

We are always interested in new and innovative courses and workshops.

Norrcot Manor Recreation

Centre offers:

- Recreation Activities
- Courses, Meetings,
- Workshops, Small Functions
- Adult & Children Activities
 - Secure Parking
 - 24 Hour Security

info@norrcot.org.za

www.norrcotmanor.org.za



www.friendsof norrcot.co.za



Open 7 days a week

011 467 1191



Norrcot Manor Library

011 705 3323



Caters for children 0 to 6

**Stimulating Edu Programme,
Nutritious Meals
and Loving Care**

Contact: Mandy

011 467 2799 / 083 244 2838



*Norrcot Manor
Recreation Centre*

16 B Penguin Drive

Norrcot, Fourways

011 465 2400 / 2239

Contact:

Lidia or Poppie

lidiaj@joburg.org.za

annab@joburg.org.za

*Enrich your mind, Feed your
soul, Improve your Lifestyle*



a world class African city

CHILDREN and YOUTH ACTIVITIES

AJAY'S ART for Children

Tuesday: 16:00
Andre 011 972 8557 / 082 786 4071
info@ajaysart.co.za / www.artclassesatajays.com

BALLET— RAD

Mon, Tue, Wed & Thurs Afternoon
Lauren 084 722 2048
dancewithsoul1@gmail.com

BODY PROJECT (6 to 18 years olds)

Extra strength, Fitness and Flexibility
Savanna 078 369 8288 /savanna31095@gmail.com

DRAMA — Helen O'Grady Drama Academy,

**Creativity, Confidence, Public Speaking,
Fun Expression, People's skills**
Saturday Morning / www.helenogrady.co.za
Kerry 083 410 2940 / 08600DRAMA

IRISH & Highland DANCING

All Ages & All Levels
Mon, Wed, Fri, Sat
Contact: Sue 082 922 1987

JUDO — Bushido

Monday 16:00
Contact: Coen 083 682 0904

KARATE — JKA

ALL Ages

Mon, Wed, Fri, Sat
Sensei Mike 083 290 4819

LITTLE KICKERS

Tuesday Afternoon
Khaidoo 082 322 9448
khaidoo@littlekickers.co.za

METHODZ ACTING ACADEMY

Jani 079 060 1412
methodzactingacademy@gmail.com

SELF DEFENSE AND KICKBOXING plus NEW

PARENTS AND PIPSQUEAKS –Bully Proof classes
Bonita 084 335 9914 / Edward 079 596 4699

XSTATIC DANCE All Ages & All Levels

Hip Hop, Freestyle, Contemporary, Break Dance
Lindy Liebmann 079 497 2680
www.xstaticdance.co.za lindy@xstaticdance.co.za

YOUNG ENGINEERS

Thursday Afternoon
Sashnee 079 690 4238

HEALTH & FITNESS

BODY PROJECT

Extra strength, Fitness and Flexibility
Savanna 078 369 8288 /savanna31095@gmail.com

BOOTCAMP Lipuo 083 481 0670 NEW

lipuo@blackchilli.co.za

CALLANETICS

Gentle Stretch & Tone Exercise
Mon - Fri Morning and Afternoon / Janice 082 963 7599

KARATE — JKA All Ages

Sensei Mike 083 290 4819

KICKBOXING

Thurs. Evening / Edward 079 596 4699

LADIES SELF DEFENSE

Monday evening / Bonita 084 335 9914

LATIN AND BALLROOM

Tuesday Evening Lily 082 787 5297
info@latinorhythmz.co.za www.latinorhythmz.co.za

LATIN AND BALLROOM

Pieter 081 567 0388

PILATES

For a stronger, longer, leaner body
Thokozile Ndlovu 076 213 5144/thoko081@gmail.com

RUN / WALK FOR LIFE

Mon, Wed, Fri 17:00 /18.00 Beth 083 654 7640

TAI-CHI

Thu 18.45 Jeffrey 072 023 7131
dr.kelga@gmail.com

WEIGH-LESS

Tue 07.30&17.30, Wed 15.30&17.00,Sat 10.00&11.00
Contact: 012 332 3763 Monica 082 680 4161
www.weigh-less.co.za

XSTATIC DANCE All Ages & All Levels

Hip Hop, Freestyle, Contemporary, Break Dance
Lindy Liebmann 079 497 2680

YOGA— Iyengar Yoga

Improve posture, breathing relaxation
to achieve good health.
Tues & Thur 16:45 & 18:15 Wed & Fri 08:45
Wendy Stead 011 465 7155 / 083 400 6211

AERIAL YOGA NEW

Gareth 062 807 2442 / gkernick.impi@gmail.com

ZUMBA Fitness

Wed: 17.30 / 18.30 Muriel 083 633 6953

ADULT & COMMUNITY

AA—Alcoholics Anonymous

Wednesday 18:00
Tracy 083 616 0027
AA Head Office 0861 435 722
www.alcoholicsanonymous.com

AJAY'S ART All medium

Tuesday & Thursday Evenings & Saturdays
Andre 011 972 8557 / 082 786 4071

ART

Drawing & Painting in your choice of medium

Wed / Thurs 09:15 & 13:00
Lee 082 334 7891

info@ajaysart.co.za / www.artclassesatajays.com

BRIDGE Social

Monday 09:00
Contact: 083 306 8237 / 082 202 0169

SEWING / DRESS MAKING

Beginners to advance
Saturday Tryphina 073 519 1681

MAH JONG —Western Style

Thurs. 09:00 Dale 082 779 0389

NA—Narcotics Anonymous

Monday 18:30
Helpline—083 900 6962
www.na.org.za

LANGUAGE

ENGLISH Conversation Classes

Learn English in a small group
Marianne 011 486 4126 / 082 564 6985

FRENCH Classes Children and Adult

011 646 1169
www.alliance.org.za / info@alliance.org.za

DOMESTIC WORKERS

Domestic Training Courses

Basic Cooking & Baking / Home Management / Baby Care & Child Minding / First Aid / Housekeeping
Helga 082 625 9023 / 011 678 0273
www.Homekeepers.co.za

EDU BABES

Domestic Placement & Training
Paula 082 337 7923

MAD DOMESTIC WATCH

(Making a Difference)
3rd Thursday 09.00 once a month
Penny Steyn 082 461 6968 / 011 783-8776