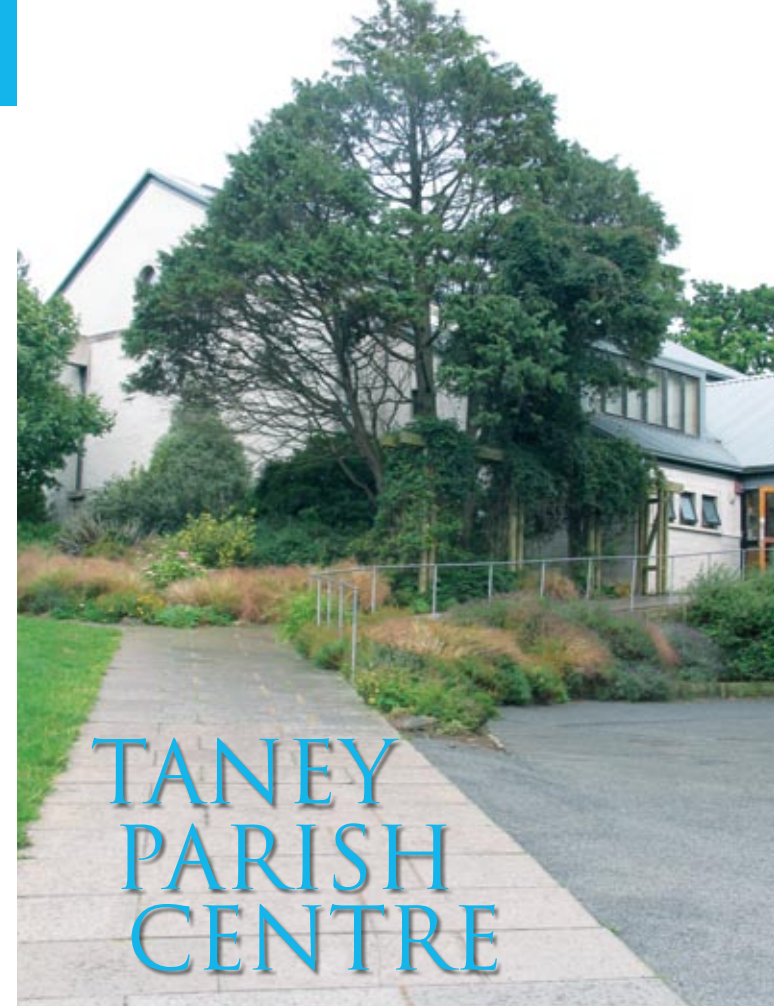


COURSES AVAILABLE

	COURSE	CONTACT	PHONE
Playball Give your children the opportunity to develop a host of necessary social, educational and personal skills. Day: Tuesday from 1pm Contact: Kurt Tel: 086 174 4923 Email: info@playball.ie	Art	Pervaneh Matthews	298 1853
	Art Workshop	Elizabeth Sibley	086 869 4840
Portfolio Preparation and Art Masterclasses Day: Saturday Contact: Mairead O'Byrne Tel: 086 232 9777	Artzone	Gillian/Paul	499 0614
	Badminton Club	Jennifer Kelly	087 681 3989
Salsa Fitness Salsa Fitness for beginners – no partner required. Dance yourself fit the fun way! Day: Friday am Contact: Samantha King Tel: 087 202 1877 Email: samanthaking1@yahoo.co.uk	Ballet for Children	Aisling Doherty	087 250 6031
	Ballroom Dancing	Lorraine Heron	086 237 7876
Tai Chi & Medical Qi Gong Healing Course Tai Chi exercises, Qi Gong, Healing and Self-Acupressure techniques for health and harmony of the mind, body and spirit. Boosts your energy, vitality levels and immune system and help relieve chronic diseases, fatigue and the stress of everyday life. Join today and reap the benefits! Suitable for senior citizens, retirees and sufferers of chronic illnesses. Day: Friday Morning Contact: Master Deng Tel: 278 3188 Email: dengtaichi@gmail.com	Bridge Club (Taney)	Liz	278 8340
	Capricorn Bridge Club	Margaret	289 5723
Taney Market A great variety of stalls including home bakes, arts and crafts, knitwear, plants, dried flowers, etc. Coffee / refreshments available. Day: 2nd Saturday October, November & December Time: 10.00 am to 1.00 pm Contact: Jennifer Armstrong Tel: 288 1494	Creative Sewing	Imelda	298 0078
	Drama Academy	Sally Blair White	087 287 0932
TherapyXperts TherapyXperts Pilates Classes Day: Monday Contact: Elaine Barry Tel: 283 4303 Email: elaine.barry@therapyxperts.ie	Emer Halpenny School of Drama	Emer Halpenny	288 7887
	Encore! School of Performing Arts	Caoimhe O'Neill	087 908 5913
Wonderland Theatre Stimulating dance and performance classes, which encourage personal development, foster creativity, increase self-confidence and artistic awareness. Lively end of term Showcase. Performers welcome from 2 to 14 years. Day: Tuesday pm Tel/Fax: 01 295 9619 / 087 925 6400 Email: sarajane@wonderlandtheatre.com	Hip Hop Dancing	Arlene Ryan	298 6309
	Irish Dancing	Pauline Fegan	086 817 0292
Yoga Day: Wednesday pm & Thursday am. Contact: Premilla Maharaj Tel: 296 2608 / 087 775 1886 Email: premillamaharaj@hotmail.com (Reiki & Healing Sessions Tel: 296 2608)	Irish Red Cross	Hannah Cagney	087 984 5998
	Just Dance	Owen	827 3040
Yoga Reiki & Healing Workshops	Kenpo Karate (Rathdown Club)	Paul Dowling	298 6046
	League of Health	Vivienne Barkley	087 419 5474
Yoga Reiki & Healing Workshops	Levisart	Caroline Hinkson	086 823 6016
	Linguaplay	Cristina	087 780 8000
