



## *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 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: [getactive@n-somerset.gov.uk](mailto:getactive@n-somerset.gov.uk)

# Physical Activities Available

\*Denotes junior activities. #Denotes inclusive activities

**Please select your area in North Somerset:**

## **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>9.15am to 10.05am<br><br>WI Hall<br>Station Road<br>Backwell<br>BS48 3QW | <b>Bookings</b><br><br>Telephone<br>07825 794 553<br><br>Email<br><a href="mailto:dizzyme@outlook.com">dizzyme@outlook.com</a> | <b>Web address</b> |
|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------|

#### 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                          | 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

|                                                                                                                                                            |                                                                                       |                                                                                                                                                                                                        |
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| <b>Sada Yoga</b><br><br><b>Thursdays</b><br>6.15 to 7.15pm<br><br>Bleadon Coronation Hall<br>5 Coronation Road<br>Bleadon<br>Weston-super-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><b>Sada Yoga</b> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Additional Needs

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

|                                                                                                                                                                                                                                                                                                                                                |                                                                                                            |                                                                                                                                              |                         |                            |                                 |                         |                            |                                |    |    |     |     |     |    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|----------------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|----|----|-----|-----|-----|----|
| <b>Beyond Skate</b><br><br><b>Thursdays</b><br>6.30 to 7.30pm<br><br>Churchill Academy<br>School<br>Churchill Green<br>Churchill<br>BS25 5QN                                                                                                                                                                                                   | <b>Bookings</b><br><br>Email<br><a href="mailto:therosefamilyltd@gmail.com">therosefamilyltd@gmail.com</a> | <b>Web address</b><br><br><br><a href="#">Beyond Skate</a> |                         |                            |                                 |                         |                            |                                |    |    |     |     |     |    |
| <b>Additional Needs</b> <table><tr><td>Blind/Visual Impairment</td><td>Deaf/ Hard of Hearing</td><td>Learning Disability/ Difficulty</td><td>Mental Health Condition</td><td>Autistic Spectrum Disorder</td><td>Additional Physical Impairment</td></tr><tr><td>No</td><td>No</td><td>Yes</td><td>Yes</td><td>Yes</td><td>No</td></tr></table> |                                                                                                            |                                                                                                                                              | 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 |
| 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                              |                         |                            |                                |    |    |     |     |     |    |
| <b>Description:</b><br>Roller Skating sessions for families and juniors that are fun and challenging.<br><b>Notes:</b> <ul style="list-style-type: none"><li>• Pre-booking is required to ensure correct roller skates are available.</li><li>• The sessions cost £6 each.</li><li>• Session Intensity Medium/High</li></ul>                   |                                                                                                            |                                                                                                                                              |                         |                            |                                 |                         |                            |                                |    |    |     |     |     |    |

# Cleeve

## \*#Tennis – Adults and Juniors

| Cleeve Tennis Club                                                                                            | Bookings/Enquiries                                                                                             | Web address                       |
|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------|
| See details of times below<br><br>King George V<br>Memorial Field<br>Meeting House Lane<br>Cleeve<br>BS49 4PD | Phil Stackhouse<br>07971 444 501<br><a href="mailto:cleevetennisclub@gmail.com">cleevetennisclub@gmail.com</a> | <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 to 7pm - Junior coaching (term time only)
- Wednesday 7 to 9pm - Adult social session
- Friday 10am to 12pm – Adult social session
- Friday 5.30 to 7pm - Junior social session (term time only)
- Saturday 9am to 12pm - Junior coaching (term time only)
- Sunday 2 to 5pm - Adult social session
- Sunday 6 to 9pm - Adult beginner social session

### Notes:

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

## Clevedon

### #Bodyweight Conditioning

|                                                                                                                                            |                                                                                                                                                                            |                                                                                                                                                                                                |
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| <b>Eisey's Community Gym</b><br><br><b>Mondays</b><br>6.15pm to 7pm<br><br>Eisey's Community Gym<br>137 Old Street<br>Clevedon<br>BS21 6BH | <b>Bookings</b><br><br>Booking via text or<br>WhatsApp<br>07771 880 580<br><br>Email<br><a href="mailto:training@eisenstragersgy.co.uk">training@eisenstragersgy.co.uk</a> | <b>Web address</b><br><br><a href="http://eisenstragersgy.co.uk/">http://eisenstragersgy.co.uk/</a><br><br> |
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|                                |                                 |                                           |                                |                                   |                                       |
|--------------------------------|---------------------------------|-------------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|
| <b>Additional Needs</b>        |                                 |                                           |                                |                                   |                                       |
| Blind/Visual Impairment<br>Yes | Deaf/<br>Hard of Hearing<br>Yes | Learning Disability/<br>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 Adults

|                                                                                                                                                 |                                                                                                                                                                          |                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Eisey's Community Gym</b><br><br><b>Thursdays</b><br>6.30pm to 7.30pm<br><br>Eisey's Community Gym<br>137 Old Street<br>Clevedon<br>BS21 6BH | <b>Bookings</b><br><br>Booking via text or<br>WhatsApp<br>07771 880 580<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.co.uk/">http://eisenradersgym.co.uk/</a><br><br> |
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### Additional Needs

