

Lower Penarth Community Association

Regular Activities - Main Hall & Kitchen

DAY	TIME	GROUP	CONTACT	
Monday	10.00-11.00	Extend/Fit for Fun	Booking Sec	BookingSecretary@PenarthLPCA.onmicrosoft.com
	13.00-14.30	Tai Chi Adults	Booking Sec	BookingSecretary@PenarthLPCA.onmicrosoft.com
	17.00-18.00	Rainbows	Carol Emery	BookingSecretary@PenarthLPCA.onmicrosoft.com
	18.15-19.30	Brownies	Janet Mathias	BookingSecretary@PenarthLPCA.onmicrosoft.com
Tuesday	08.30-16.30	Baby Sensory	Baby Sensory	cardiffwest@babysensory.co.uk
	20.00-21.30	GA Support Group	n/a	n/a
Wednesday	10.00-11.00	Extend/Fit for Fun	Booking Sec	BookingSecretary@PenarthLPCA.onmicrosoft.com
	11.30-12.00	Mind Matters	Booking Sec	BookingSecretary@PenarthLPCA.onmicrosoft.com
	18.30-19.30	Puppy Training	Emma Taylor	info@ratpackdogservices.co.uk
Thursday	10.30-12.00	Coffee Club 1st & 3rd of the month	Elizabeth Mainwaring	BookingSecretary@PenarthLPCA.onmicrosoft.com
	18.00-19.00	Dog Sports Training	Emma Taylor	info@ratpackdogservices.co.uk
Friday	09.30-11.00	Eden Church Parents & Toddlers	Helen Dyer 07791101587	hyder17@icloud.com

Lower Penarth Community Association

DAY	TIME	GROUP	CONTACT	
Saturday	09.00-10.45	Yoga Flow	Nicole	nduddridge@yahoo.co.uk
Saturday	See	LPCA web-site	for	Availability
Sunday	See	LPCA web-site	for	Availability

To hire a room at the hall please visit our website on:

www.hallbookingonline.com/lpcc

or email:

[**BookingSecretary@PenarthLPCA.onmicrosoft.com**](mailto:BookingSecretary@PenarthLPCA.onmicrosoft.com)

Lower Penarth Community Association

Charity Commission Registration Number 1074675

Lower Penarth Community Hall,
Brockhill Way, Penarth CF64 5Q