



## *Helping our community to get active*

### **What is this?**

Go4Free offers a range (see below for the full list) of funded sport and fitness classes/sessions, to help North Somerset residents get active and improve their health.

### **How does the scheme work?**

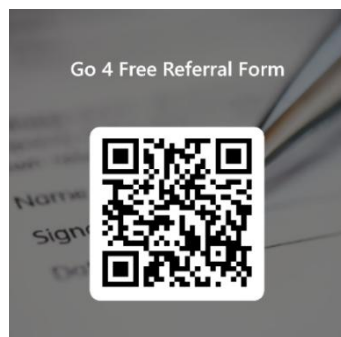
Referrals can be made by Social Prescribers, support organisations and health professionals. Residents can also make a Self Referral. Residents can access 10 classes/sessions, the first 5 are free of charge and the remaining 5 are at half price.

### **Who is eligible?**

Open to all North Somerset residents who do no more than 30 minutes of regular activity each week. Note: Only one application per person.

How to make a referral:

1. Review the list of activities detailed below.
2. Choose an activity that want to start.
3. Complete the [online form](#) or use the QR Code below.



For any queries or questions please email: [active@vansmail.org.uk](mailto:active@vansmail.org.uk)

# PHYSICAL ACTIVITIES LIST

\*Denotes junior activities. #Denotes inclusive activities

## Please select your town

### Backwell

Body Conditioning

### Bleadon

#Yoga - Ashtanga Vinyasa

### Churchill

\*#Roller Skating – Families and juniors

### Cleeve

\*#Tennis – Adults and Juniors

### Clevedon

#Body Weight/Cardio

#Boxing/Conditioning

#Boxing Adults

\*#Boxing Juniors (6-11yrs)

#Boxing Ladies only

\*#Boxing Juniors (12-16 yrs.)

#Circuits – 'Old School'

#CrossFit – Beginners

#Strength and Conditioning

\*#Tennis – Juniors (4 – 16 yrs)

### Long Ashton

#Outdoor Exercising

### Portishead

#Senior Strong (over 60's)

### Weston-Super-Mare



#50+ Sports Club

\*#60's Go Go Dance (10 yrs + with adult)

\*#Archery - Traditional

#Body Balance

#Body Sculpting

#First Time Fitness (Men)

#Good Boost – Muscle and joint pain classes (Aqua and Land based)

\*#Martial Arts

#Pilates Chair Based

\*#Roller Skating – Families and juniors

\*Tennis – Juniors

\*#Tennis, Short Tennis, and Pickleball - juniors

#Yoga for Relaxation

## **Worle**

\*#@Worle Centre

Chair Stretch & Tone

#Circuits Training

#Football – Mixed ability/Walking/Slow - aged 16 +

\*#Football – Boys and Girls – (4 – 8 yrs.)

\*#Martial Arts (ages 4-10 yrs.)

\*#Martial Arts (ages 11 yrs. +)

#Self- Defence – Ladies

#Yoga – Morning Move & Breathe

## **Yatton**

\*#60's Go Go Dance (10 yrs + with adult)

## **Yatton – FREE Cycling Activities**

\*#Cycling – Adventure Days Available

\*#Cycling – After School Cycling and Friendship Club



\*#Cycling – Confidence Sessions Available

#Cycling – Inclusive Skills Session

\*#Cycling - Lessons for Young People with Additional Needs

\*#Cycling – Young Carers’ Cycling Session

## Backwell

### Body Conditioning

|                                                                                                                            |                                                                                                                                |                    |
|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------|
| <b>Caroline Knight</b><br><br><b>Fridays</b><br>9.15 am to 10.05 am<br><br>WI Hall<br>Station Road<br>Backwell<br>BS48 3QW | <b>Bookings</b><br><br>Telephone -<br>07825794553<br><br>Email<br><a href="mailto:dizzyme@outlook.com">dizzyme@outlook.com</a> | <b>Web address</b> |
|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------|

#### Additional Needs

|                         |                       |                                 |                         |                            |                                |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
| No                      | No                    | No                              | No                      | No                         | No                             |

#### Description:

Low impact, not high cardio Body Conditioning for toning, strength, and bone density. Also good for mental health- We do a section on Legs, Arms then Core. Attendees need to bring a mat and water and be appropriately dressed. A PAR-Q will also need to be completed before participating.

#### Notes:

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Medium

## Bleadon

### #Yoga - Ashtanga Vinyasa

|                                                                                                                                                                  |                                                                                      |                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sada Yoga</b><br><br><b>Thursdays</b><br>6.15 – 7.15 pm<br><br>Bleadon<br>Coronation Hall<br>5 Coronation Road<br>Bleadon<br>Weston Super<br>Mare<br>BS24 0PG | Details of all classes (in person and online)<br><a href="#">Go4Free • Sada Yoga</a> | <b>Web address</b><br><br><a href="https://sadayoga.co.uk/">https://sadayoga.co.uk/</a><br><br><br>Sada Yoga |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Additional Needs

|                                          |                                   |                                                 |                                                |                                        |                                                 |
|------------------------------------------|-----------------------------------|-------------------------------------------------|------------------------------------------------|----------------------------------------|-------------------------------------------------|
| Blind/<br>Visual<br>Impairment<br><br>No | Deaf/<br>Hard of<br>Hearing<br>No | Learning<br>Disability<br>/<br>Difficulty<br>No | <b>Mental<br/>Health<br/>Condition<br/>Yes</b> | Autistic<br>Spectrum<br>Disorder<br>No | Additional<br>Physical<br>Impair-<br>ment<br>No |
|------------------------------------------|-----------------------------------|-------------------------------------------------|------------------------------------------------|----------------------------------------|-------------------------------------------------|

#### Description:

Feeling stuck, unmotivated, or out of sync with your body? Ashtanga Vinyasa is a powerful practice designed to help you build strength, improve flexibility, and boost stamina—both physically and mentally. By syncing breath with movement through a dynamic sequence of postures, this practice helps you cultivate focus, resilience, and a deeper connection to yourself.

#### Notes:

- Pre-booking is required
- The sessions cost £7 each.
- Session Intensity Low/Medium

## Churchill

### \*#Roller Skating – Families and juniors

| Beyond Skate                                                                                                        | Bookings                            | Web address                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>Thursdays</b><br>6.30 – 7.30 pm<br><br>Churchill Academy<br>School,<br>Churchill Green,<br>Churchill<br>BS25 5QN | Email<br>therosefamilyltd@gmail.com |  Beyond Skate<br><br><a href="#">Beyond Skate</a> |

#### Additional Needs

| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| No                      | No                    | Yes                             | Yes                     | Yes                        | No                             |

#### Description:

Roller Skating sessions for families and juniors that are fun and challenging.

