

# What's On

Community Activities at Beaumont Leys School, Anstey Lane, Leicester, LE4 0FL,



## AT BEAUMONT LEYS

Issue 02  
Winter Term 2011

### INSIDE THIS ISSUE:

New Shoes Drama Group  
New Zumba Class  
New Kids Street Dance  
New Whizz Kidz  
New FAB Weight Group  
New Little Tiger Cubs

## Step into **New Shoes** in the New Year...

### ...and become a brand new character

New Shoes Drama Group is aimed at 8-12 year olds who love drama or just want to try something new! Joining the group unravels a chance to make new friends, boost confidence and ultimately discover the wonderful world of theatre.

Both shy and outgoing students are encouraged to join and leaders will work closely with each and every member to develop them according to their needs.

ALL the sessions are fun and enjoyable. The thoughts and opinions of members are highly important to New Shoes Drama Group. The Group hold discussions and individual talks to gather feedback and information on positives, negatives and preferences.

Members will work on different aspects of drama every week. These include things such as improvisation, mime, comedy, physical theatre, scriptwriting, pantomime, classical theatre, character development and introduction to practitioners, to name but a few. Should all go well, we'll be working towards the first show (monologue and duologue night) which should take place in the spring /summer.

Come along on **Saturday 5th February** and try on a new pair of shoes as you explore different characters, pick up a variety of skills and play endless amounts of games! Don't forget, first session is always free and doesn't require commitment! Give it a go. There are lots of exciting things to expect from New Shoes!

#### ROOMS AVAILABLE TO HIRE

##### PERFORMANCE/PARTY

Main Hall  
Dining Hall / Kitchens

##### SPORTS/DANCE

Sports hall  
Dance Studio  
Drama Studio  
Grass Pitches  
Floodlit MUGA

##### EDUCATION/CONFERENCE

Lecture Theatre  
Classrooms / ICT Suites  
Cookery/Technical Rooms  
Music Rooms  
Meeting Rooms

You can see pictures of our rooms at:

[www.beaumontleys.schoolbookings.co.uk](http://www.beaumontleys.schoolbookings.co.uk)



Every Saturday 10:30 - 12:30  
Phone Serena on 07906 468687  
Email: [serenagnd89@gmail.com](mailto:serenagnd89@gmail.com)

**Bookings & Enquiries**  
0116 234 4487 or 07764 364200  
[beaumontleys@kajima.co.uk](mailto:beaumontleys@kajima.co.uk)

**Kajima Community**  
Beaumont Leys School, Anstey Lane,  
Leicester, LE4 0FL

**Head Office**  
55 Baker Street, London  
W1U 8EW





## ADULT LEARNING

Beaumont Leys School and Leicester Adult Skills and Learning Service are launching a new programme of evening and weekend courses after Easter in 2011.

We want to hear from you, our local community, with suggestions of the types of courses you would like to see offered. Typically, courses run during the week from 19:00-21:00 or 18:30 - 20:30 or on Saturdays from 10:00 - 16:00. They can be just one session or 5-10 week sessions.

Please e-mail any suggestions to:  
[beaumontleys@kajima.co.uk](mailto:beaumontleys@kajima.co.uk)



## NEARLY NEW SALE

Nearly New sales are a great opportunity to buy good quality baby and kids clothes, nursery equipment, toys, books, and maternity wear, all in one place. The sales cater for children from 0-10 years.

Doors open at 13:30 on **Saturday 2nd April**  
(NCT members can enter at 13:00)

For more info, e-mail [nctleicester@hotmail.com](mailto:nctleicester@hotmail.com) or phone 08442 436185 (option 2)



Little Tigers Cubs is a training programme for **3-4 year olds**. It is designed to encourage the development of motor skills, balance, endurance, flexibility, strength and coordination.

It is a mixture of simple training exercises and games designed to assist in the physical development, improved health and increased fitness of each child. Through this development each child should find greater self confidence and self esteem.

The children attend a 45-minute weekly session, which combines fun, excitement and exercise in a safe and caring environment. Our reward system will lead to each child becoming appreciative of the concept of reward coming after effort.

Our programme is currently based loosely on martial arts but it also involves a range of skills including dance and athletics.

Little Tiger Cubs is unique in that it offers the child an opportunity to learn basic martial arts and take part in fitness activities while at the same time having lots of fun.

The health, safety and welfare of each child is crucial to Little Tiger Cubs. Each instructor has an enhanced disclosure and must adhere to strict child protection guidelines.

