



Helping our community to get active

What is this?

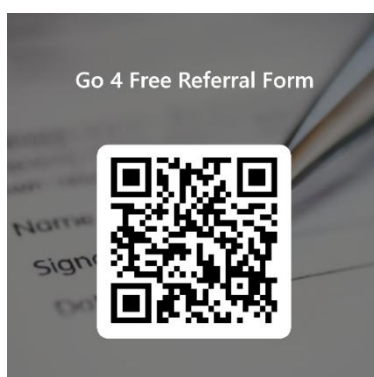
Funded sport and fitness classes/sessions, to help North Somerset residents to get active and improve their health. Referrals can be made by Social Prescribers or other support organisations, health professionals, along with self referrals.

Who is eligible?

Open to all North Somerset residents who do no more than 30 minutes of regular activity each week.

How to make a referral:

1. look at the list below
2. choose an activity
3. Complete the [online form](#) or use the QR Code below.



LIST OF PHYSICAL ACTIVITIES

*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)
- #Body Balance
- #Body Sculpting
- #Good Boost – MSK Rehab (Land and Aqua)
- *#Roller Skating – Families and juniors
- *#Table Tennis – all ages
- *#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

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

Caroline Knight Wednesdays 7 pm to 7.50 pm Fridays 9.15 am to 10.05 am WI Hall Station Road Backwell BS48 3QW	Bookings Telephone - 07825794553 Email dizzyme@outlook.com	Web address
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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

Sada Yoga Thursdays 6.15 – 7.15 pm Bleadon Coronation Hall 5 Coronation Road Bleadon Weston Super Mare BS24 0PG	Bookings http://www.sadayoga.co.uk/classes Enquiries: Email info@sadayoga.co.uk	Web address https://sadayoga.co.uk/
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Additional Needs

Blind/ Visual Impairment No	Deaf/ Hard of Hearing No	Learning Disability / Difficulty No	Mental Health Condition Yes	Autistic Spectrum Disorder No	Additional Physical Impair- ment No
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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 via <http://www.sadayoga.co.uk/classes>
- The sessions cost £7 each.
- Session Intensity Low/Medium

Churchill

*#Roller Skating – Families and juniors

Beyond Skate Thursdays 6.30 – 7.30 pm Churchill Academy School, Churchill Green, Churchill BS25 5QN	Bookings Email therosefamilyltd@gmail.com	Web address  beyondskate.co.uk
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Additional Needs					
Blind/Visual Impairment No	Deaf/ Hard of Hearing No	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment 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
<p>See details of times below</p> <p>King George V Memorial Field Meeting House Lane Cleeve BS49 4PD</p>	<p>Phil Stackhouse 07971444501 cleevetennisclub@gmail.com</p>	<p>CleeveTennis Club</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	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

Eisey's Community Gym Mondays 6:15 pm to 7:00 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisenrangersgym.co.uk	Web address http://eisenrangersgym.com/ 
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Additional Needs

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

Eisey's Community Gym Mondays 7:15 pm to 8:00 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisentrainersgym.co.uk	Web address http://eisentrainersgym.com/ 
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Additional Needs					
Blind/Visual Impairment Yes	Deaf/ Hard of Hearing Yes	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes

Description:
A mixture of pad work drills, and exercises.

Notes:

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

#Boxing Adults

Eisey's Community Gym Thursdays 7:00 pm to 8:00 pm. Fridays 6:15 pm to 7:15 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisenratersgy.com	Web address http://eisenratersgym.com/ 
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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 Thursdays 4:15 pm to 5:00 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisenratersgy m.co.uk	Web address http://eisenratersgym.com/ 
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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

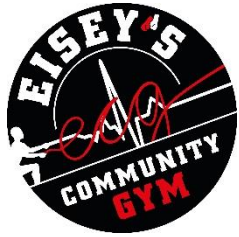
Description

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

Eisey's Community Gym Thursdays 9:30 am to 10:30 am. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisenratersgym.co.uk	Web address http://eisenratersgym.com/ 
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Additional Needs

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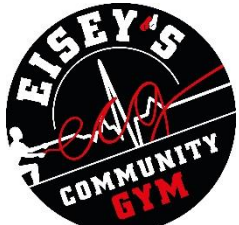
Description:

This is a combination of pad work and bag work mixed in with some bodyweight conditioning.

Notes:

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

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

Eisey's Community Gym Thursdays 5:05 pm to 5:50 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisenratersgy.com	Web address http://eisenratersgym.com/ 
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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’

Eisey's Community Gym Tuesdays 6:15 pm to 7:00 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisentrainersgym.co.uk	Web address http://eisentrainersgym.com/ 
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Additional Needs

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

Ozbox Fitness Wednesdays 7.30 pm to 8.30 pm. Unit 6 Carey Developments, Tweed Road. Clevedon, BS21 6RR	Bookings Email ozboxfitness@outlook.c om	Web address Www.crossfitozbox.co. uk 
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Additional Needs

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

Eisey's Community Gym Wednesdays 6:15 pm to 7:00 pm. Saturdays 8:30 pm to 9:30 pm. Eisey's Community Gym 137 Old St Clevedon BS21 6BH	Bookings Booking via text or WhatsApp 07771880580 Email training@eisenratersgym.co.uk	Web address http://eisenratersgym.com/ 
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Additional Needs

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

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

Mark Wilkins Running & Fitness Menor Mondays 10:45 – 11:45 am Long Ashton Community Centre Playing Fields 5 Keedwell Hill Long Ashton BS41 9DP.	Bookings Booking via 07835261096 Email Mark.wilkins2020@gmail.com	Web address
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Additional Needs

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


Gentle outdoor exercise to improve your health and develop fitness, all enhanced by being out in the fresh air.

