

# Get Active in North Somerset

## Physical activities and healthy living

### Dance

Activity	Ages	When	Where	Accessibility	Contact
<b>Age UK Somerset – Various classes available</b> Please see timetable in Contact box for full list				<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="https://www.ageuk.org.uk/somerset/activities-and-events/ageing-well-classes-timetable/">https://www.ageuk.org.uk/somerset/activities-and-events/ageing-well-classes-timetable/</a>
<b>Ballroom and Latin Dancing</b> Beginners class	18+	Tuesdays 7pm to 8pm	Whitchurch Village Hall	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Kevin Davies 07483 844 495  <a href="mailto:Spandl.07@btinternet.com">Spandl.07@btinternet.com</a>

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<b>Belly Dance</b> A warm, friendly atmosphere to learn belly dance and have fun. Improves fitness, posture, flexibility and confidence.	16+	Mondays 7pm to 8pm	Backwell WI Hall Station Road Backwell BS48 3QW	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Saeeda 07779 718 919  <a href="mailto:BS48bellydance@gmail.com">BS48bellydance@gmail.com</a>  <a href="http://www.saeedabellydance.com">www.saeedabellydance.com</a>
<b>Dance Funtastic</b> A fun dance class for ladies of all ages. Learn routines to different themes	All ages	Wednesdays 7.30pm	Uphill Victory Hall Westfield Road Uphill BS23 4XG	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Marie Keele 07939 038 071  <a href="mailto:mariekeele@hotmail.co.uk">mariekeele@hotmail.co.uk</a>

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Activity	Ages	When	Where	Accessibility	Contact
<b>Move, Stretch, Relax</b> Improves balance, flexibility and strength. Uplifting music and movement, a feeling of wellbeing	Over 50s	Wednesdays 10am to 11am	1 <sup>st</sup> Nailsea Scouts Clevedon Road BS48 1EH	<input type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Amy Garrahy  07731 451 885 <a href="mailto:agarrahy@yahoo.co.uk">agarrahy@yahoo.co.uk</a>
<b>North Somerset Mencap Disco for disabled adults</b> Have fun dancing and socialising at our monthly Discos. A wide range of music played.	16+	Once a month on a Saturday 7.30pm to 9.30pm  Please contact us for upcoming dates.	Nailsea Methodist Church and Community Centre 74 Silver Street Nailsea Bristol BS48 2DS	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Anita Brown 07766 767 222  <a href="mailto:Nitabrown40@hotmail.co.uk">Nitabrown40@hotmail.co.uk</a>

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<p><b>Open Level Dance Class for adults</b></p> <p>Our classes are designed to accommodate dancers and non-dancers of all backgrounds, ages and abilities.</p> <p>We'll take you on a 6 to 8 week exploration of each dance style, gradually piecing together steps to create an incredible choreographed routine that will leave you feeling like a superstar!</p>	All ages	Mondays 7.30pm to 8.30pm	The Link Nailsea School Mizzymead Road Nailsea BS48 2HN	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input checked="" type="checkbox"/> None of the above	<p>Svetlana Ovsyannikova – Woodgate 07794 111 608</p> <p><a href="mailto:svetlana.ovsyannikova1@gmail.com">svetlana.ovsyannikova1@gmail.com</a></p> <p>Book online here: <a href="https://bookwhen.com/ovdadance#focus=ev-syky-20250508200000">https://bookwhen.com/ovdadance#focus=ev-syky-20250508200000</a></p>

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<b>Pedralta World Fusion Belly Dance</b> Low impact dance classes for fun and fitness Suitable for beginners and experienced dancers. All levels of fitness, low impact, great for posture, toning and confidence. Great fun!	14+	Wednesdays 7.30pm to 8.30pm  Workshops for schools, businesses, and community groups by arrangement	The Studio Blakehay Theatre Wadham Street Weston-super-Mare BS23 1JZ	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above *Please be aware that the studio is on the first floor, with no lift available	Donna Gardner 07905 763 559  <a href="mailto:donna@pedralta.com">donna@pedralta.com</a>  <a href="http://www.pedralta.com">www.pedralta.com</a>
<b>Tidal Wave Dance Company</b> A combination of ballet and modern dance. Strengthening the body through technique work set to music, as well as choreography to fuel our creative energy	13+	Wednesdays 6.15pm to 7.15pm	Blakehay Theatre Wadham Street Weston-super-Mare BS23 1JZ	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Emma Duffill 07973 839 453  <a href="mailto:emma@pilatesinuphill.co.uk">emma@pilatesinuphill.co.uk</a>  <a href="http://www.blakehaytheatre.co.uk">www.blakehaytheatre.co.uk</a>

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<b>Zumba - Portishead</b> Party yourself into shape! A fun, empowering and energising class which combines salsa, cumbia, cha-cha-cha, hip hop and more in easy to follow routines. Suitable for all levels		Tuesdays 7.15pm to 8.15pm  Thursdays 9.30am to 10.30am  Fridays 6pm to 7pm	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 848 494  <a href="https://www.placesleisure.org/centres/parish-wharf-leisure-centre/">https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</a>
<b>Zumba – Burnham</b> All abilities welcome. Fitness class featuring a mixture of pop, salsa, reggaeton. Have fun moving and smiling, you you'll have so much fun you won't realise you're exercising!	16+	Thursdays 8pm	Starlight Studios Burnham-on-Sea	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input checked="" type="checkbox"/> None of the above	Natalie Kemmish  07773 686 548  <a href="mailto:nataliekemmish@gmail.com">nataliekemmish@gmail.com</a>  <a href="https://gymcatch.com/app/provider/3576">https://gymcatch.com/app/provider/3576</a>

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<b>Zumba Gold - Portishead</b> Takes the Zumba formula and modifies the moves and pacing to suit the needs of the active, older participant.		Tuesdays 9.30am to 10.30am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 848 494  <a href="https://www.placesleisure.org/centres/parish-wharf-leisure-centre/">https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</a>
<b>Zumba Gold - Portishead</b> Zumba class for all. Movement to music, seated or standing to each person's ability. Small classes to ensure good instructor/participant ratio	50+	Tuesdays 11am to 12pm	Walnut Grove Studio 81 Papermill Gardens Portishead BS20 7RL	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Walnut Grove Clinic 01275 818 303  <a href="mailto:healthcare@walnutgroveclinic.com">healthcare@walnutgroveclinic.com</a>  <a href="http://www.walnutgroveclinic.com">www.walnutgroveclinic.com</a>