#### Notes:

- Pre-booking is required to ensure correct roller skates are available.
- The sessions cost £6 each.
- Session Intensity Medium/High

## Cleeve

### \*#Tennis – Adults and Juniors

| Cleeve Tennis Club                                                                                         | Bookings/Enquiries                                           | Web address                       |
|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------|
| See details of times below<br><br>King George V Memorial Field<br>Meeting House Lane<br>Cleeve<br>BS49 4PD | Phil Stackhouse<br>07971444501<br>cleevetennisclub@gmail.com | <a href="#">CleeveTennis Club</a> |

#### Additional Needs

| Blind/Visual Impairment | Deaf/Hard of Hearing | Learning Disability/Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|----------------------|--------------------------------|-------------------------|----------------------------|--------------------------------|
| No                      | Yes                  | Yes                            | Yes                     | Yes                        | No                             |

#### Description:

Group tennis coaching lessons at the following times:

- Wednesday 4-7 pm - Junior coaching (term time only)
- Wednesday 7-9 pm - Adult social session
- Friday 10-12 noon – Adult social session
- Friday 5.30-7 pm - Junior social session (term time only)
- Saturday 9-12 noon - Junior coaching (term time only)
- Sunday 2-5 pm - Adult social session
- Sunday 6-9 pm - Adult beginner social session

#### Notes:

- Pre-booking is required
- The sessions cost £6 each.
- Session Intensity is variable

## Clevedon

### #Body Weight/Cardio

|                                                                                                                                              |                                                                                                                                                                     |                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Eisey's Community Gym</b><br><br><b>Mondays</b><br>6:15 pm to 7:00 pm.<br><br>Eisey's Community Gym<br>137 Old St<br>Clevedon<br>BS21 6BH | <b>Bookings</b><br><br>Booking via text or WhatsApp<br>07771880580<br><br>Email<br><a href="mailto:training@eisenratersgym.co.uk">training@eisenratersgym.co.uk</a> | <b>Web address</b><br><br><a href="http://eisenratersgym.com/">http://eisenratersgym.com/</a><br><br> |
|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Additional Needs

|                                |                             |                                       |                                |                                   |                                       |
|--------------------------------|-----------------------------|---------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|
| Blind/Visual Impairment<br>Yes | Deaf/Hard of Hearing<br>Yes | Learning Disability/Difficulty<br>Yes | Mental Health Condition<br>Yes | Autistic Spectrum Disorder<br>Yes | Additional Physical Impairment<br>Yes |
|--------------------------------|-----------------------------|---------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|

### Description:

Circuit that comprises bodyweight and cardio exercises in different formats every week. Some equipment is used on occasion.

### Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

## #Boxing/Conditioning

|                                                                                                                                                                              |                                                                                                                                                                                          |                                                                                                                                                                                                          |                                      |                                         |                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-----------------------------------------|---------------------------------------------|
| <b>Eisey's Community Gym</b><br><br><b>Mondays</b><br>7:15 pm to 8:00 pm.<br><br>Eisey's Community Gym<br>137 Old St<br>Clevedon<br>BS21 6BH                                 | <b>Bookings</b><br><br>Booking via text or<br>WhatsApp<br>07771880580<br><br>Email<br><a href="mailto:training@eisentragersgy&lt;br/&gt;m.co.uk">training@eisentragersgy<br/>m.co.uk</a> | <b>Web address</b><br><br><a href="http://eisentragersgy.&lt;br/&gt;com/">http://eisentragersgy.<br/>com/</a><br><br> |                                      |                                         |                                             |
| <b>Additional Needs</b>                                                                                                                                                      |                                                                                                                                                                                          |                                                                                                                                                                                                          |                                      |                                         |                                             |
| Blind/Visual<br>Impairment<br>Yes                                                                                                                                            | Deaf/<br>Hard of<br>Hearing<br>Yes                                                                                                                                                       | Learning<br>Disability/<br>Difficulty<br>Yes                                                                                                                                                             | Mental<br>Health<br>Condition<br>Yes | Autistic<br>Spectrum<br>Disorder<br>Yes | Additional<br>Physical<br>Impairment<br>Yes |
| <b>Description:</b><br>A mixture of pad work drills, and exercises.                                                                                                          |                                                                                                                                                                                          |                                                                                                                                                                                                          |                                      |                                         |                                             |
| <b>Notes:</b> <ul style="list-style-type: none"><li>• Pre-booking <b>is</b> required.</li><li>• The sessions cost £6 each.</li><li>• Session Intensity Medium/High</li></ul> |                                                                                                                                                                                          |                                                                                                                                                                                                          |                                      |                                         |                                             |

## #Boxing Adults

| Eisey's Community Gym                                                                                                                                               | Bookings                                                                                                                                              | Web address                                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Thursdays</b><br/>7:00 pm to 8:00 pm.</p> <p><b>Fridays</b><br/>6:15 pm to 7:15 pm.</p> <p>Eisey's Community Gym<br/>137 Old St<br/>Clevedon<br/>BS21 6BH</p> | <p>Booking via text or WhatsApp<br/>07771880580</p> <p>Email<br/><a href="mailto:training@eisenratersgym.co.uk">training@eisenratersgym.co.uk</a></p> | <p><a href="http://eisenratersgym.com/">http://eisenratersgym.com/</a></p>  |

### Additional Needs

| Blind/Visual Impairment | Deaf/Hard of Hearing | Learning Disability/Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|----------------------|--------------------------------|-------------------------|----------------------------|--------------------------------|
| Yes                     | Yes                  | Yes                            | Yes                     | Yes                        | Yes                            |

### Description:

- Bag work, sparring if desired, pad work. This is run like all boxing clubs up and down the country. A timer is set, and you and not the coaches decide what you will do.
- **Notes:**
- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

**\*#Boxing Juniors (6-11yrs)**

| Eisey's Community Gym                                                                                      | Bookings                                                                                                                                            | Web address                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Thursdays</b><br>4:15 pm to 5:00 pm.<br><br>Eisey's Community Gym<br>137 Old St<br>Clevedon<br>BS21 6BH | Booking via text or<br>WhatsApp<br>07771880580<br><br>Email<br><a href="mailto:training@eisentrainersgym.co.uk">training@eisentrainersgym.co.uk</a> | <a href="http://eisentrainersgym.com/">http://eisentrainersgym.com/</a><br><br> |

**Additional Needs**

| Blind/Visual Impairment | Deaf/Hard of Hearing | Learning Disability/Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|----------------------|--------------------------------|-------------------------|----------------------------|--------------------------------|
| Yes                     | Yes                  | Yes                            | Yes                     | Yes                        | Yes                            |

**Description**

Coaches hold pads for the children who perform different combinations. (No Sparring, 100% non-contact)

**Notes:**

- Pre-booking **is** required.
- The sessions cost £4 each.
- Session Intensity Medium/High

### #Boxing Ladies only

|                                                                                                                                                                              |                                                                                                                                                                            |                                                                                                                                                                                              |                                |                                   |                                       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|
| <b>Eisey's Community Gym</b><br><br><b>Thursdays</b><br>9:30 am to 10:30 am.<br><br>Eisey's Community Gym<br>137 Old St<br>Clevedon<br>BS21 6BH                              | <b>Bookings</b><br><br>Booking via text or<br>WhatsApp<br>07771880580<br><br>Email<br><a href="mailto:training@eisentrainersgym.co.uk">training@eisentrainersgym.co.uk</a> | <b>Web address</b><br><br><a href="http://eisentrainersgym.com/">http://eisentrainersgym.com/</a><br><br> |                                |                                   |                                       |
| <b>Additional Needs</b>                                                                                                                                                      |                                                                                                                                                                            |                                                                                                                                                                                              |                                |                                   |                                       |
| Blind/Visual Impairment<br>Yes                                                                                                                                               | Deaf/ Hard of Hearing<br>Yes                                                                                                                                               | Learning Disability/ Difficulty<br>Yes                                                                                                                                                       | Mental Health Condition<br>Yes | Autistic Spectrum Disorder<br>Yes | Additional Physical Impairment<br>Yes |
| <b>Description:</b><br>This is a combination of pad work and bag work mixed in with some bodyweight conditioning.                                                            |                                                                                                                                                                            |                                                                                                                                                                                              |                                |                                   |                                       |
| <b>Notes:</b> <ul style="list-style-type: none"><li>• Pre-booking <b>is</b> required.</li><li>• The sessions cost £6 each.</li><li>• Session Intensity Medium/High</li></ul> |                                                                                                                                                                            |                                                                                                                                                                                              |                                |                                   |                                       |

**\*#Boxing Juniors (12-16 yrs.)**

| Eisey's Community Gym                                                                                      | Bookings                                                                                                                                     | Web address                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Thursdays</b><br>5:05 pm to 5:50 pm.<br><br>Eisey's Community Gym<br>137 Old St<br>Clevedon<br>BS21 6BH | Booking via text or WhatsApp<br>07771880580<br><br>Email<br><a href="mailto:training@eisenratersgym.co.uk">training@eisenratersgym.co.uk</a> | <a href="http://eisenratersgym.com/">http://eisenratersgym.com/</a><br><br> |

**Additional Needs**

| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| Yes                     | Yes                   | Yes                             | Yes                     | Yes                        | Yes                            |

**Description:**

Coaches and youth all hold pads. (No sparring and 100% non-contact)  
 Learning strong fundamentals and complex moves.