Classes start 26th Jan  
Every Wednesday 16:00-16:45  
contact Michael on 07738249498  
See our video at  
[www.littletigercubs.com](http://www.littletigercubs.com)



## Street Dance with Alex & Jade Thursday Evenings 17:00 - 19:00 8 -13years

Come prepared to make up some of your own dance moves and get sweaty! (With group support). Following a warm up and a basic overview of the hip hop style of dance, co-ordination, movement and rhythm are some of the skills enhanced on this class. Numerical skills are used to count beats and work with rhythm and teamwork is essential.

Street dance is a group activity that really encourages people young and old to work together as well as build confidence. The songs and music used are geared to the current charts using popular music that fits the hip-hop realm.

This class is very practical. You get stuck straight in learning moves and a fully choreographed routine that will even impress yourself! Many people have shown an interest in putting a dance troupe together and begin to perform in their local community at shows and even pass on their skills to others, after taking part in this class.

To book, please contact:  
Mandy Shepherd  
[essensualrejuvenation@yahoo.com](mailto:essensualrejuvenation@yahoo.com)  
07876 498592



## ...is like no other workout you will ever experience!

Add some Latin flavour with salsa, merengue, cumbia, reggaeton and other international music styles and you've got a Zumba class.

Fanatics achieve long-term benefits while experiencing an absolute blast in one class of calorie-burning, body-energizing, awe-inspiring movements.

Our routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

**WEDNESDAY Evenings 19:00 – 20:30  
WOMEN ONLY**  
With Benita Zumba coach & Ternika & Tyler dance coaches  
**FREE session for the first week (12th Jan)  
Then £3.00 each session**

## Ideal for MUMS!!!

Kids Street Dance session run alongside Zumba.  
£2.50 per child.



# Leicester Ambassador Club



**Are you a physically disabled person aged 10 - 25?**

**Are you interested in making new friends in a fun environment?**

**Do you want to be part of an exciting new club that has loads of activities and events throughout the year?**

If you answered yes to the above questions then the brand new Leicester Ambassador Club is just for you! At your club you will have loads of opportunities to meet up regularly with other young people, learn new skills, get a work placement, go on days out and even have a chance to attend an awards ceremony at the House of Commons in London!



The ethos of Ambassador Clubs is based on 'fun and friendship' and themes include things like: healthy liv-

ing, creativity, leadership, teamwork and loads of other fun activities and challenges.

There will be on average 10 - 15 young people (called Ambassadors) attending who are all aged around 10 - 18 years old (the age limit is 25). Each club will run from **10am to 3.30pm** every six weeks and will take place on **Saturdays and during the school holidays**.

Becoming an Ambassador and attending each club is **FREE!** Whizz-Kidz can even help with travel expenses! All we ask for in return is that you try and attend as many sessions as possible.

We only have 15 places available on a first-come-first-served basis, to book your place and become a Whizz-Kidz Ambassador:

**please email**

**ambassadors@whizz-kidz.org.uk**

**or call 0800 151 3350**



## GET ACTIVE DAY

Beaumont Leys School and Kajima Community are hosting a **FREE** family 'Get Active' day on **Saturday 26th March from 10-3pm**.

There are lots of activities for adults and children to join in with as well as adult education classes to try.

The school already have a varied programme of activities for all the community in the evenings and weekends, so come along and try something new.

**For more info**

**Phone 01162 344487**

**beaumontleys@kajima.co.uk**



## CHILDRENS GO-KART PARTIES

A Go-Kart Party will delight your kids with their first real driving experience. As one parent said recently "Getting children in to the karts is a lot easier than getting them out!"

The electric karts can travel at pre-determined speeds of between 1 & 6 MPH, they are fitted with safety harnesses, are fully tested & certified within the last 12 months and are operated by trained professionals. Nothing is left to chance.

The go-kart session lasts between 1-2 hours depending on the number of children attending. Our dining hall or cafe area can then be used for the remaining time for party food. Recommended for between 12-18 children.

**For more info:**

**01162 344487**

**beaumontleys@kajima.co.uk**



## FAB Weight Management Service



For anyone who needs support to lose weight! Our 6 week courses are fun, interactive and designed to help you identify and overcome your food and exercise barriers

### Course Structure:

Each course consists of six 2 hour sessions over 6 weeks that incorporate nutrition and physical activity each week. Weight, BMI and waist measurements are recorded and monitored and individuals are supported to set short and long term achievable goals.

All sessions are interactive with practical tasks and demonstrations. Each week we focus on a different topic, including The Eat well Plate, Portion Sizes, Food Labelling, Fats, Sugars and Healthy Snacks.

