**Inclusive Sports Clubs**

PLEASE NOTE: Although class information is checked regularly, please contact the session leader before turning up to ensure class information is up to date.

|  |
| --- |
| **Active Heart Class** |
| Parish Wharf Leisure Centre  Helping you to keep up a healthy and active lifestyle  The session is open to all GP referral and Cardiac Rehabilitation scheme graduates,  Monday, 11.30am-1pm  Wednesday, 11.30-1pm  £5.50. [www.parishwharf.placesleisure.org](http://www.parishwharf.placesleisure.org) |
| **Cycling** |
| Supported Leisure Rides:  Gentle rides in a sociable setting.  Visit [Supported Leisure Rides | Life Cycle UK](https://www.lifecycleuk.org.uk/supported-leisure-rides) to see what’s currently happening.  Email [rides@lifecycle.org.uk](mailto:rides@lifecycle.org.uk) if you’d like more info. |
| **Dance** |
| TLF Dance and Drama  Aimed at disabled people  Tuesdays 2 – 3pm (adults) / Tithe Barn, Nailsea  Wednesdays 1 – 2pm (adults) / For All Healthy Living Centre, WsM  Saturdays 10 – 11am (young people) / 1st Nailsea Scout Headquarters, Nailsea  Vickie Mitchell 07902 465 002 [enquiries@tlfdanceanddrama.co.uk](mailto:enquiries@tlfdanceanddrama.co.uk) [www.tlfdanceanddrama.co.uk](http://www.tlfdanceanddrama.co.uk) |
| **Exercise for Health** |
| At Yeofit, Yeo Valley HQ gym at Blagdon  For those with health conditions including High Blood Pressure, Diabetes, arthritis, Depression, anxiety  etc  An assessment for £40 then 12 sessions for £72.  A GP referral isn’t needed – it is run by an exercise referral trained personal trainer  Lynne Joyner        07748 963297                   [lynne@thejoyners.co.uk](mailto:lynne@thejoyners.co.uk)  <http://lynnejoynerfitness.co.uk> |
| **Football** |
| Clevedon Juniors Football Club  Inclusive sessions for children aged 5-15 with SEND  Sundays 10-11am / Clevedon School, Clevedon.  Toby Willis – [tobyjwillis@hotmail.co.uk](mailto:tobyjwillis@hotmail.co.uk) |
| Ladies Walking Football Over 18`s  Monday Night: 8:00pm - 9:15pm  Tuesday Morning: 10:00am – 11:00am    Sessions are suitable for all ladies over 18 years of age.  All are on the 3G pitch at Weston-super-Mare AFC, Weston‑super‑Mare, BS24 9AA  The cost is £4 a session. Appropriate footwear is required for the 3G pitch. New players welcome, sessions are aimed to improve fitness at all standards, in a fun and friendly environment.  For further information Contact Arie Van Vliet. Email [vanvliet1130@gmail.com](mailto:vanvliet1130@gmail.com) or Telephone Arie on 01278751029 |
| Men`s Walking Football Over 50`s  Monday Night: 8:00pm to 9:15pm  Tuesday Morning: 10:00am – 11:00am  Friday Morning: 10:00am – 11:00am    All sessions suitable for men over 50 years of age.  All are on the 3G pitch at Weston-super-Mare AFC Winterstoke Road, Weston‑super‑Mare, North Somerset, BS24 9AA  New players welcome. The sessions are aimed to improve fitness at all standards, in a fun and friendly environment. The first session is free, so why not come along and give Walking Football a try?  For further information Contact Arie Van Vliet via Email on [vanvliet1130@gmail.com](mailto:vanvliet1130@gmail.com) or alternatively Telephone Arie on 01278751029 |
| Men`s Walking Football Over 18`s    Monday Night: 8:00pm to 9:15pm  The session is suitable for men over 18 years years of age.  All are on the 3G pitch at Weston-super-Mare AFC Winterstoke Road, Weston‑super‑Mare, North Somerset, BS24 9AA  New players welcome. The sessions are aimed to improve fitness at all standards, in a fun and friendly environment.  For further information Contact Arie Van Vliet via Email on [vanvliet1130@gmail.com](mailto:vanvliet1130@gmail.com) or alternatively Telephone Arie on 01278751029 |