**Notes:**

- Pre-booking **is** required.
- The sessions cost £4 each.
- Session Intensity Medium/High

### #Circuits – ‘Old School’

|                                                                                                                                               |                                                                                                                                                                         |                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Eisey’s Community Gym</b><br><br><b>Tuesdays</b><br>6:15 pm to 7:00 pm.<br><br>Eisey’s Community Gym<br>137 Old St<br>Clevedon<br>BS21 6BH | <b>Bookings</b><br><br>Booking via text or WhatsApp<br>07771880580<br><br>Email<br><a href="mailto:training@eisentrainersgym.co.uk">training@eisentrainersgym.co.uk</a> | <b>Web address</b><br><br><a href="http://eisentrainersgym.com/">http://eisentrainersgym.com/</a><br><br> |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Additional Needs

|                                |                             |                                       |                                |                                   |                                       |
|--------------------------------|-----------------------------|---------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|
| Blind/Visual Impairment<br>Yes | Deaf/Hard of Hearing<br>Yes | Learning Disability/Difficulty<br>Yes | Mental Health Condition<br>Yes | Autistic Spectrum Disorder<br>Yes | Additional Physical Impairment<br>Yes |
|--------------------------------|-----------------------------|---------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|

### Description:

Lots of great equipment is set up in different formats every week. rowing machines, Assault Bikes, battle ropes, soft plyometric boxes, Tyres, kettlebells, slam balls, etc.

### Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

## #CrossFit – Beginners

|                                                                                                                                       |                                                      |                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>Ozbox Fitness</b><br><br><b>Wednesdays</b><br>7.30 pm to 8.30 pm.<br><br>Unit 6 Carey Developments, Tweed Road. Clevedon, BS21 6RR | <b>Bookings</b><br>Email<br>ozboxfitness@outlook.com | <b>Web address</b><br>Www.crossfitozbox.co.uk<br> |
|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|

### Additional Needs

|                                |                             |                                       |                                |                                   |                                       |
|--------------------------------|-----------------------------|---------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|
| Blind/Visual Impairment<br>Yes | Deaf/Hard of Hearing<br>Yes | Learning Disability/Difficulty<br>Yes | Mental Health Condition<br>Yes | Autistic Spectrum Disorder<br>Yes | Additional Physical Impairment<br>Yes |
|--------------------------------|-----------------------------|---------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|

### Description:

If you are wanting to make a sustainable change to your lifestyle, and you are tempted to try CrossFit but are worried about coming straight into a class environment with other members, this beginner's membership is designed for you! If you'd like to start enjoying exercise. Gain confidence in the gym environment. Learn new skill set, which will help you move better for daily routines. Be coached by a professional coach in a non-intimidating environment. Make some real positive and sustainable changes to your lifestyle. If this sounds like something you would like to do and the person you would like to become, come and join us!

### Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

## #Strength and Conditioning

|                                                                                                                                                                                                |                                                                                                                                                                     |                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Eisey's Community Gym</b><br><br><b>Wednesdays</b><br>6:15 pm to 7:00 pm.<br><br><b>Saturdays</b><br>8:30 pm to 9:30 pm.<br><br>Eisey's Community Gym<br>137 Old St<br>Clevedon<br>BS21 6BH | <b>Bookings</b><br><br>Booking via text or WhatsApp<br>07771880580<br><br>Email<br><a href="mailto:training@eisenradersgym.co.uk">training@eisenradersgym.co.uk</a> | <b>Web address</b><br><br><a href="http://eisenradersgym.com/">http://eisenradersgym.com/</a><br><br> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Additional Needs

|                                |                             |                                       |                                |                                   |                                       |
|--------------------------------|-----------------------------|---------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|
| Blind/Visual Impairment<br>Yes | Deaf/Hard of Hearing<br>Yes | Learning Disability/Difficulty<br>Yes | Mental Health Condition<br>Yes | Autistic Spectrum Disorder<br>Yes | Additional Physical Impairment<br>Yes |
|--------------------------------|-----------------------------|---------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|

### Description:

We use a very safe but effective way of lifting using a system called landmines. The lifting is interspersed with bodyweight drills.

### Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

**\*#Tennis – Juniors (4 – 16 yrs)**

| <b>North Somerset Tennis Academy</b>                                                                                                                                   | <b>Bookings</b>                                          | <b>Web address</b>                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Monday's</b><br/>4 pm - 6 pm</p> <p><b>Saturday's</b><br/>8.30 am – 1 pm</p> <p>Clevedon Seafront<br/>Tennis Courts<br/>Elton Road<br/>Clevedon<br/>BS21 7RH</p> | <p>Booking via email<br/>stuart@n-somersettennis.com</p> | <p>For session details and times:<br/> <a href="#">Clubspark / North Somerset Tennis Academy / Tennis Coaching</a></p>  |

**Additional Needs – contact the coach, Stuart**

**Description:**

The coaching programme is aimed at grassroots tennis, and NSTA goes into the heart of the local community, bringing families and friends together.

Tennis is great for all ages, developing agility, balance, coordination, and speed. It's also a fun and social activity for all the family.

Whether it's your first time or getting back into playing, we have something for everyone.

If a suitable course is not listed, please get in touch with me to discuss your requirements.

**Notes:**

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium

## Long Ashton

### #Outdoor Exercising

|                                                                                                                                                                                                   |                                                                                              |                                        |                                |                                   |                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|
| <b>Mark Wilkins Running &amp; Fitness Menor</b><br><br><b>Mondays</b><br>10:45 – 11:45 am<br><br>Long Ashton<br>Community Centre<br>Playing Fields<br>5 Keedwell Hill<br>Long Ashton<br>BS41 9DP. | <b>Bookings</b><br><br>Booking via<br>07835261096<br><br>Email<br>Mark.wilkins2020@gmail.com | <b>Web address</b>                     |                                |                                   |                                       |
| <b>Additional Needs</b>                                                                                                                                                                           |                                                                                              |                                        |                                |                                   |                                       |
| Blind/Visual Impairment<br>Yes                                                                                                                                                                    | Deaf/ Hard of Hearing<br>Yes                                                                 | Learning Disability/ Difficulty<br>Yes | Mental Health Condition<br>Yes | Autistic Spectrum Disorder<br>Yes | Additional Physical Impairment<br>Yes |
| <b>Description:</b><br>Gentle outdoor exercise to improve your health and develop fitness, all enhanced by being out in the fresh air.                                                            |                                                                                              |                                        |                                |                                   |                                       |
| <b>Notes:</b> <ul style="list-style-type: none"><li>• Pre-booking <b>is</b> required.</li><li>• The sessions cost £5 each.</li><li>• Session Intensity Medium/High</li></ul>                      |                                                                                              |                                        |                                |                                   |                                       |

## Portishead

### #Senior Strong (over 60's)

| Walnut Grove Wellbeing CIC                                                                                                                | Bookings                                                                                                                                             | Web address                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| <b>Tuesdays</b><br>12:30 pm to 13:45.<br><br><b>Thursdays</b><br>10:30 am to 11:45 am.<br><br>81 Papermill Gardens<br>Portishead BS20 7RL | Booking via text or WhatsApp<br>07973386794<br><br>Email<br><a href="mailto:Candy@walnutgrovewellbeingcic.com">Candy@walnutgrovewellbeingcic.com</a> | Walnutgrovewellbeingcic.com<br><br> |

#### Additional Needs

|                               |                            |                                      |                                |                                  |                                       |
|-------------------------------|----------------------------|--------------------------------------|--------------------------------|----------------------------------|---------------------------------------|
| Blind/Visual Impairment<br>No | Deaf/Hard of Hearing<br>No | Learning Disability/Difficulty<br>No | Mental Health Condition<br>Yes | Autistic Spectrum Disorder<br>No | Additional Physical Impairment<br>Yes |
|-------------------------------|----------------------------|--------------------------------------|--------------------------------|----------------------------------|---------------------------------------|

#### Description:

45 minutes of gentle exercise to include cardio, strength, and balance. 30 minutes for a coffee/tea chat and catchup. Aimed out the over 60s wanting to get back into exercise.