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

|                                                                                                                                                 |                                                                                                                                                                          |                                                                                                                                                                                              |
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| <b>Eisey's Community Gym</b><br><br><b>Thursdays</b><br>5.05pm to 5.50pm<br><br>Eisey's Community Gym<br>137 Old Street<br>Clevedon<br>BS21 6BH | <b>Bookings</b><br><br>Booking via text or<br>WhatsApp<br>07771 880 580<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.co.uk/">http://eisenratersgym.co.uk/</a><br><br> |
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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 Juniors (12-16 yrs.)**

|                                                                                                                                                 |                                                                                                                                                                          |                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Eisey's Community Gym</b><br><br><b>Thursdays</b><br>5.05pm to 5.50pm<br><br>Eisey's Community Gym<br>137 Old Street<br>Clevedon<br>BS21 6BH | <b>Bookings</b><br><br>Booking via text or<br>WhatsApp<br>07771 880 580<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.co.uk/">http://eisenratersgym.co.uk/</a><br><br> |
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**Additional Needs**

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

## #Boxing Ladies only

|                                                                                                                                                  |                                                                                                                                                                          |                                                                                                                                                                                              |
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| <b>Eisey's Community Gym</b><br><br><b>Thursdays</b><br>9:30am to 10:30am<br><br>Eisey's Community Gym<br>137 Old Street<br>Clevedon<br>BS21 6BH | <b>Bookings</b><br><br>Booking via text or<br>WhatsApp<br>07771 880 580<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.co.uk/">http://eisenradersgym.co.uk/</a><br><br> |
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### 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:

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

## #Circuits – ‘Old School’

|                                                                                                                                             |                                                                                                                                                                          |                                                                                                                                                                                              |
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| <b>Eisey's Community Gym</b><br><br><b>Tuesdays</b><br>6.15pm to 7pm<br><br>Eisey's Community Gym<br>137 Old Street<br>Clevedon<br>BS21 6BH | <b>Bookings</b><br><br>Booking via text or<br>WhatsApp<br>07771 880 580<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.co.uk/">http://eisenratersgym.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:

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>7.30pm to 8.30pm<br><br>Unit 6 Carey<br>Developments<br>Tweed Road<br>Clevedon<br>BS21 6RR                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Bookings</b><br>Email<br><a href="mailto:ozboxfitness@outlook.com">ozboxfitness@outlook.com</a> | <b>Web address</b><br><a href="http://www.crossfitozbox.co.uk">www.crossfitozbox.co.uk</a><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>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! |                                                                                                    |                                                                                                                                                                                   |                                      |                                         |                                             |
| <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                    |                                                                                                                                                                                   |                                      |                                         |                                             |

## #Strength and Conditioning

|                                                                                                                                                                                           |                                                                                                                                                                       |                                                                                                                                                                                              |
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| <b>Eisey's Community Gym</b><br><br><b>Wednesdays</b><br>6.15pm to 7pm<br><br><b>Saturdays</b><br>8.30am to 9.30am<br><br>Eisey's Community Gym<br>137 Old Street<br>Clevedon<br>BS21 6BH | <b>Bookings</b><br><br>Booking via text or WhatsApp<br>07771 880 580<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.co.uk/">http://eisenradersgym.co.uk/</a><br><br> |
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### 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 system called landmines. Weight exercises interspersed abs, cardio and bodyweight drills.

### Notes:

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

**\*#Tennis – Juniors (4 – 16 yrs)**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                  |                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>North Somerset Tennis Academy</b></p> <p><b>Mondays</b><br/>4pm to 6pm</p> <p><b>Saturdays</b><br/>8.30am to 1pm</p> <p>Clevedon Seafront<br/>Tennis Courts<br/>Elton Road<br/>Clevedon<br/>BS21 7RH</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p><b>Bookings</b></p> <p>Booking via email<br/><a href="mailto:stuart@n-somersettennis.com">stuart@n-somersettennis.com</a></p> | <p><b>Web address</b><br/>For session details and times:<br/><a href="#">Clubspark / North Somerset Tennis Academy / Tennis Coaching</a></p>  |
| <p><b>Additional Needs – contact the coach, Stuart</b></p> <p><b>Description:</b></p> <p>The coaching programme is aimed at grassroots tennis, and NSTA goes into the heart of the local community, bringing families and friends together.</p> <p>Tennis is great for all ages, developing agility, balance, coordination, and speed. It's also a fun and social activity for all the family.</p> <p>Whether it's your first time or getting back into playing, we have something for everyone.</p> <p>If a suitable course is not listed, please get in touch with me to discuss your requirements.</p> <p><b>Notes:</b></p> <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</li> </ul> |                                                                                                                                  |                                                                                                                                                                                                                                  |