Notes:

- Pre-booking **is** required.
- The sessions cost £5 each.
- Session Intensity Medium/High

Portishead

#Senior Strong (over 60's)

Walnut Grove Wellbeing CIC Tuesdays 12:30 pm to 13:45. Thursdays 10:30 am to 11:45 am. 81 Papermill Gardens Portishead BS20 7RL	Bookings Booking via text or WhatsApp 07973386794 Email Candy@walnutgrovewellbeingcic.com	Web address Walnutgrovewellbeingcic.com 
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Additional Needs

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

Hutton Moor Leisure Centre Hutton Moor Road Weston Super Mare BS22 8LY	Bookings 01934 425900	Web address Clubs - Hutton Moor Leisure Centre LeisureCentre.com
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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.

Notes:

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

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

Sophie Kollat Vintage Dance & Fitness Wednesdays 6.30 – 7.30 pm Hans Price Sports Centre, Hans Price Academy Marchfields Way, Weston-Super-Mare BS23 3QP	Bookings Call or message 07487676853	Web address
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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.

#Body Balance

Hutton Moor Leisure Centre Mondays 10.30 – 11.30 am Wednesdays 7 – 8 pm Hutton Moor Road Weston Super Mare BS22 8LY	Bookings 01934 425900	Web address Timetable & Booking - Hutton Moor Leisure Centre LeisureCentre.com
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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

Debbie Saunders Workout Wednesdays 10:00 am to 11:00 am. The Potteries Community Centre Langford Road, Weston super Mare, BS23 3PQ	Bookings Booking via email Email wsmssportsaerobic1@btinternet.com	Web address
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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:

Body Sculpting is a fun and relaxed session of music, using weights and bands to make sure our bodies are strong, fit, and flexible.

Notes:

- Pre-booking **is** required.
- The sessions cost £5 each.
- Session Intensity Medium/High.

#Good Boost – MSK Rehab (Land and Aqua)

Hutton Moor Leisure Centre Hutton Moor Road Weston Super Mare BS22 8LY	Bookings/Enquiries 01934 425900	Web address Health Programme - Hutton Moor Leisure Centre LeisureCentre.com
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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:


Good Boost provides a flexible approach to supporting you with your muscle or joint pain through gentle aqua and land based exercise rehabilitation classes.

Using information provided about your unique muscle or joint condition, sessions are individually tailored to allow you to progress through your exercises at your own pace and have been built by experts in order to reduce pain and improve your strength and mobility.

Notes:

- **GP or healthcare practitioner referral required.**
- Pre-booking is not required, however please contact Reception to discuss your requirements.
- The sessions cost £6 each.
- Session Intensity is variable.

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

Beyond Skate Fridays Fortnightly 6 – 7 pm The Campus Highlands Lane, Weston-super- Mare, BS24 7DX	Bookings Email therosefamilyltd@gmail.com	Web address  beyondskate.co.uk
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Additional Needs					
Blind/Visual Impairment No	Deaf/ Hard of Hearing No	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment 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

***#Table Tennis – all ages**

Weston Table Tennis Community Thursdays 7:00 to 9:00pm Broadoak Academy, Windwhistle Road, Weston-Super-Mare, BS23 4NP	Bookings Booking via email ceo@wttc.uk	Web address https://www.tabletennis365.com/Weston 
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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	Yes


Description:

Table Tennis organised into differing abilities.

Notes:

- Pre-booking **is** required.
- The sessions cost £5 each.
- Session Intensity Medium/High.

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

Priory Tennis Club Thursdays 5:00 pm to 6:00 pm. Hutton Moor Leisure Centre Hutton Moor Road Weston Super Mare BS22 8LY	Bookings Telephone - 07986274393 Email Simonholloway55@icloud.com	Web address www.priorytennisclub.co.uk 
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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

Sada Yoga Mondays 7 – 8 pm The Stable, 3 - 6 Wadham Street, Weston Super Mare, BS23 1JY	Bookings http://www.sadayoga.co.uk/classes Enquiries: Email info@sadayoga.co.uk	Web address https://sadayoga.co.uk/
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Additional Needs

Blind/ Visual Impairment No	Deaf/ Hard of Hearing No	Learning Disability / Difficulty No	Mental Health Condition Yes	Autistic Spectrum Disorder No	Additional Physical Impair- ment No
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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 in this scheme, along with use of the gym. (Note a gym induction is required before use.) All classes are £6.