#### Notes:

- Pre-booking **is** required.
- The sessions cost £5 each.
- Session Intensity Low.

## Weston-Super-Mare

### #50+ Sports Club

|                                                                                        |                                 |                                                                                              |
|----------------------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------------------------------|
| <b>Hutton Moor Leisure Centre</b><br>Hutton Moor Road<br>Weston Super Mare<br>BS22 8LY | <b>Bookings</b><br>01934 425900 | <b>Web address</b><br><a href="#">Clubs - Hutton Moor Leisure Centre   LeisureCentre.com</a> |
|----------------------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------------------------------|

#### Additional Needs

| Blind/Visual Impairment | Deaf/Hard of Hearing | Learning Disability/Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|----------------------|--------------------------------|-------------------------|----------------------------|--------------------------------|
| No                      | No                   | No                             | Yes                     | No                         | No                             |

#### Description:

We are a friendly club aimed at people aged over 50 years to keep fit and meet others of a like mind. We meet Tuesdays and Thursday between 09:00-13:00 and offer a variety of sports including tennis, short tennis (indoors), badminton, racquet ball, table tennis, swimming, aerobics. We also offer walking cricket on Tuesdays at 12:30 and there is also an opportunity to play walking netball on a Thursday after 13:00. You are also able to use the main gym Tuesday and Thursday 09:00-13:00, following completion of an induction with one of the gyms qualified fitness instructors. You can book a gym induction by calling the centre on (01934) 425900.

All equipment is provided and you merely have to wear the correct shoes. "Training " is given, usually on a one-to-one basis on the court. The entrance fee which is currently £4.90 payable to reception on arrival and our annual membership fee is £6.00 per person.

We also hold various non-sport events and the details of these will be posted on our notice board at the Centre. We also get a chance to chat to others in the cafe at the Centre. For further information and to join please visit the centre on Tuesday or Thursdays and ask at reception for a committee member.

#### Notes:

- Pre-booking is not required.
- The sessions cost £6 each.
- Session Intensity is variable.

**\*#60's Go Go Dance (10 yrs + with adult)**

|                                                                                                                                                                                                     |                                                       |                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|--------------------|
| <b>Sophie Kollat Vintage Dance &amp; Fitness</b><br><br><b>Wednesdays</b><br>6.30 – 7.30 pm<br>Hans Price Sports Centre,<br>Hans Price Academy<br>Marchfields Way,<br>Weston-Super-Mare<br>BS23 3QP | <b>Bookings</b><br><br>Call or message<br>07487676853 | <b>Web address</b> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|--------------------|

**Additional Needs**

|                         |                       |                                 |                         |                            |                                |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
| No                      | No                    | No                              | Yes                     | No                         | No                             |

**Description:**

60s go go dance is a fun style of dancing set to music from the 1960s. Expect to learn steps like the twist, shimmy and the pony. The class is open to all levels and is a great way to get your body moving in a fun and supportive environment.

The class is aimed at adults. However children aged 10+ can attend if their parent/guardian is also participating in the class.

**Notes:**

- **Pre-booking is required – call or message**
- The sessions cost £7 each.
- Session intensity is variable.

### \*#Archery - Traditional

|                                                                                                           |                                                                                                                                        |                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Kuk Sool Won™ of Weston-super-Mare</p> <p>Flexible on Monday's, Friday's, Saturday's and Sunday's.</p> | <p><b>Bookings</b></p> <p>WhatsApp<br/>07765 830020</p> <p>Or Email<br/><a href="mailto:kswofwsm@gmail.com">kswofwsm@gmail.com</a></p> | <p><b>Web address</b></p> <p><a href="https://kuksoolwonofwestonsupermare.co.uk/archery/">https://kuksoolwonofwestonsupermare.co.uk/archery/</a></p> |
|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|

### Additional Needs

| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| Yes                     | Yes                   | Yes                             | Yes                     | Yes                        | Yes                            |

### Description:

We can be flexible about our session days/times and will try to fit in with what is required.

Class size limited to 6 archers (along with carers or support workers).

### Notes:

- **Pre-booking is required – WhatsApp or email**
- The sessions cost £6 each. (Go4Free will cover the cost of the £10 insurance fee.)
- Session intensity is variable.

## #Body Balance

| Hutton Moor Leisure Centre                                                                                                    | Bookings     | Web address                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------|--------------|------------------------------------------------------------------------------------------|
| <p>Mondays<br/>10.30 – 11.30 am</p> <p>Wednesdays<br/>7 – 8 pm</p> <p>Hutton Moor Road<br/>Weston Super Mare<br/>BS22 8LY</p> | 01934 425900 | <a href="#">Timetable &amp; Booking - Hutton Moor Leisure Centre   LeisureCentre.com</a> |

### Additional Needs

| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| No                      | No                    | No                              | Yes                     | No                         | No                             |

### Description:

BODYBALANCE™ is the yoga-based class that will improve your mind, body and life. During BODYBALANCE™, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and elements of Tai Chi and Pilates.

### Notes:

- **Pre-booking is required via telephone.**
- The sessions cost £6 each.
- Session Intensity is variable.

## #Body Sculpting

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                           |                                                  |                                           |                                             |                                                  |                                           |                                             |                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-------------------------------------------|---------------------------------------------|--------------------------------------------------|-------------------------------------------|---------------------------------------------|-------------------------------------------------|
| <p><b>Debbie Saunders</b><br/><b>Workout</b></p> <p><b>Wednesdays</b><br/>10:00 am to 11:00 am.</p> <p>The Potteries<br/>Community Centre<br/>Langford Road, Weston<br/>super Mare, BS23 3PQ</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p><b>Bookings</b></p> <p>Booking via email</p> <p>Email<br/><a href="mailto:wsmssportsaerobic1@btinternet.com">wsmssportsaerobic1@btinternet.com</a></p> | <p><b>Web address</b></p>                        |                                           |                                             |                                                  |                                           |                                             |                                                 |
| <p><b>Additional Needs</b></p> <table border="1"> <tr> <td data-bbox="156 969 379 1261"> <p>Blind/Visual Impairment</p> <p>No</p> </td> <td data-bbox="379 969 547 1261"> <p>Deaf/ Hard of Hearing</p> <p>No</p> </td> <td data-bbox="547 969 738 1261"> <p>Learning Disability/ Difficulty</p> <p>No</p> </td> <td data-bbox="738 969 930 1261"> <p>Mental Health Condition</p> <p>Yes</p> </td> <td data-bbox="930 969 1106 1261"> <p>Autistic Spectrum Disorder</p> <p>No</p> </td> <td data-bbox="1106 969 1329 1261"> <p>Additional Physical Impairment</p> <p>No</p> </td> </tr> </table> <p><b>Description:</b><br/>Body Sculpting is a fun and relaxed session of music, using weights and bands to make sure our bodies are strong, fit, and flexible.</p> <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• Pre-booking <b>is</b> required.</li> <li>• The sessions cost £5 each.</li> <li>• Session Intensity Medium/High.</li> </ul> |                                                                                                                                                           |                                                  | <p>Blind/Visual Impairment</p> <p>No</p>  | <p>Deaf/ Hard of Hearing</p> <p>No</p>      | <p>Learning Disability/ Difficulty</p> <p>No</p> | <p>Mental Health Condition</p> <p>Yes</p> | <p>Autistic Spectrum Disorder</p> <p>No</p> | <p>Additional Physical Impairment</p> <p>No</p> |
| <p>Blind/Visual Impairment</p> <p>No</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p>Deaf/ Hard of Hearing</p> <p>No</p>                                                                                                                    | <p>Learning Disability/ Difficulty</p> <p>No</p> | <p>Mental Health Condition</p> <p>Yes</p> | <p>Autistic Spectrum Disorder</p> <p>No</p> | <p>Additional Physical Impairment</p> <p>No</p>  |                                           |                                             |                                                 |