# Long Ashton

## #Outdoor Exercising

|                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                |                                           |                                |                                   |                                       |
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| <b>Mark Wilkins Running and Fitness Menor</b><br><br><b>Mondays</b><br>10.45 to 11.45am<br><br>Long Ashton Community Centre Playing Fields<br>5 Keedwell Hill<br>Long Ashton<br>BS41 9DP                                                                                                                               | <b>Bookings</b><br><br>Booking via<br>07835 261 096<br><br>Email<br><a href="mailto:Mark.wilkins2020@gmail.com">Mark.wilkins2020@gmail.com</a> | <b>Web address</b>                        |                                |                                   |                                       |
| <b>Additional Needs</b>                                                                                                                                                                                                                                                                                                |                                                                                                                                                |                                           |                                |                                   |                                       |
| Blind/Visual Impairment<br>Yes                                                                                                                                                                                                                                                                                         | Deaf/<br>Hard of Hearing<br>Yes                                                                                                                | Learning Disability/<br>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.<br><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)

|                                                                                                                                                                                   |                                                                                                                                                                               |                                                                                                                                                                                                           |
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| <b>Walnut Grove Wellbeing CIC</b><br><br><b>Tuesdays</b><br>12.30pm to 1.45pm<br><br><b>Thursdays</b><br>10.30am to 11.45am<br><br>81 Papermill Gardens<br>Portishead<br>BS20 7RL | <b>Bookings</b><br><br>Booking via text or WhatsApp<br>07973 386 794<br><br>Email<br><a href="mailto:Candy@walnutgrovewellbeingcic.com">Candy@walnutgrovewellbeingcic.com</a> | <b>Web address</b><br><br><a href="http://www.walnutgrovewellbeingcic.com">www.walnutgrovewellbeingcic.com</a><br><br> |
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#### 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> |
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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. 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 and Fitness</b><br><br><b>Wednesdays</b><br>6 to 7pm<br><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>07487 676 853 | <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 <sup>TM</sup><br/>of Weston-super-Mare</p> <p>Flexible on<br/>Mondays, Fridays,<br/>Saturdays and<br/>Sundays.</p> | <p><b>Bookings</b><br/>WhatsApp<br/>07765 830 020</p> <p>Or Email<br/><a href="mailto:kswofwsm@gmail.com">kswofwsm@gmail.com</a></p> | <p><b>Web address</b><br/><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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                     |                                                                                                                    |                                    |                                      |                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------|--------------------------------------|------------------------------------------|
| <b>Hutton Moor Leisure Centre</b><br><br>Mondays<br>10.30 to 11.30am<br><br>Wednesdays<br>7 to 8 pm<br><br>Hutton Moor Road<br>Weston-super-Mare<br>BS22 8LY                                                                                                                                                                                                                                                                                                | <b>Bookings</b><br><br>01934 425900 | <b>Web address</b><br><br><a href="#">Timetable &amp; Booking - Hutton Moor Leisure Centre   LeisureCentre.com</a> |                                    |                                      |                                          |
| <b>Additional Needs</b>                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                     |                                                                                                                    |                                    |                                      |                                          |
| Blind/Visual Impairment<br><br>No                                                                                                                                                                                                                                                                                                                                                                                                                           | Deaf/ Hard of Hearing<br><br>No     | Learning Disability/ Difficulty<br><br>No                                                                          | Mental Health Condition<br><br>Yes | Autistic Spectrum Disorder<br><br>No | Additional Physical Impairment<br><br>No |
| <b>Description:</b><br>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.<br><b>Notes:</b> <ul style="list-style-type: none"><li>• <b>Pre-booking is required via telephone.</b></li><li>• The sessions cost £6 each.</li><li>• Session Intensity is variable.</li></ul> |                                     |                                                                                                                    |                                    |                                      |                                          |

## #Body Sculpting

|                                                                                                                                                                               |                                                                                                                                      |                                                 |                                          |                                            |                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|------------------------------------------|--------------------------------------------|------------------------------------------------|
| <b>Debbie Saunders<br/>Workout</b><br><br><b>Wednesdays</b><br>10am to 11am<br><br>The Potteries<br>Community Centre<br>Langford Road<br>Weston-super-Mare<br>BS23 3PQ        | <b>Bookings</b><br><br>Booking via email<br><a href="mailto:wsmssportsaerobic1@btinternet.com">wsmssportsaerobic1@btinternet.com</a> | <b>Web address</b>                              |                                          |                                            |                                                |
| <b>Additional Needs</b>                                                                                                                                                       |                                                                                                                                      |                                                 |                                          |                                            |                                                |
| Blind/Visual<br>Impairment<br><br>No                                                                                                                                          | Deaf/<br>Hard of<br>Hearing<br><br>No                                                                                                | