

# Evening Activities at Waterloo Action Centre



## Monday

- 5:30pm-7pm **Shorinjiryu Renshinkan Karate-do**  
Sensei Tom Abbosh runs Renshinkan London to deliver focussed, compassionate and traditional karate to adults of all ages & abilities. Free trial sessions.  
[renshinkanlodon@gmail.com](mailto:renshinkanlodon@gmail.com)
- 6pm-8:20pm **Rock'n' Roll with Jean Leclerc (see above)**  
**6pm-7:00 pm Rockabilly** A simple way to dance to the rockabilly beat in couple as well as dancing the Bop (a Solo tap dance) and the stroll (a line dance very popular among the Ladies)  
**7:10pm-8:20pm Rock 'n' Roll** A six counts basic jive or also call East Coast Swing. Mainly based on rock step, side - side pattern. Dress comfortably or bring your 50's dress and man with your bowling shirt.  
£10 each (£5 students)
- 7pm-9pm **City Acting**  
London Drama School  
See their website <https://www.cityacting.co.uk> for latest schedules and prices
- 7pm-9:30pm **Tango Classes**  
<http://www.tango-space.com>

## Tuesday

- 5:45pm-6:45pm **Shanti Vinyasa Yoga Classes**  
<https://www.shantiyogasafari.com/>  
shantiyogasafari@gmail.com  
07851 161 333
- 7pm-7:45pm **Sol Fitdance (Pilates)**  
£14 payg. <https://www.solfitdance.com/groupclasses>  
for details.
- 7pm-9pm **Morley Blade Fencing Club**  
Visitors £10. Members £130/qtr.  
4 beginners courses a year £70/6 week course  
[www.southlondonfencingclub.co.uk/](http://www.southlondonfencingclub.co.uk/) 07923 481 543
- 7pm-9pm **Life Drawing**  
Drop-in classes £10  
[www.londondrawing.com](http://www.londondrawing.com)  
[info@londondrawing.com](mailto:info@londondrawing.com)

## Wednesday

- 4:15pm-8:15pm **Dilek Taptik School of Dance**  
The school offers classical ballet dance classes for children and adults. See <http://www.dtdance.com/> for details of latest schedule and prices.
- 6pm-8pm **London Live Fitness (Zumba)**  
Various prices/see website for details & to book  
<http://www.londonlivefitness.com>
- 6:30pm-8:30pm **Life Drawing** – as Tuesday

## Saturday

- 7pm-1am **Rock 'n' Roll Party** Prices vary depending on event. Contact Jean Leclerc (see Monday). See [http://www.parisrockclub.com/Site\\_Paris\\_Rock/Party\\_Saturday.html](http://www.parisrockclub.com/Site_Paris_Rock/Party_Saturday.html) for dates and more details

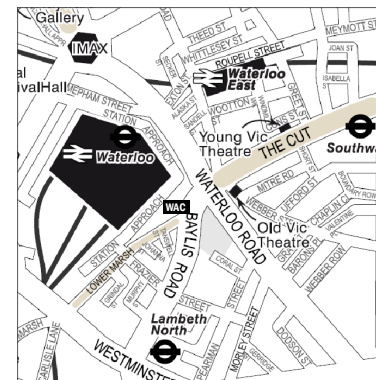
## Sunday

- 6pm-9pm **London School of Samba** Dance and drumming classes.  
Members £7/£5concs, Non-mbrs £8/£6concs.  
<http://londonschoolofsamba.co.uk/>

**Volunteer at WAC** Many of the activities at WAC are run by the users themselves or by volunteers. If you could help please phone David or Jenny on 020 7261 1404 or leave your contact details at reception or e-mail WAC [jennystiles@waterlooactioncentre.co.uk](mailto:jennystiles@waterlooactioncentre.co.uk) .

**Donations** are very welcome towards the costs of running WAC. Most things are done by volunteers but things like electricity and phone bills have to be paid. WAC is registered for gift aid so that, where the donor is a tax payer, the gift is worth more to WAC.

## How to find WAC



### WATERLOO ACTION CENTRE 14 BAYLIS ROAD SE1 7AA

Office open: Monday – Friday 09.00 – 17.00  
Telephone: 020 7261 1404  
Website: [www.waterlooactioncentre.co.uk](http://www.waterlooactioncentre.co.uk)  
General e-mail: [wac.office1971@gmail.com](mailto:wac.office1971@gmail.com)

### Traveling to WAC:

By rail: Waterloo, Waterloo East  
By UG: Waterloo, Lambeth North, Southwark  
By bus: 1,4, 26, 59,68,77, 139, 168,171,172,176,188,RV1 (Stop at Waterloo Station)  
By bus: 12, 53,148, 159, 453, C10 (Stop at Lower Marsh)