We also do physical activities. In weeks one and six, we do the fitness test, and in the other weeks, the group are encouraged to choose 4 activities they want to try (walking, exercise classes, games)

### Follow Up:

We recognise that in 6 weeks small changes will be made and individuals are encouraged to continue their activity at ongoing FAB sessions or by themselves.

FAB follow up each individual at 3, 6 and 12 month intervals after their course to identify long term lifestyle changes. Individuals are encouraged to contact the FAB team if they need extra support. If individuals have relapsed the FAB team will support individuals to get back on track.



**For more information or to book a course contact the FAB team on 0116 225 2836 or email [angela.roberson@leicester.nhs.uk](mailto:angela.roberson@leicester.nhs.uk)**

**[www.beaumontleys.schoolbookings.co.uk](http://www.beaumontleys.schoolbookings.co.uk)**

# WINTER 2011 TIMETABLE

TIME	CLUB/ORGANISATION	ACTIVITY	CONTACT	PHONE
<b>MONDAY</b>				
17:00 - 19:00	MG Black Belt Academy	Childrens Martial Arts	Mick	07738 249498
18:00 - 19:00	Leicester Coritanian Athletics Club	Junior Circuit Training	Paul	01162 302166
18:30 - 19:15	Zumba with Tracey	Zumba	Tracey	07595 302044
19:00 - 21:00	MG Black Belt Academy	Adult Fitness Kickboxing/Mixed Martial Arts	Mick	07738 249498
19:30 - 20:30	Elite Cheerleading Academy	Adult Cheerleading	Leeanne/Bev	01162 393870
<b>TUESDAY</b>				
16:30 - 17:30	Pro Soccer	Football Coaching for girls & boys Reception & Y1	Gail	01213 821712
17:30 - 18:30	Pro Soccer	Football Coaching for girls & boys Y2 & Y3	Gail	01213 821712
17:00 - 20:00	Elite Cheerleading Academy	Cheerleading for girls & boys (4-25yrs)	Leeanne/Bev	01162 393870
18:00 - 20:00	NHS Leicester Food & Activity Buddies	Weight Management Course	Leona	01162 252836
18:30 - 19:30	Pro Soccer	Football Coaching for girls & boys Y4, Y5 & Y6	Gail	01213 821712
<b>WEDNESDAY</b>				
17:00 - 20:00	MG Black Belt Academy	Childrens Martial Arts	Mick	07338 249498
18:30 - 21:00	Fun and Families	Living With Teenagers	Thure	01162 234254
19:00 - 20:30	Essensual Rejuvenation	Zumba	Mandy	07876 498592
19:00 - 20:30	Essensual Rejuvenation	Kids Street Dance	Mandy	07876 498592
19:00 - 21:30	Birstall Badminton Club	Adult Experienced Badminton Club	David	01162 677004
<b>THURSDAY</b>				
17:00 - 19:00	MG Black Belt Academy	Childrens Martial Arts	Mick	07738 249498
17:30 - 19:00	Essensual Rejuvenation	Kids Street Dance	Mandy	07876 498592
<b>FRIDAY</b>				
17:30 - 19:00	Woodgate 80 FC	Boys Football Training	Karl	07743 364960
<b>SATURDAY</b>				
09:00 - 12:00	MG Black Belt Academy	Childrens Martial Arts	Mick	07738 249498
10:30 - 12:30	New Shoes Drama Group	Drama Club	Serena	01162 669604
09.30 - 16:30	Leicester Ambassador Club - Whizz Kidz	Young Peoples Disability Session (Ages 10 - 25) RUNS ONCE A MONTH	Catherine	07795 325931
<b>SUNDAY</b>				
10:30 - 11:30	Elite Cheerleading Academy	Cheerleading for 3-9 yr olds	Leanne/Bev	01162 393870

## Circuits with Leicester Coritanian AC

The session is a mix of traditional circuit training and core conditioning exercises aimed specifically at improving muscular strength and endurance for distance running.

We start with a warm-up routine followed by circuits. The duration and content of the circuits can be tailored to meet individual needs and fitness. The average time for the circuits is 30 minutes.

There is then the option of a steady road run using routes near to the school. This is usually 2-3 miles but again can be geared to suit the individual.

Everyone, regardless of age and ability and gender is welcome to attend, but having said that, we would not recommend the sessions for youngsters under the age of 10.



**Every Monday in the sports hall  
18:00 - 19:00**

**Price: £2 payable weekly  
Runs until the end of March/early April and resumes in the Autumn**

**For further information please contact  
Paul Blissett  
Phone 01162 302166  
Email paul@blissett.me.uk**

**Why not come  
along and give it a  
try?**

