

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

Norscot Manor Recreation

Centre offers:

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

www.norscotmanor.org.za



**Open 7 days a week
011 467 1191**

www.secretteagarden.co.za

secretteagar@mweb.co.za



**Norscot 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

info@norscotplayschool.co.za



*Norscot Manor
Recreation Centre*

16 B Penguin Drive

Norscot, Fourways

011 465 2400 / 2239

www.norscotmanor.org.za

Contact:

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— R.A.D

Mon, Tue, Wed 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 / Wed, Fri, Sat
Gregory Moss 083 948 0323 Sue 082 922 1987
driverstudioofdance@gmail.com

JUDO — Bushido

Monday 16:00 Contact: Coen 083 682 0904

KARATE — JKA

ALL Ages

Mon, Wed, Fri, Sat
Sensei Mike 083 290 4819 / kampai@telkomsa.net

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

YOGA4KIDS

Wed 15:00 16:00 Rene Santana 082 460 6495
info@yoga4kids.co.za

YOUNG ENGINEERS

Tues and Thurs Afternoon
Khaidoo 082 322 9448 / khaidoo@littlekickers.co.za

HEALTH & FITNESS

ADULT BALLET

Wed 10:00—11:00
Suzanne Holmes 082 572 5251
suzanneholmesschoolofballet@gmail.com

CALLANETICS

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

KARATE — JKA All Ages

Sensei Mike 083 290 4819 kampai@telkomsa.net

KICKBOXING

Thurs. Evening / Edward 079 596 4699

LADIES BOXING

Sat: 07:00 and Tuesday: 18:00
Anesu 081 377 9655 butau_anesu@yahoo.com

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

Mornings 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 17:15 Beth 083 654 7640
Www.rwl.co.za fourways@runwalkforlife.co.za

TAI-CHI

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

WEIGH-LESS

Tue 07.30, Wed 15.30-18.00, Sat 10.00-12.00
Contact: 012 332 3763 Monica 082 680 4161
www.weigh-less.co.za

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

ZUMBA Fitness

Mon 18.00 Wed: 17.30 Muriel 083 633 6953
Muriel@melonvogue.co.za

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

ART

Drawing & Painting in your choice of medium
Wed / Thurs 09:15 & 13:00
Lee 082 334 7891

BRIDGE Social

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

CALLIGRAPHY

Robyn Anderson 076 235 6563
calligraphyjoburg@gmail.com

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 / Ba-
by 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 (once a month)
(Making a Difference) Crime Prevention classes