**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.

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| **Active Heart Class** |
| Parish Wharf Leisure CentreHelping you to keep up a healthy and active lifestyleThe session is open to all GP referral and Cardiac Rehabilitation scheme graduates,Monday, 11.30am-1pmWednesday, 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 if you’d like more info.  |
| **Dance** |
| TLF Dance and Drama Aimed at disabled peopleTuesdays 2 – 3pm (adults) / Tithe Barn, Nailsea Wednesdays 1 – 2pm (adults) / For All Healthy Living Centre, WsMSaturdays 10 – 11am (young people) / 1st Nailsea Scout Headquarters, NailseaVickie Mitchell 07902 465 002 enquiries@tlfdanceanddrama.co.uk [www.tlfdanceanddrama.co.uk](http://www.tlfdanceanddrama.co.uk) |
| **Exercise for Health** |
| At Yeofit, Yeo Valley HQ gym at BlagdonFor those with health conditions including High Blood Pressure, Diabetes, arthritis, Depression, anxiety  etcAn assessment for £40 then 12 sessions for £72.  A GP referral isn’t needed – it is run by an exercise referral trained personal trainerLynne Joyner        07748 963297                   lynne@thejoyners.co.uk<http://lynnejoynerfitness.co.uk>  |
| **Football** |
| Clevedon Juniors Football Club Inclusive sessions for children aged 5-15 with SENDSundays 10-11am / Clevedon School, Clevedon. Toby Willis – 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 or Telephone Arie on 01278751029 |
| Men`s Walking Football Over 50`sMonday 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 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 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 DoInclusiveMondays 7.30 – 9.00pm / Yeo Moor Primary School, ClevedonAges: 6+Jim Richards 01275 871 623 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 SyndromeTuesdays 6.00 – 8pm (fortnightly) / YMCA, Weston-super-Mare Deb Allen Telephone: 01278 691100 Mobile: 07904537007    Email: Deb@upsanddowns.net [www.upsanddowns.net](http://www.upsanddowns.net) |
| **Pilates**  |
| Pilates at Yeofit, Yeo Valley HQ gym at Blagdon9.30am Mondays11am Mondays8pm ThursdaysAll 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 |
| **Walking** |
| Walking for Health InclusiveVarious times and venues across North SomersetSport & Active Lifestyles 01275 882 730 GetActive@n-somerset.gov.uk [www.betterhealth.co.uk](http://www.betterhealth.co.uk)  |
| **Yoga** |
| Seated YogaOpen 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 3QWIf interested in attending, please contact: Nina Boswell Brown 07890 308 045 nina@sittingfityoga.com [www.sittingfityoga.com](http://www.sittingfityoga.com)  |
| Online Seated or Wheelchair Yoga – group and 1-2-1Nina Boswell Brown 07890 308 045 nina@sittingfityoga.com [www.sittingfityoga.com](http://www.sittingfityoga.com)  |
| **Zumba** |
| Zumba ToningA 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 ChurchLynne Joyner        07748 963297                   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

**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.