| **Gordano Sports Centre Exercise Classes** |
| - Back To Basics - 30 Minutes Beginners Fitness Class <https://www.gordanosportscentre.org.uk/backtobasics>  - Pilates - 5 classes a week! <https://www.gordanosportscentre.org.uk/pilates>  - Indoor Cycling Class - 3 Classes a week <https://www.gordanosportscentre.org.uk/indoor-cycling>  - HIIT (High Intensity Interval Training) Class <https://www.gordanosportscentre.org.uk/hiit>  - Zumba <https://www.gordanosportscentre.org.uk/zumba>  - Dance Fusion (Dance/Exercise Class) <https://www.gordanosportscentre.org.uk/dance-fusion>  - Sass (Dance/Exercise Class) <https://www.gordanosportscentre.org.uk/sass>  - Circuits Class <https://www.gordanosportscentre.org.uk/circuits> |
| **Martial Arts** |
| Clevedon Tang Soo Do  Inclusive  Mondays 7.30 – 9.00pm / Yeo Moor Primary School, Clevedon  Ages: 6+  Jim Richards 01275 871 623 [info@clevedontangsoodo.co.uk](mailto:info@clevedontangsoodo.co.uk)  [www.clevedontangsoodo.co.uk](http://www.clevedontangsoodo.co.uk) |
| **Multisports – mixed sports** |
| Ups & Downs Southwest  Aimed at young people (aged 10+) with Downs Syndrome  Tuesdays 6.00 – 8pm (fortnightly) / YMCA, Weston-super-Mare  Deb Allen Telephone: 01278 691100 Mobile: 07904537007  Email: [Deb@upsanddowns.net](mailto:Deb@upsanddowns.net)  [www.upsanddowns.net](http://www.upsanddowns.net) |
| **Pilates** |
| Pilates at Yeofit, Yeo Valley HQ gym at Blagdon  9.30am Mondays  11am Mondays  8pm Thursdays  All classes can be booked via [www.lynnejoynerfitness.co.uk](http://www.lynnejoynerfitness.co.uk) or I can be emailed for information [lynne@thejoyners.co.uk](mailto:lynne@thejoyners.co.uk) |
| **Walking** |
| Walking for Health  Inclusive  Various times and venues across North Somerset  Sport & Active Lifestyles 01275 882 730 [GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk)  [www.betterhealth.co.uk](http://www.betterhealth.co.uk) |
| **Yoga** |
| Seated Yoga  Open to anyone with mobility limitations (preventing Yoga on a mat) and wheelchair users; or who find mat yoga too challenging. The classes are chair based so the majority is practiced from a chair but some standing movements are incorporated for those able to.  Tuesdays (term time only)- 11-12pm, £4. tea and coffee available before the class.  Backwell Parish Hall, Station Rd, BS48 3QW  If interested in attending, please contact:  Nina Boswell Brown 07890 308 045 [nina@sittingfityoga.com](mailto:nina@sittingfityoga.com)  [www.sittingfityoga.com](http://www.sittingfityoga.com) |
| Online Seated or Wheelchair Yoga – group and 1-2-1  Nina Boswell Brown 07890 308 045 [nina@sittingfityoga.com](mailto:nina@sittingfityoga.com)  [www.sittingfityoga.com](http://www.sittingfityoga.com) |
| **Zumba** |
| Zumba Toning  A fun, dance based classed to songs from around the world at a slower pace and includes toning/strengthening exercises. Please contact to book space and discuss individual needs  Mondays, 12.30pm. Chew Magna Baptist Church  Lynne Joyner        07748 963297                   [lynne@thejoyners.co.uk](mailto:lynne@thejoyners.co.uk)  <http://lynnejoynerfitness.co.uk> |

For more information please contact the Physical Activity Team on 01275 882 730 or email [GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk)

**Keep up to date with all our latest Inclusive Sport and physical activity news, by** [**visiting our website**](https://www.betterhealthns.co.uk/get-active/)**.**

Join Gordano Sport centre, which has a range of facilities, exercise classes and racquet sports for you to try.

A picture containing diagram

Description automatically generated