

## Exercise

### **Pilates with Wendy Jardine in the Crypt**

Mondays between 7am & 10am  
Wednesdays between 8am & 11am  
[www.pilates-instructor.net](http://www.pilates-instructor.net)  
[info@pilates-instructor.net](mailto:info@pilates-instructor.net)  
07967 227 058

### **Pilates with Heather Brannen in the Crypt**

Tuesdays at 8.30am until 9.30am  
[www.pilatesclub.co.uk](http://www.pilatesclub.co.uk)  
[heather@pilatesclub.co.uk](mailto:heather@pilatesclub.co.uk)  
07961 125 215

### **Pilates with Denise Lalonde in the Crypt**

Thursdays at 9am to 10am  
[www.deniselalonde.com](http://www.deniselalonde.com)  
Email: [denise\\_lalonde@hotmail.com](mailto:denise_lalonde@hotmail.com)  
Mobile: 07840 195008

### **Kundalini Yoga with Natalie Fishwick**

Mondays 10am to 11.15am in the Nave  
(North Aisle)  
Tuesdays 7pm to 8.30pm in the Crypt  
[www.nataliefishwick.co.uk](http://www.nataliefishwick.co.uk)  
07963 951193

### **Gentle Exercise for the over 55s**

Fridays 10.15 to 11.15am in the Crypt  
[4-all.org.uk/projects-with-older-people](http://4-all.org.uk/projects-with-older-people)  
[info@4-all.org.uk](mailto:info@4-all.org.uk)  
07432 118 859

## Children

### **Little Kickers**

Four 45min sessions on Saturday mornings  
from 9.15 am to 1pm in the Crypt  
For children from 18 months to 7 years old  
[www.littlekickers.co.uk](http://www.littlekickers.co.uk)  
[bgiantzos@littlekickers.co.uk](mailto:bgiantzos@littlekickers.co.uk)  
020 7252 1185

### **Rainbows (age 5-7)**

### **Brownies (age 7-10)**

### **& Guides (age 10-14)**

Monday evenings in the Crypt  
Term time from 5.30pm to 8pm  
[www.girlguiding.org.uk](http://www.girlguiding.org.uk)  
020 7924 9916

### **Beavers (age 6-8),**

### **Cubs (age 8-10 ½)**

### **& Scouts (Age 10½ – 14)**

Wednesday evenings in the Crypt  
Term time from 5.30pm to 9pm  
[www.scouts.org.uk](http://www.scouts.org.uk)  
020 8265 9065

### **Soundsense Choir with Helen Wallace**

Soundsense choir is a dynamic music group  
in which musicianship skills are taught  
through song and singing games using  
Kodály principles.  
Children are welcome from KS1-2.  
Tuesdays from 3.45 to 4.45pm in the crypt  
[www.helenwallace.net/soundsense.html](http://www.helenwallace.net/soundsense.html)  
[helenrw@gmail.com](mailto:helenrw@gmail.com)  
07981 909 234

## Infants

### **smAll Saints**

### ***All Saints' Baby and Toddler Church Service***

Fridays 10.15am to 11.30am in the Nave.  
smAll Saints is our special Friday morning  
service for babies and toddlers and their  
carers. We meet in the church from 10.15 to  
11.30am. First we ring the bell! Then we  
gather for some songs, a Bible story and  
prayers. Then we enjoy a craft activity,  
playing with toys, and some refreshments.  
Everything is very informal and friendly.



### **Bach to Baby**

### ***Classical concerts for baby and you***

Third (or fourth) Friday of each month  
4pm to 5pm  
Confirm dates at [www.bachtobaby.com](http://www.bachtobaby.com)  
Doors open at 3.30pm  
Tickets £10 (adults) available on the door or  
in advance from [www.bachtobaby.com](http://www.bachtobaby.com).

# Adults

## Dulwich Choral Society

Monday 7.30 to 9.30pm in the Nave.  
New choir members are always welcome.  
If you are interested in joining, please contact Jo Merry, the Membership Secretary on 020 7737 3169 or by email to [membership@dulwichchoralsociety.org.uk](mailto:membership@dulwichchoralsociety.org.uk) for more details. You will be invited along to sing with the choir for a few evenings and then if you wish to join there will be an informal audition by the Musical Director. He will be looking for a reasonable singing voice and some sight-reading ability but please don't let this put you off!  
[www.dulwichchoralsociety.org.uk](http://www.dulwichchoralsociety.org.uk)

## Coffee Mornings

Thursdays at 10.30am in the Crypt  
Drinks, tasty nibbles and time to chat for everyone. Great for people who are at home a lot and want to get out and about more, and a good place to invite friends and neighbours who don't come to church.  
Twice a month there are guest speakers.

## Knit & Natter / Sew & Chatter

Mondays at 2 to 4pm in the Crypt  
An opportunity to come together and do your knitting, sewing or crocheting - or just to enjoy a sit-down and a chat.

# Travel & Access

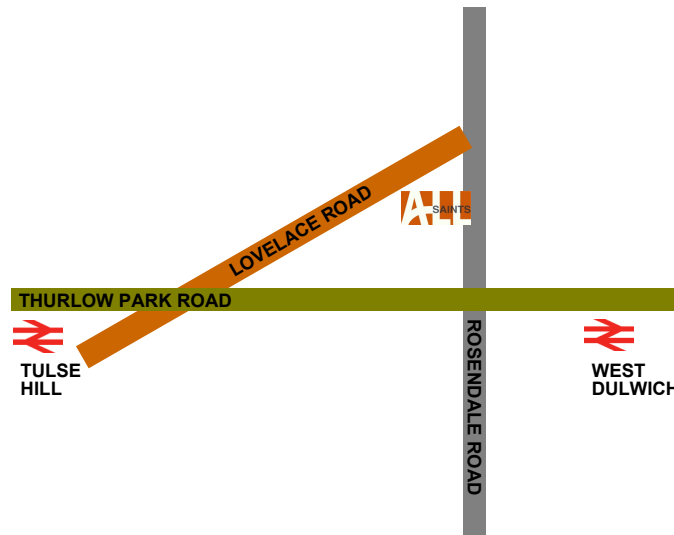
**Find your quickest route** at [tfl.gov.uk/plan-a-journey](http://tfl.gov.uk/plan-a-journey)

**Free parking** on surrounding roads

**Disabled parking** on Lovelace Road (2 bays)

**Step-free access** from Lovelace Road

**Accessible bathrooms** on Ground Floor & Crypt



All Saints West Dulwich  
Lovelace Road  
London SE21 8JY

020 8676 4550

[www.allsaints.org.uk](http://www.allsaints.org.uk)

[parish-administrator@all-saints.org.uk](mailto:parish-administrator@all-saints.org.uk)

Registered Charity Number: 1137041



All Saints  
West Dulwich

One in worship  
Open in faith  
Outward in community



# Clubs & Classes at All Saints