## #First Time Fitness (Men)

|                                                                                                            |                                                                                                                                                                                                    |                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Hangar Gym</b><br><br><b>Tuesdays</b><br>7.45 pm – 8.45 pm<br><br>1-2 Rector's Way,<br>Weston, BS23 3NP | <b>Bookings</b><br>Booking via<br><a href="https://tinyurl.com/mwh22h9z">https://tinyurl.com/mwh22h9z</a><br><br> | <b>Web address</b><br><br><a href="#">Home</a>   <a href="#">New Hangar Site</a><br><br> |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Additional Needs

| Blind/Visual Impairment | Deaf/Hard of Hearing | Learning Disability/Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|----------------------|--------------------------------|-------------------------|----------------------------|--------------------------------|
| No                      | No                   | No                             | Yes                     | No                         | Yes                            |

### Description:

First Time Fitness is a 6-week course at The Hangar Gym designed especially for adults who haven't exercised in a while. It's supportive, small-group, movement-based fitness - without the pressure.

- Small group vibes (max 12)
- One evening a week
- No experience needed – just bring yourself.

Coach Matt will guide you through it with care, encouragement and no judgement. Starts Tuesday 5th August. Sign up today and take that first step.

### Notes:

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High.

### #Good Boost – Muscle and joint pain classes (Aqua and Land based)

|                                                                                            |                                               |                                                                                                           |
|--------------------------------------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <b>Hutton Moor Leisure Centre</b><br><br>Hutton Moor Road<br>Weston Super Mare<br>BS22 8LY | <b>Bookings/Enquiries</b><br><br>01934 425900 | <b>Web address</b><br><br><a href="#">My Healthy Way - Hutton Moor Leisure Centre   LeisureCentre.com</a> |
|--------------------------------------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------|

#### Additional Needs

|                         |                       |                                 |                         |                            |                                |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
| No                      | No                    | No                              | Yes                     | No                         | No                             |

#### Description:

Lead a happier, healthier life with our Good Boost classes at Hutton Moor Leisure Centre. These sessions will provide you with the information and exercises to help reduce your muscular and joint pain, improving your physical and mental health, enhancing the quality of your life.

#### Good Boost Classes

Good Boost provides a flexible approach to supporting you with your muscle or joint pain through gentle aqua and land based exercise rehabilitation classes. For more information: [My Healthy Way - Hutton Moor Leisure Centre | LeisureCentre.com](#)

#### Notes:

- Pre-booking is not required, however a 'self referral' is required (see the link above).
- The sessions cost £6 each.
- Session Intensity is variable.

**\*#Martial Arts**

|                                                                                               |                                                                                                                       |                                                                 |
|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| Kuk Sool Won <sup>TM</sup> of<br>Weston-super-Mare<br><br><b>Wednesdays</b><br>5.30 – 6.25 pm | <b>Bookings</b><br>WhatsApp<br>07765 830020<br>Or Email<br><a href="mailto:kswofwsm@gmail.com">kswofwsm@gmail.com</a> | <b>Web address</b><br>www.kuksoolwon<br>ofwestonsupermare.co.uk |
|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|

**Additional Needs**

|                            |                             |                                       |                               |                                  |                                      |
|----------------------------|-----------------------------|---------------------------------------|-------------------------------|----------------------------------|--------------------------------------|
| Blind/Visual<br>Impairment | Deaf/<br>Hard of<br>Hearing | Learning<br>Disability/<br>Difficulty | Mental<br>Health<br>Condition | Autistic<br>Spectrum<br>Disorder | Additional<br>Physical<br>Impairment |
| No                         | No                          | Yes                                   | Yes                           | Yes                              | Yes                                  |

**Description:**

We teach traditional Korean martial arts to adults and children (from aged 6 yrs); suitable for all fitness levels and for complete beginners in supportive, fun and interesting classes.

- **Pre-booking is required – WhatsApp or email**
- The sessions cost £6 each.
- Session intensity is variable.

### #Pilates Chair Based

| Pilates by Lydia                                                                                               | Bookings/Enquiries               | Web address                                                        |
|----------------------------------------------------------------------------------------------------------------|----------------------------------|--------------------------------------------------------------------|
| <b>Friday's</b><br>1.30 – 2.15 pm<br><br>Locking Castle Church<br>Jasmine Way<br>Weston-super-Mare<br>BS24 7JW | Email:<br>lydia888@hotmail.co.uk | <a href="http://www.pilatesbylydia.org">www.pilatesbylydia.org</a> |

### Additional Needs

| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| Yes                     | Yes                   | No                              | No                      | No                         | Yes                            |

### Description:

Chair based Pilates. Gentle chair based exercises looking to work on strength & mobility. Generally this is aimed at 65+ or those with physical limitations as the session is delivered at a slower pace, and chair based.

### Notes:

- Pre-booking is required.
- The sessions cost £5 each.
- Session Intensity is Low

**\*#Roller Skating – Families and juniors**

|                                                                                                                                                    |                                                            |                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| <b>Beyond Skate</b><br><br><b>Fridays</b><br><b>Fortnightly</b><br>6 – 7 pm<br><br>The Campus<br>Highlands Lane,<br>Weston-super-Mare,<br>BS24 7DX | <b>Bookings</b><br><br>Email<br>therosefamilyltd@gmail.com | <b>Web address</b><br><br><br><br>beyondskate.co.uk |
|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|

**Additional Needs**

|                         |                       |                                 |                         |                            |                                |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
| No                      | No                    | Yes                             | Yes                     | Yes                        | No                             |

**Description:**

Roller Skating sessions for families and juniors that are fun and challenging.

**Notes:**

- Pre-booking is required to ensure correct roller skates are available.
- The sessions cost £6 each.
- Session Intensity Medium/High

**\*Tennis – Juniors**

| Weston Tennis Club                                                                                                                                                                                                                                           | Bookings                                                           | Web address                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------------|
| <p><b>Mondays</b><br/>Orange ball 4.30 – 5.30 pm (11+)<br/>Green/Yellow ball 5.30 – 6.30 pm (9 – 10 yrs)</p> <p><b>Saturdays</b><br/>Red ball minis at 10am (ages 4-8 yrs)<br/>Orange ball at 11am (ages 9-10 yrs)<br/>Yellow ball at 12 noon (ages 11+)</p> | <p>Mobile: 07599937986</p> <p>Email: bengraytennis@outlook.com</p> | <p><a href="#">Clubspark / Weston Tennis Club / Weston Tennis Club</a></p> |

**Additional Needs**

| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| No                      | Yes                   | Yes                             | Yes                     | No                         | No                             |

**Description:**

Group tennis coaching for children.

