Get Active in North Somerset

Physical activities and healthy living

Aqua

Activity	Ages	When	Where	Accessibility	Contact
Aqua Aerobics		Mondays and Wednesdays 10.45am to 11.30am	Backwell Leisure Centre Farleigh Road Backwell BS48 3PB	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	01275 463 726 https://www.leisurecentre.com/backwell-leisure-centre
Aqua Dance A party in the pool! Splashing, stretching, twisting and exercising to upbeat party music		Thursdays 11.45am to 12.45pm	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	01275 848 494 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

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Aquafit A total low impact body workout. Aquafit helps you use every muscle in the body using the water as resistance	16+	Mondays: 11.30am and 8.15pm Wednesdays: 9.30am Fridays: 10am	Strode Leisure Centre Clevedon BS21 6QG	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☑ All of the above ☐ None of the above	Becky Hobbs 01275 879 242 Beckyhobbs@pfpleisure.org www.placesleisure.org
British Bangladeshi Association North Somerset Women and Girls Swimming Enjoy swimming in a relaxed setting, build water confidence and stay active at your own pace.	5 to 99	Sundays 4pm to 5pm	Hutton Moor Leisure Centre Hutton Moor Road Weston-s-Mare BS22 8LY	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above *Please check with Hutton Moor about accessibility for this session	Sayd Ahmed 07925 280 572 https://bbans.org.uk/

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Cold Water Swimming (Pool) and Open Water Swimming (sea or lake) Introductions to or advance swimming lessons for cold water swimming. Any ability welcome to come and feel the benefits (and buzz!) of cold-water swimming.	18+	Various times to suit people and to work with tides and weather	Weston Beach Weston Lake Clevedon Lake Portishead Lido	☑ Blind / visual impairment ☑ Deaf / hard of hearing ☐ Learning disability / difficulty ☑ Mental health condition ☐ Autistic spectrum disorder ☑ Physical impairment ☐ All of the above ☐ None of the above	Charlie Stockford 07876 351 230 mail@charliestockford.co.uk
Freeways Hydrotherapy Hydrotherapy Treatment Sessions Warm Water Independent Sessions Land physio Sessions. Children's land exercise Groups	All ages	Mondays to Thursdays 8am to 6.30pm	Freeways Hydrotherapy Leigh Court Centre Pill Road Abbots Leigh Bristol BS8 3RA	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☑ All of the above ☐ None of the above	Andy Bunn 01275 376 082 Hydropool@freeways.org.uk or Andybunn@freeways.org.uk

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Lane Swimming	8+	Monday to Sunday Various times	Strode Leisure Centre Clevedon BS21 6QG	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☑ All of the above ☐ None of the above	Becky Hobbs 01275 879 242 Beckyhobbs@pfpleisure.org www.placesleisure.org