See the link for class timings and details: [Classes — @Worle Centre](#)

Address: 58 New Bristol Road Weston- Super-Mare BS22 6AQ	Bookings: Can be made by emailing enquiries@worle.org.uk Or click the link and fill an online booking form. Worle CCE Or calling 01934 886111	Web address: Welcome — @Worle 
ADDITIONAL CLASSES <p>These additional classes are aimed at older adults looking to improve or maintain their overall health and fitness in different ways.</p> <p>*Inclusive dance classes are specifically aimed at but not exclusive to people with learning.</p> <p>Tuesday: Chair fitness - 12:00 - 12:45 pm Over 50s spin class - 1 - 1:45 pm</p> <p>Wednesday: Tai Chi - 8:15 pm - 9:15 pm Over 50s Strength and conditioning -11:15 - 12:15 pm *Inclusive Dance Class - 1.30 – 2.30 pm</p> <p>Thursday: Zumba Gold - 9:00 - 10:00 am Over 50s Strength and conditioning -10:15 - 11:15 am Chair fitness - 11:30 - 12:15 pm</p> <p>Friday: *Inclusive Dance Class - 1.30 – 2.30 pm</p>		

Chair Stretch & Tone

Jo Slocombe Thursday's FORTNIGHTLY 11 am 11.45 am The Maltings Residential Home, High St, Worle, WsM, BS22 6JB	Enquiries Email: joslowcabbage@hotmail.co.uk	Web address
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Additional Needs

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

Plan C Training Tuesdays 9:15 am to 10:15 am. Saturdays 2:30 pm to 3:30 pm Plan C Training Studio Mendip Avenue Worle Weston Super Mare BS22 6HD	Bookings Telephone: 07798907681 07771926558 Email: philchurchill@hotmail.co.uk janechurchill77@hotmail.co.uk	Web address www.plan-c-training.co.uk 
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Additional Needs

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

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.

Notes:

- Pre-booking is **not** required, following initial registration.
- The sessions cost £5 each.
- Session Intensity Low/Medium/High

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

<p>Football 4 Fitness/ Saturday Sports Club</p> <p>Saturdays 10:00 am – 12:00 noon</p> <p>Mondays 7 pm – 8 pm</p> <p>Fridays (two sessions) 6 pm – 7 pm</p> <p>At: @Worle Centre 58 New Bristol Road WSM BS22 6AQ</p>	<p>Bookings/enquiries</p> <p>Contact Paul: sscworle@outlook.com</p> <p>07772902887</p>	 
<p>Saturday 10am – 12pm. Pay and play football, £4 per session. 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>Monday evening 7pm – 8pm. Pay and play football, £3 per session. 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>Friday evening 6pm – 7pm. Pay and Play casual football, £4 per session. 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>Friday evening 6pm – 7pm. Pay and Play walking/slow football. £4 per session. 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

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



FOUNDATIONS IN FOOTBALL

WHO ARE WE?

- 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. .
- 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.

DETAILS

- All Inclusive, 4-8 Years. Fun sessions with qualified coaches, in a safe environment.
- £25 for a 10 week course
- £10 registration fee for all new members (includes a football and drinks bottle).
- £2.50 for a single trial session.
- Every Saturday 9am - 9:55am on the 3G @Worle Centre, 58 New Bristol Road.

CONTACT


- 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.
- 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.

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.)**

Foundations in Football Saturdays 9:00 am – 9:55 am 3G @Worle Centre 58 New Bristol Road WSM BS22 6AQ	Bookings WhatsApp 07979351322	Web address pitchero.com/clubs/foundationsinfootball 
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Additional Needs

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

Plan C Training Mondays 5:15 pm to 6:00 pm. Wednesdays 5:15 pm to 6:00 pm. Plan C Training Studio Mendip Avenue Worle Weston Super Mare BS22 6HD	Bookings Telephone – 07798907681 07771926558 Email philchurchill@hotmail.co.uk janechurchill77@hotmail.co.uk	Web address www.plan-c-training.co.uk 
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Additional Needs

Blind/Visual Impairment Yes	Deaf/ Hard of Hearing Yes	Learning Disability/ Difficulty Yes	Mental Health Condition Yes	Autistic Spectrum Disorder Yes	Additional Physical Impairment Yes
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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 Mondays 6:00 pm to 7:00 pm. Thursdays 6:00 pm to 7:00 pm. Plan C Training Studio Mendip Avenue Worle Weston Super Mare BS22 6HD	Bookings Telephone – 07798907681 07771926558 Email philchurchill@hotmail.co.uk janechurchill77@hotmail.co.uk	Web address www.plan-c-training.co.uk 
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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

Plan C Training	Bookings	Web address
<p>Tuesdays 10:30 am to 11:30 am.</p> <p>Thursdays 7:00 pm to 8:00 pm.</p> <p>Plan C Training Studio Mendip Avenue Worle Weston Super Mare BS22 6HD</p>	<p>Telephone – 07798907681 07771926558</p> <p>Email philchurchill@hotmail.co.uk janechurchill77@hotmail.co.uk</p>	 www.plan-c-training.co.uk

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

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 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)