**Notes:**

- Pre-booking is required.
- The sessions cost £7 each.
- Session Intensity Medium

**\*#Tennis, Short Tennis, and Pickleball - juniors**

| Priory Tennis Club                                                                                                             | Bookings                                                                                                              | Web address                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Thursdays</b><br>5:00 pm to 6:00 pm.<br><br>Hutton Moor Leisure Centre<br>Hutton Moor Road<br>Weston Super Mare<br>BS22 8LY | Telephone -<br>07986274393<br><br>Email<br><a href="mailto:Simonholloway55@icloud.com">Simonholloway55@icloud.com</a> | <a href="http://www.priorytennisclub.co.uk">www.priorytennisclub.co.uk</a><br><br> |

**Additional Needs**

| Blind/Visual Impairment | Deaf/Hard of Hearing | Learning Disability/Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|----------------------|--------------------------------|-------------------------|----------------------------|--------------------------------|
| Yes                     | Yes                  | Yes                            | Yes                     | Yes                        | Yes                            |

**Description:**

Tennis for beginners, also short tennis, or pickleball. Includes warm-up drills, ball skills, cardio exercises, team games, and quizzes.

**Notes:**

- Pre-booking **is** required.
- The sessions cost £6 each.
- Session Intensity Medium/High

## #Yoga for Relaxation

|                                                                                                                                       |                                                                                         |                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sada Yoga</b><br><br><b>Mondays</b><br>7 – 8 pm<br><br>The Stable,<br>3 - 6 Wadham<br>Street,<br>Weston Super<br>Mare,<br>BS23 1JY | Details of all classes (in<br>person and online)<br><a href="#">Go4Free • Sada Yoga</a> | <b>Web address</b><br><br><a href="https://sadayoga.co.uk/">https://sadayoga.co.uk/</a><br><br><br>Sada Yoga |
|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Additional Needs

|                                          |                                   |                                                 |                                                |                                        |                                                 |
|------------------------------------------|-----------------------------------|-------------------------------------------------|------------------------------------------------|----------------------------------------|-------------------------------------------------|
| Blind/<br>Visual<br>Impairment<br><br>No | Deaf/<br>Hard of<br>Hearing<br>No | Learning<br>Disability<br>/<br>Difficulty<br>No | <b>Mental<br/>Health<br/>Condition<br/>Yes</b> | Autistic<br>Spectrum<br>Disorder<br>No | Additional<br>Physical<br>Impair-<br>ment<br>No |
|------------------------------------------|-----------------------------------|-------------------------------------------------|------------------------------------------------|----------------------------------------|-------------------------------------------------|

### Description:

Are you ready to release stress, ease tension, and quiet the mental chatter so you can feel calm, grounded, and more resilient? These sessions are your chance to pause and reset. Using gentle postures, mindful breathing, and deeply relaxing meditation practices like Yoga Nidra, we'll help calm your nervous system, quiet your mind, and restore your energy. Come as you are; leave feeling lighter, rested, and renewed.

### Notes:

- Pre-booking is required via <http://www.sadayoga.co.uk/classes>
- The sessions cost £7 each.
- Session Intensity Low/Medium

## Worle

### \*#@Worle Centre

All [classes](#) are included, plus additional activity detailed below, along with use of the gym. (Note a gym induction is required before use.) All classes are £6.

Children aged over 14 years of age use the gym, join cardio and dance classes. Over 16 years for strength based classes.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                              |                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Address:</b><br>58 New Bristol Road<br>Weston- Super-Mare<br>BS22 6AQ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Bookings:</b><br>Can be made by emailing<br><a href="mailto:enquiries@worle.org.uk">enquiries@worle.org.uk</a><br>Or calling 01934 886111 | <b>Web address:</b><br><a href="#">Welcome — @Worle</a><br> |
| <b>ADDITIONAL CLASSES</b><br>Aimed at older adults looking to improve or maintain their overall health and fitness in different ways.<br><i>*Inclusive dance classes are specifically aimed at but not exclusive to people with learning.</i><br><b>Tuesday:</b><br>Chair fitness - 12:00 - 12:45 pm<br>Over 50s spin class - 1 - 1:45 pm<br><b>Wednesday:</b><br>Tai Chi - 8:15 pm - 9:15 pm<br>Over 50s Strength and conditioning -11:15 - 12:15 pm<br><i>*Inclusive Dance Class - 1.30 – 2.30 pm</i><br><b>Thursday:</b><br>Zumba Gold - 9:00 - 10:00 am<br>Over 50s Strength and conditioning -10:15 - 11:15 am<br>Chair fitness - 11:30 - 12:15 pm<br><b>Friday:</b><br><i>*Inclusive Dance Class - 1.30 – 2.30 pm</i><br><br><b>ADDITIONAL ACTIVITIES</b><br><b>Table Tennis</b> (outdoor table).<br><b>Pickleball</b> (for 4 people and includes bat and ball hire) |                                                                                                                                              |                                                                                                                                                |

Current timings, which may vary depending on other bookings (booked in advance):

Monday's - 5-7pm

Thursday's - 5-7pm

Saturday's 1-3pm

### Chair Stretch & Tone

| Jo Slocombe                                                                                                                                                                   | Enquiries                             | Web address |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-------------|
| <b>Thursday's</b><br><b>FORTNIGHTLY</b><br>11 am 11.45 am<br><b>No classes in September 2025</b><br><br>The Maltings Residential Home,<br>High St,<br>Worle, WsM,<br>BS22 6JB | Email:<br>joslowcabbage@hotmail.co.uk |             |

### Additional Needs

|                               |                            |                                      |                               |                                  |                                      |
|-------------------------------|----------------------------|--------------------------------------|-------------------------------|----------------------------------|--------------------------------------|
| Blind/Visual Impairment<br>No | Deaf/Hard of Hearing<br>No | Learning Disability/Difficulty<br>No | Mental Health Condition<br>No | Autistic Spectrum Disorder<br>No | Additional Physical Impairment<br>No |
|-------------------------------|----------------------------|--------------------------------------|-------------------------------|----------------------------------|--------------------------------------|

**Description:**



**Class is suitable for all abilities, whether using a chair or not. Open to non Residents. Classes are held in the Lounge.**

**Notes:**

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Low

## #Circuits Training

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                              |                                                                                                                                                                                              |                                |                                   |                                        |                                |                                   |                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-----------------------------------|----------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|
| <p><b>Plan C Training</b></p> <p><b>Tuesdays</b><br/>9:15 am to 10:15 am.</p> <p><b>Saturdays</b><br/>2:30 pm to 3:30 pm<br/><b>No classes 10 – 31 August 2025</b></p> <p>Plan C Training Studio<br/>Mendip Avenue<br/>Worle<br/>Weston Super Mare<br/>BS22 6HD</p>                                                                                                                                                                                                                                                                                                     | <p><b>Bookings</b></p> <p>Telephone:<br/>07798907681<br/>07771926558</p> <p>Email:<br/><a href="mailto:philchurchill@hotmail.co.uk">philchurchill@hotmail.co.uk</a><br/><a href="mailto:janechurchill77@hotmail.co.uk">janechurchill77@hotmail.co.uk</a></p> | <p><b>Web address</b></p> <p><a href="http://www.plan-c-training.co.uk">www.plan-c-training.co.uk</a></p>  |                                |                                   |                                        |                                |                                   |                                       |
| <p><b>Additional Needs</b></p> <table><tr><td>Blind/Visual Impairment<br/>Yes</td><td>Deaf/ Hard of Hearing<br/>Yes</td><td>Learning Disability/ Difficulty<br/>Yes</td><td>Mental Health Condition<br/>Yes</td><td>Autistic Spectrum Disorder<br/>Yes</td><td>Additional Physical Impairment<br/>Yes</td></tr></table>                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                              |                                                                                                                                                                                              | Blind/Visual Impairment<br>Yes | Deaf/ Hard of Hearing<br>Yes      | Learning Disability/ Difficulty<br>Yes | Mental Health Condition<br>Yes | Autistic Spectrum Disorder<br>Yes | Additional Physical Impairment<br>Yes |
| Blind/Visual Impairment<br>Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Deaf/ Hard of Hearing<br>Yes                                                                                                                                                                                                                                 | Learning Disability/ Difficulty<br>Yes                                                                                                                                                       | Mental Health Condition<br>Yes | Autistic Spectrum Disorder<br>Yes | Additional Physical Impairment<br>Yes  |                                |                                   |                                       |
| <p><b>Description:</b></p> <p>Our circuits sessions are held in our matted and equipped studios. Hit-style exercise stations, which can be adapted to individual needs. A fun and relaxed environment where everyone is encouraged to work at their own pace. Our friendly, fully trained staff will be available to advise and assist.</p> <p><b>Notes:</b></p> <ul style="list-style-type: none"><li>• Pre-booking is <b>not</b> required, following initial registration.</li><li>• The sessions cost £5 each.</li><li>• Session Intensity Low/Medium/High</li></ul> |                                                                                                                                                                                                                                                              |                                                                                                                                                                                              |                                |                                   |                                        |                                |                                   |                                       |