Yoga Reiki & Healing Workshops	Personal Development Course	Paulene Hendley	087 611 9881
	Pilates	Carol Newburn	086 639 2876
Yoga Reiki & Healing Workshops	Pilates	Lesley Kelly	086 361 2521
	Pilates	Louise D'Arcy	087 663 8467
Yoga Reiki & Healing Workshops	Playball	Kurt Steinbach	086 174 4923
	Portfolio Preparation	Mairead O'Byrne	086 232 9777
Yoga Reiki & Healing Workshops	RHS Gardening Course	Carl Dacus	214 8469
	Salsa Fitness	Samantha King	087 202 1877
Yoga Reiki & Healing Workshops	Swedish	Regina Harkin reginahark@eircom.net	
	Tai Chi & Medical Qi Gong Healing	Master Deng	278 3188
Yoga Reiki & Healing Workshops	Taney Market	Jennifer Armstrong	288 1494
	TherapyXperts Pilates	Elaine Barry	283 4303
Yoga Reiki & Healing Workshops	Volunteer Stroke Scheme	Bridie Lyons	4941052
	Weight Watchers	Fiona/Celina	1850 234123
Yoga Reiki & Healing Workshops	Wonderland Theatre Workshops	Sarajane Bloomer	295 9619
	Yoga	Marquerite Lyster	288 4975
Yoga Reiki & Healing Workshops	Yoga Reiki & Healing Workshops	Premilla Maharaj	296 2608

Further details/information about the Parish and Community are found on the web site www.taneyparish.ie
 Telephone 01 298 5491 or email parishoftaney@eircom.net



TANEY PARISH CENTRE

PROGRAMME OF ACTIVITIES & COURSES

AUTUMN 2009

Taney Parish Centre is situated in the grounds of Taney Parish Church, on Taney Road, Dundrum, a few hundred metres from the Luas Bridge. Taney Parish Centre offers a wide range of facilities with a warm and friendly ambience. The activities listed in this leaflet are open to everyone in the community. If you would like more details you should contact the course organizer who will give you details of times, costs etc.

The Rector and the Staff of Taney Parish Centre extend a warm welcome to all and invite you to take part in the activities in the centre.

Further details/information about the Parish and Community are found on the web site www.taneyparish.ie. Telephone 01 298 5491 or email parishoftaney@eircom.net

Meetings and Training Days

Taney provides an ideal venue for a meeting, review, training session or just a get together away from the hustle and bustle of the office and those phones! Refreshments can be provided. Contact Taney Parish Office for further details @ 01 298 5491.

Taney Parish Centre is also available for celebrations such as weddings and parties. Simply call the parish office and we will take care of your arrangements.

COFFEE SHOP WITH HOMEMADE GOODIES OPEN
MONDAY TO FRIDAY FROM 9AM – 1.30PM



Aisling Doherty School of Ballet

Royal Academy of Dance children's & students ballet classes.
Day: Thursdays 1.30pm-4pm / Saturdays from 10am
Contact: Aisling Doherty **Tel:** 087 2506031
Email: aisling.doherty@ireland.com

Art Workshop

Art Classes for Beginners and Improvers **Day:** Monday pm
Contact: Elizabeth **Tel:** 086 869 4840

Artzone Children's Art Classes.

