.uk, £5
Mixed Boxing Circuit, £5/£6.50
Weight Watchers: Healthy Eating and weight management
Fell Running Training: with Calder Valley Fell Runners' Club
Ladies' Keep Fit, £2.50
Hepcats jive club: jive classes beginners & intermediates with TC & Joyce, £5
Ahtanga Yoga: Mysore style, £30/6wks or £7 drop in (also Yoga for Pregnancy Thu 7-8.30pm)
Fruity Night: with a spice - tastiest spice experience in town, £7.50
Modern Sequence Dancing: new dances taught, £2
Hatha Yoga Classes, £6/£4.50
Blessingway Postnatal Yoga (without baby): no classes until 16th April
Ahtanga Yoga - Beginners/Intermediate: £30/6wks or £7 drop in
Irish Music Session: all musicians welcome, free
Quiz night: free food + £100 bonus question
Folk Music Session, free
Folk Music Session: singers & musicians
Open Mic: jam with Denny
Hebden Bridge Market: stand held, £10/90/stand
Nia Dance Class: new fitness & personal growth classes, £6.50
Painting, drawing & mixed media workshops: £7/session (also Weds 7-9pm)
Art & Craft Group: all aspects of craftwork, all welcome, £1.50
Blessingway Pregnancy Yoga: no classes until 17th April, £24 for 4 sessions
Internet Drop in
Brightlight Yoga class: for pregnant women, £5/class or £20 for 5 classes
Taekwondo: all levels welcome, £3 (also Fri)
Yoga: start w/c 12th April, £6 (also Thu)
Line Drawing: (upstairs), £3.50
Knitting & Crochet Circle
Todmorden Harriers' Pack Run: fell running, free
Yenager Yoga: with Debbie Bartholomew
Slimming World classes: healthy eating plans
Bodycruise: all welcome, £4.50
Calder Valley Women Singers: all women welcome, no auditions, £5 waged/£3 unwaged
Todmorden Church Society: weekly choir practice
Meditation Class: beginners to advanced, £6 or £30/6wks
Kundalini Yoga: not on 7th April, £5.50/£6.50
Hebden Bridge Camera Club Meeting: (Sept - April), Guests £2
Jazz night
Aerobics: £3.75 per class
Red Tooth Poker League, free
Juggling & Circus Skills Club: all welcome, £1.50/75p
Heart Circle: with Heart-opening Sacred Dance and Chant, £5
Jam Session around the Fire, free
Wing Chun Kung Fu Classes: all welcome, £5
Open Mic Surgery: acoustic session, free
Music Session: everything from swing to bluegrass, free
Hebden Bridge Market: normal retail, £13.40/stand
Todmorden Women's group drop in: (all women welcome),
Volunteer drop-in: info on local volunteering opportunities, free
Tai Chi for Over 55s: to help improve balance, phone for details, £3
NewYoga Class: with Helen, £5
Pilates Classes: please book
Gardeners Days: share produce & ideas, (also Fri at Bowling Club Allotments),
Gentle Exercise
Fitness Classes: circuit training 6pm, body conditioning 7pm, £4.50
Weight Watchers: Kickstart your weight loss with healthy eating plans
Adult Ballet: dance classes, £3.75
Family Games Night: some games in club, own games and guests welcome
Ahtanga Yoga: mixed level, £6 or £30/6wks
Line Dancing: All levels welcome, £2
Flamenco Dance Classes: beginners - intermediate classes, £5.50/hour
Feelgood Singing Group: singing for fun, wide range of material. All abilities welcome £2
Wing Chun Kung Fu Classes: all welcome, £5
Boxing Fitness Circuit: (men and women), £5/£6.50
Lucky Night: with a spice - tastiest spice experience in town, £7.50
Acoustic musicians, (also Saturdays)
Cocktail bar: upstairs, (also Saturdays)
Crafty Kids: session includes refreshments, £7.50/session
Acute Homeopathy Clinic: with consultation & prescription, £5 inc treatment
Scenic crocodile cruises: every half hour between 2 and 4pm, (also Sundays)
Mixed Boxing, £5/£6.50
Live music: call for details
Flea Market: bric-a-brac, cratts, books, jewellery & cafe
Circular Walks with the Ramblers' Association: 8-12 miles, free
Keep Fit: all-abilities class, £4.50
Antiques & Collectables Valuations: different experts each Sunday, call for details, free
Archery with White Rose Archers, (also Thu)
Live music

WATERSIDE GYM

Valley Road (opposite the medical centre)

*** A FREE [no obligation] introductory session**

*** A wide range of CLASSES for members & non - members**

*** Annual, monthly or PAY AS YOU TRAIN subscriptions**

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calderdale yoga centre

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www.cycyoga.ning.com
www.calderdaleyoga.co.uk
tel: jon pearson 07990541229
Unit 2, 38 Hangingroyd Lane,
Hebden Bridge HX7 7DD

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MON

TUE

WED

THU

FRI

SAT

SUN

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Email: hebden diary@googlemail.com

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Hebden Bridge RDA

Riding for the Disabled Association

VOLUNTEERS NEEDED

Contact Jill on 07963 81030
www.hebdenbridgerda.org.uk

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1st and 3rd Sunday of the month at 8pm - 9.30pm
£3-£4 per session or by donation
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MODO

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BOX4 FITNESS

The Grinberg Method

GRINBERG is a powerful method, established in Europe and new to the UK. The practitioner works with the client to identify behavioural & emotional patterns & their physical symptoms. We use footwork & bodywork to help the client explore alternative ways of being, so they are absorbed on a mental & physical level.

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