## #Football – Mixed ability/Walking/Slow - aged 16 +

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                             |                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Football 4 Fitness/<br/>Saturday Sports Club</b></p> <p><b>Saturdays</b><br/>10:00 am – 12:00 noon</p> <p><b>Mondays</b><br/>7 pm – 8 pm</p> <p><b>Fridays (two sessions)</b><br/>6 pm – 7 pm</p> <p>At:<br/>@Worle Centre<br/>58 New Bristol Road<br/>WSM BS22 6AQ</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p><b>Bookings/enquiries</b></p> <p>Contact Paul:<br/><a href="mailto:sscworle@outlook.com">sscworle@outlook.com</a></p> <p>07772902887</p> |   |
| <p><b>Saturday 10am – 12pm. Pay and play football, £4 per session.</b> For more active people but any ability welcome. Ages are 16+, no upper age limit. Not suitable for someone with mental or physical disability. It takes place on grass in the summer and Astro in the winter.</p> <p><b>Monday evening 7pm – 8pm. Pay and play football, £3 per session.</b> For more active people but any ability welcome. Ages are 16+, no upper age limit. Not suitable for someone with mental or physical disability. It takes place on the 3G pitch.</p> <p><b>Friday evening 6pm – 7pm. Pay and Play casual football, £4 per session.</b> Suitable for 16+ and mixed abilities. Great for people coming back from injury or back to football. Played on the 3G pitch. No sprinting allowed. Suitable for some mental disabilities.</p> <p><b>Friday evening 6pm – 7pm. Pay and Play walking/slow football. £4 per session.</b> Age 16+ Suitable for any age or ability. Aimed at more senior or very unfit people. Suitable for limited mental and physical disabilities</p> |                                                                                                                                             |                                                                                                                                                                       |

## Foundations in Football

All-inclusive 4-8 years, Fun sessions with qualified coaches in a safe environment.

### Bookings:

Booking via WhatsApp

WhatsApp – 07979351322

Contact Email – [gareth3126@gmail.com](mailto:gareth3126@gmail.com)

Address - @worle, 58 New Bristol Road Weston-Super-Mare BS22 6AQ



**FOUNDATIONS IN FOOTBALL**

| WHO ARE WE?                                                                                                                                                                                                                                                                                                                                                                                                                                                     | DETAILS                                                                                                                                                                                                                                                                                                                                                                                      | CONTACT                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>Foundations in Football is a football coaching organisation for children aged 4-8. We pride ourselves in our inclusive ethos and ability to pitch our sessions to meet a wide range of abilities. .</li><li>Children can expect friendly and supportive coaches providing fun, engaging and varied sessions including skill based games, small friendly matches and of course the occasional penalty shoot out.</li></ul> | <ul style="list-style-type: none"><li>All Inclusive, 4-8 Years. Fun sessions with qualified coaches, in a safe environment.</li><li>£25 for a 10 week course</li><li>£10 registration fee for all new members (includes a football and drinks bottle).</li><li>£2.50 for a single trial session.</li><li>Every Saturday 9am - 9:55am on the 3G @Worle Centre, 58 New Bristol Road.</li></ul> | <ul style="list-style-type: none"><li>We send out a weekly message via WhatsApp to update the parents on which coaches will coach which group. The Red Group take the Reception/Y1 children with the Blue Group taking some Y1, Y2 and Y3 age ranges.</li><li>We now use WhatsApp for our weekly group messaging so it would really help if you already have that or sign up to it to make the weekly session.</li></ul> |

**FEEDBACK**  
**NATASHA PLEWS**

"Oliver absolutely loves coming and we will be back for the next course. FIF has hugely built his confidence and interest in football and it's all down to the amazing coaching. Love the fact you do different skills and activities each week which really engages the kids. A big thank you for the football. It's currently been kicked around the house. Thanks for your continued support and commitment coaches!"

**\*#Football – Boys and Girls – (4 – 8 yrs.)**

|                                                                                                                                            |                                                |                                                                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Foundations in Football</b><br><br><b>Saturdays</b><br>9:00 am – 9:55 am<br><br>3G @Worle Centre 58<br>New Bristol Road WSM<br>BS22 6AQ | <b>Bookings</b><br><br>WhatsApp<br>07979351322 | <b>Web address</b><br><br><a href="http://pitchero.com/clubs/foundationsinfootball">pitchero.com/clubs/foundationsinfootball</a><br><br> |
|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Additional Needs**

|                                |                              |                                        |                                |                                   |                                       |
|--------------------------------|------------------------------|----------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|
| Blind/Visual Impairment<br>Yes | Deaf/ Hard of Hearing<br>Yes | Learning Disability/ Difficulty<br>Yes | Mental Health Condition<br>Yes | Autistic Spectrum Disorder<br>Yes | Additional Physical Impairment<br>Yes |
|--------------------------------|------------------------------|----------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|

**Description:**

Children 4-8 years (Boys & Girls) community football training session, Fun Games, and drill, followed by 20 mins of match day.

**Notes:**

- Booking via WhatsApp.
- The sessions cost £2.50 each.
- Session Intensity Low/Medium

**\*#Martial Arts (ages 4-10 yrs.)**

|                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                   |                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Plan C Training</b><br><br><b>Mondays</b><br>5:15 pm to 6:00 pm.<br><br><b>Wednesdays</b><br>5:15 pm to 6:00 pm.<br><b>No classes 10 – 31 August 2025</b><br>Plan C Training Studio<br>Mendip Avenue<br>Worle<br>Weston Super Mare<br>BS22 6HD | <b>Bookings</b><br><br>Telephone –<br>07798907681<br>07771926558<br><br>Email<br><a href="mailto:philchurchill@hotmail.co.uk">philchurchill@hotmail.co.uk</a><br><a href="mailto:janechurchill77@hotmail.co.uk">janechurchill77@hotmail.co.uk</a> | <b>Web address</b><br><br><a href="http://www.plan-c-training.co.uk">www.plan-c-training.co.uk</a><br><br> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Additional Needs**

|                                |                              |                                        |                                |                                   |                                       |
|--------------------------------|------------------------------|----------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|
| Blind/Visual Impairment<br>Yes | Deaf/ Hard of Hearing<br>Yes | Learning Disability/ Difficulty<br>Yes | Mental Health Condition<br>Yes | Autistic Spectrum Disorder<br>Yes | Additional Physical Impairment<br>Yes |
|--------------------------------|------------------------------|----------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|

**Description:**

Freestyle martial arts and self-defence classes are run in our matted and equipped dojo by our fully trained instructors. Our unique curriculum is designed to be adapted to all ages and abilities.