Art classes, Camps and Parties. **Day:** Thursday: 4.00pm - 5.00pm
Contact: Gillian at 499 0614 **Website:** www.artzone.ie **Email:** info@artzone.ie

Bridge Club (Taney)

Morning Bridge at Taney Parish. Courses for beginners, coaching for Improvers & Junior Players with play. Small classes. Learn to play this great game in a sociable and relaxed atmosphere. **Contact:** Liz **Tel:** 087 310 7043/278 8340

Capricorn Bridge Club

Play Bridge in a relaxed and friendly atmosphere.
Day: Wednesday evenings at 7.30pm
Contact: Barbara **Tel:** 288 4020 or Margaret **Tel:** 289 5723

Creative Dressmaking

Sewing class for beginners or improvers. Make an item from scratch or revamp/alter something you already have.
Day: Wednesday pm **Contact:** Imelda **Tel:** 298 0078

Drama Academy

Fun classes in all aspects of Drama & Stagecraft. Grade Exams, Drama Festivals, End of year performance. **Day:** Tuesday 4.45pm & 5.45pm
Contact: Deirdre Nolan 086 079 6981 / Sally Blair White 087 287 0932
Email: dramaacademy2@gmail.com

Emer Halpenny School of Drama

Drama Classes for children, teenagers and young adults.
Day: Wednesday pm **Contact:** Emer Halpenny **Tel:** 086 2663164 / 288 7887 **Email:** emerhalpenny@eircom.net or info@emerhalpenny.com

Encore! School of Performing Arts

Singing – Drama – Dancing – Fun! Encore! classes build confidence and creativity, every student is encouraged to do their very best. Classes for junior infants to 6th class **Day:** Mondays 3pm, 4pm & 5pm for one hour
Contact: Caoimhe O'Neill **Tel:** 087 9085913
Email: encorekids@eircom.net **Website:** www.encorekids.ie

Exercise for Life - League of Health

Graded classes teach low impact exercise, minimizing stress on weight bearing joints, increased flexibility, suppleness and range of movement. Essential back care. An overall improvement in muscle tone – leading to more strength, stamina, energy and vitality. **Day:** Monday & Wednesday 10.00am & 11.30am. Active Retired Class Monday at 2.00pm.
Contact: Vivienne Barkley **Tel:** 0404-66423 / 087 4195474
Email: viviennebarkley@iolfree.ie

Hip Hop Dancing

Hip Hop is commencing its twelfth year at Taney. Modern physical dancing for 5-18 year olds, with a show at the end of the year. Fully qualified teachers.
Day: Friday **Time:** Evening **Contact:** Arlene Ryan **Tel:** 298 6309
Email: dundrumhiphop@nyc.com

Just Dance

Adults Hip Hop, Ballroom and Salsa/Latino courses in Taney year round! No experience or partner necessary. For fun, for fitness, for life, Just Dance!
Day: Tuesday pm **Tel:** 827 3040 **Email:** info@justdance.ie
Web: www.justdance.ie

Kenpo Karate (Rathdown Kenpo Club)

Classes cover Self-Defence, fitness and competition training. The Friday class schedule is as follows: 6.15 pm Children aged 6 to 8; 7 pm Children aged 9 and above; 8 pm Adults New members are welcome throughout the year. **Day:** Friday. **Time:** Evening
Contact: Paul Dowling **Tel:** 298 6046 or **text** 087 217 3934
Website: www.rathdownkenpo.com **Email:** pdowling@hotmail.com

Levisart

Watercolour Art Classes
Day: Wednesday am **Contact:** Caroline Levis Hinkson
Tel: 086 823 6016 **Email:** levisart@eircom.net **Website:** www.levisart.com

Linguaplay

Language classes for children 2 to 12 years.
Contact: Cristina **Tel:** 087 780 8000 **Email:** linguaplay@linguaplay.ie

Personal Development Programme

(Introduction to Life Coaching). The Objectives of this 8 week course are to build self esteem and self confidence, identify and set goals and manage/change and stress. **Day:** Wednesday 7.00pm – 9.00pm
Contact: Paulene Hendley **Tel:** 087 611 9881
Email: phendley@eircom.net

Pilates - Movement for the Mind, Body and Spirit

Learn how to create a confident posture with movement that radiates from your centre. Develop leaner, longer, more efficient muscles. Improve your flexibility and balance. Release tension and stress in a relaxed non-competitive environment.
Day: Wednesday Evening **Time:** 7pm & 8pm
Contact: Louise **Tel:** 087 6638467
Email: louisedarcy@mail.com **Website:** www.louisedarcypilates.isfearr.com

Pilates with Carol Newburn

Be relaxed, be energized.
Day: Thursday pm **Contact:** Carol
Tel: 086 639 2876 **Email:** pilatescarol@gmail.com

Pilates with Lesley

Mixed ability classes. **Day:** Monday 10.30am & Wednesday 9.45am
Contact: Lesley **Tel:** 086 361 2521