

### ARTS CLUB

@LEA VALLEY CHURCH  
MON 9AM-12PM

BRING YOUR OWN ART SUPPLIES

### BEAVERS, CUBS, SCOUTS, EXPLORERS

@ELPHWOOD SCOUT HUT

JOY MORLEY 01992 714722

GILES PAGE – 07853098820

[walthamabbeyscouts.org.uk](http://walthamabbeyscouts.org.uk)

### BOUNCE (KEEP FIT)

@COMMUNITY CENTRE

TUES 8-9PM WED 9.45AM-10.45AM THURS 6.30-7.30PM SAT 9AM-10AM

[Bouncefitbody.com](http://Bouncefitbody.com)

### BOWLS INDOOR (NEW HORIZON EFDC)

@THE TOWN HALL

FRI 10AM -12 NOON 01992 564561

### BOWLS CLUB (LARSENS OUTDOOR)

MON-SUN SUMMER ONLY APRIL-SEPT  
FROM 2PM 01992 714571

### BOWLS INDOOR (SHORT MAT)

@UPSHIRE VILLAGE HALL

FRED- 01992 711720

### BOXERCISE

@TOWN MEAD

MON 6.30-7.30PM CHRISTINE

### BOXERCISE (UPSHIRE)

@UPSHIRE VILLAGE HALL

7PM 8PM MONDAY

CARLA 07951104421

### BROWNIE'S, RAINBOWS, GUIDES

@ELPHWOOD SCOUT HUT

[girlguiding.org.uk](http://girlguiding.org.uk)

### CABBAGE PATCH MOTHER & TODDLER

@THE BAPTIST CHURCH

FRI-9.30AM 11AM

CAROL-07962 597975

### CYCLING FOR HEALTH

KAREN MURRAY 01992 654222

[kmurray@eppingforestdc.gov.u](mailto:kmurray@eppingforestdc.gov.u)

### DRIVING RANGE

@TOWN MEAD BROOKER ROAD

MON-FRI 7AM-9PM 01992 715971

[Walthamabbeydrivingrange.co.uk](http://Walthamabbeydrivingrange.co.uk)

### ESSEX ARROWS BASEBALL

@TOWN MEAD SPORTS GROUND

SAT-YOUTH SUND-ADULT

DAVID-07961 346370

[DPshear@hotmail.com](mailto:DPshear@hotmail.com)

### FLOWER CLUB (WALTHAM ABBEY FLOWER CLUB)

@ COMMUNITY CENTRE SAXON WAY

4TH TUES OF THE MONTH 2-4PM

[chris-beales@hotmail.co.uk](mailto:chris-beales@hotmail.co.uk) 07792594443

### FOLK CLUB

@TOWN MEAD

KEITH BRITAIN 07903778024

MOND- 7.30PM 10.30PM

[keithrobertbritain@gmail.com](mailto:keithrobertbritain@gmail.com)

### FOOTBALL CLUB WALTHAM ABBEY

CLUBHOUSE & HOMEGROUND

01992 711287

### FITNESS EFDC

@THE COMMUNITY CENTRE

THURSDAY 10.30AM -12.30PM

[www.eppingforestdc.gov.uk](http://www.eppingforestdc.gov.uk)

### GARDENING CLUB

@THE COMMUNITY CENTRE

2ND FRI OF THE MONTH 8.00pm

NICOLA 01992 767856

[nicolaliddard@btinternet.com](mailto:nicolaliddard@btinternet.com)

### HISTORICAL SOCIETY

@ THE BAPTIST CHURCH

CHRIS SUMNER-01992 614518

[walthamabbeyhistoricalsociety.org.u](http://walthamabbeyhistoricalsociety.org.u)

### IRISH DANCING

@THE COMMUNITY CENTRE

MONDAY 6PM-7.30PM

07703 485864 FROM 4YEARS

### JUDO

@ THE COMMUNITY CENTRE 01992 711188

WED 6PM -7PM RUSSEL

### KARATE SHOTOKAN

@ THE LIESURE CENTRE NINEFIELDS

THURS 6pm-7pm@SAT 11.30am

01992 768664

[info@karate-london.co.uk](mailto:info@karate-london.co.uk)

### KARATE

@ THE COMMUNITY CENTRE

THURS 5.30-7.30PM

07729 554683

[Lucy.butler@me.com](mailto:Lucy.butler@me.com)

### KETTLEBELL

@TOWN MEAD

WED 6PM-7PM CHRIS

### LIFE WALKS EFDC

01992 564222

### MARTIAL ARTS (DRAGON WARRIORS KIDS)

@THE COMMUNITY CENTRE

WED 5.30PM-6.30PM

PAUL 07506 702267

[www.ptacademyofmartialarts.co.uk](http://www.ptacademyofmartialarts.co.uk)

### PERFORMING ARTS (ABBEY PERFORMING ARTS)

@TOWN HALL

TUES 4.30PM-8.30PM

SAM CHURCHILL -07921 859981

### PERFORMING ARTS (SOCA MOVES)

@THE COMMUNITY CENTRE

WED 11.30-12.30

[www.socamoves.com](http://www.socamoves.com)

### QUIGONG

@THE COMMUNITY CENTRE

FRI 7PM-8PM

JOHN 01992 762775 OR 07910 889429

[buddhaonfoot@mail.com](mailto:buddhaonfoot@mail.com)

### RAMBLERS OF LEE VALLEY

[Leevalleyfriends.org.uk](http://Leevalleyfriends.org.uk)

### SAILING CLUB

@FISHERS GREEN

CLUB HOUSE -01992 892505 (weekends)

[Fishersgreensc.org.uk](http://Fishersgreensc.org.uk)

### SHARED LUNCH

@CHURCH CENTRE ABBEY GARDENS

FRIDAY 12NOON

01992 767897

### STRETCH TONE & RELAX

@ THE COMMUNITY CENTRE

THURSDAY 7.30PM-9.30PM

BRENDA 01992 713176

### TENNIS CLUB

@LARSEN'S RECREATIONAL GROUND

PIERRE FERRET 02082925161

### THREE VALLEY MALE VOICE CHOIR

DAVID THWAITES 02082923494

@ THE BAPTIST CHURCH PARADISE ROAD

[www.3valleymvc.org.uk](http://www.3valleymvc.org.uk)

### TUMBLE TOTS

@UPSHIRE VILLAGE HALL

TUES 9.30AM 10.30AM AND 11,30AM

07855355694 LAURA& PAUL

### U3A

@TOWN HALL

PAM 01992 712783 OR 0208 4666139

10AM MONTHLY 2ND TUES

### WOODCRAFT

@COMMUNITY CENTRE SAXON WAY

TUES 5-7.30PM CHILDREN

MRS JAN HARKED 0208 529 6025

### YOUTH 2000

@BROOKER ROAD

01992 763953

TUES WAY TO COOK 5.30 7.30

THURS YOUTH CLUB 6.30-8.30PM

YOGA FRI 10AM ZUMBA MON -TUES 10AM

SIT AND GET FIT TUES 2PM

@TOWN MEAD BROOKER ROAD

LINDA 07909 962901

YOGA (SHINE FROM WITHIN)

@THE COMMUNITY CENTRE

MONDAY 6PM-7PM

STEPHANIE 07983886990



WALTHAM ABBEY

## DIRECTORY

## CLUBS & ORGANISATIONS