**Notes:**

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Medium/High

**\*#Martial Arts (ages 11 yrs. +)**

| Plan C Training                                                                                                                                                                                                                   | Bookings                                                                                                                                                                                                                              | Web address                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Mondays</b><br/>6:00 pm to 7:00 pm.</p> <p><b>Thursdays</b><br/>6:00 pm to 7:00 pm.<br/><b>No classes 10 – 31 August 2025</b><br/>Plan C Training Studio<br/>Mendip Avenue<br/>Worle<br/>Weston Super Mare<br/>BS22 6HD</p> | <p>Telephone –<br/>07798907681<br/>07771926558</p> <p>Email<br/><a href="mailto:philchurchill@hotmail.co.uk">philchurchill@hotmail.co.uk</a><br/><a href="mailto:janechurchill77@hotmail.co.uk">janechurchill77@hotmail.co.uk</a></p> | <p><a href="http://www.plan-c-training.co.uk">www.plan-c-training.co.uk</a></p>  |

**Additional Needs**

| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| Yes                     | Yes                   | Yes                             | Yes                     | Yes                        | Yes                            |

**Description:**

Freestyle martial arts and self-defence classes are run in our matted and equipped dojo by our fully trained instructors. Our unique curriculum is designed to be adapted to all ages and abilities.

**Notes:**

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Medium/High

## #Self- Defence – Ladies

|                                                                                                                                                                                                          |                                                                                                                                                                                                                                                       |                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Plan C Training</b><br><br><b>Wednesdays</b><br>6:00 pm to 7:00 pm.<br><b>No classes 10 – 31 August 2025</b><br><br>Plan C Training Studio<br>Mendip Avenue<br>Worle<br>Weston Super Mare<br>BS22 6HD | <b>Bookings</b><br><br>Telephone –<br>07798907681<br>07771926558<br><br>Email<br><br><a href="mailto:philchurchill@hotmail.co.uk">philchurchill@hotmail.co.uk</a><br><a href="mailto:janechurchill77@hotmail.co.uk">janechurchill77@hotmail.co.uk</a> | <b>Web address</b><br><br><br><a href="http://www.plan-c-training.co.uk">www.plan-c-training.co.uk</a> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Additional Needs

| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| Yes                     | Yes                   | Yes                             | Yes                     | Yes                        | Yes                            |

### Description:

Ladies-only self-defence classes, run in our matted and equipped dojo by our fully trained instructors. Based on our martial arts curriculum, without the belts and bowing! Our classes are fun and relaxed, a great way to socialize while getting fitter and more confident. All our classes are designed to be adapted to all ages and abilities

### Notes:

- Pre-booking is **not** required, following initial registration.
- The sessions cost £6 each.
- Session Intensity Low/Medium/High

## #Yoga – Morning Move & Breathe

|                                                                                                                                                    |                                                                                      |                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sada Yoga</b><br><br><b>Mondays</b><br>9.30 – 10.30 am<br><br>Plan C Training Studio<br>Mendip Avenue<br>Worle<br>Weston Super Mare<br>BS22 6HD | Details of all classes (in person and online)<br><a href="#">Go4Free • Sada Yoga</a> | <b>Web address</b><br><br><a href="https://sadayoga.co.uk/">https://sadayoga.co.uk/</a><br><br><br>Sada Yoga |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Additional Needs

|                                          |                                   |                                                 |                                                          |                                        |                                                 |
|------------------------------------------|-----------------------------------|-------------------------------------------------|----------------------------------------------------------|----------------------------------------|-------------------------------------------------|
| Blind/<br>Visual<br>Impairment<br><br>No | Deaf/<br>Hard of<br>Hearing<br>No | Learning<br>Disability<br>/<br>Difficulty<br>No | <b>Mental<br/>Health<br/>Condition</b><br><br><b>Yes</b> | Autistic<br>Spectrum<br>Disorder<br>No | Additional<br>Physical<br>Impair-<br>ment<br>No |
|------------------------------------------|-----------------------------------|-------------------------------------------------|----------------------------------------------------------|----------------------------------------|-------------------------------------------------|

This new (starting 15 September) Monday morning yoga class is your chance to slow down, breathe, and ease into the week feeling grounded and more connected. We'll move through calming, accessible postures, explore mindful breathing, and give your nervous system space to settle so you can step into Monday with more clarity and calm.

### Description:

#### Notes:

- Pre-booking is required
- The sessions cost £7 each.
- Session Intensity Low/Medium

## Yatton

### \*#60's Go Go Dance (10 yrs + with adult)

|                                                                                                                                                                              |                                                       |                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|--------------------|
| <b>Sophie Kollat Vintage Dance &amp; Fitness</b><br><br><b>Mondays</b><br><b>Starting 06/10/25</b><br>9 – 10 am<br>Yatton Village Hall<br>The Causeway<br>Yatton<br>BS49 4HL | <b>Bookings</b><br><br>Call or message<br>07487676853 | <b>Web address</b> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|--------------------|

#### Additional Needs

|                         |                       |                                 |                         |                            |                                |
|-------------------------|-----------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| Blind/Visual Impairment | Deaf/ Hard of Hearing | Learning Disability/ Difficulty | Mental Health Condition | Autistic Spectrum Disorder | Additional Physical Impairment |
| No                      | No                    | No                              | Yes                     | No                         | No                             |

#### Description:

60s Go Go dance is a fun style of dancing set to music from the 1960s. Expect to learn steps like the twist, shimmy and the pony. The class is open to all levels and is a great way to get your body moving in a fun and supportive environment.

The class is aimed at adults. However children aged 10+ can attend if their parent/guardian is also participating in the class.

#### Notes:

- **Pre-booking is required – call or message**
- The sessions cost £7 each.
- Session intensity is variable.

## FREE ACTIVITIES

More free activities are listed on North Somerset Council's 'Active Directory', that can be found on the [Better Health Website](#).

### Yatton – FREE Cycling Activities

For all enquires please email [strawberrylineprojects@gmail.com](mailto:strawberrylineprojects@gmail.com) to reserve your space or for further details.

Location @Strawberry Line Cycle Project, Yatton railway Station, BS49 4AJ.

#### **\*#Cycling – Adventure Days Available**

Are you involved with a North Somerset, Somerset, Bristol or BANES or South Gloucestershire youth group or service? Do you support young people who would enjoy a day out cycling along the Strawberry Line? Working in partnership with GWR Community Fund, we have limited availability to offer complete day packages including rail travel, picnic lunches, ride leaders and bikes.

#### **\*#Cycling – After School Cycling and Friendship Club**

Join our Wednesday afternoon cycle rides at 4.30 pm for young people with additional needs. Our ride leaders support the session for an hour of cycling, friendship and fun. Sessions are free of charge and riders can use our bikes or trikes.

Rides start and finish at our base at Yatton Railway Station, taking place along the Strawberry Line Cycle Path

#### **\*#Cycling – Confidence Sessions Available**

We offer a range of 1:1 Cycling Activities for individuals with disabilities or enduring health conditions:

- Introduction to Cycling
- Returning to cycling
- Cycling for fitness
- E-bike Confidence Sessions
- Trike lessons

These activities are FREE of charge, available and accessible to everyone, designed to develop cycling skills, offer health benefits and confidence.



### **#Cycling – Inclusive Skills Session**

Are you looking to develop your cycle skills ?

We are offering FREE drop in Cycle sessions on Wednesday's between 10am-4.00pm. We have a range of bikes, trikes, handcycles and other adaptive bikes, so offer a variety of ways to get you pedalling. The Strawberry Line Cycle Path offers a safe, traffic free route for our course.

### **\*#Cycling - Lessons for Young People with Additional Needs**

We have availability on Saturdays for free 1:1 cycle lessons, using our fantastic range of adaptive bikes and trikes. The 30 minute sessions are a great way to introduce cycle skills and develop further confidence.

### **\*#Cycling – Young Carers' Cycling Session**

For 11 –17 year olds. Monday evenings 5pm to 6pm. Starting Monday 9th June 2025. Bring your own bike or borrow one from the Strawberry Line Cycle Project. Meet at the Strawberry Line Cycles (Yatton Station car park, Platform 1)

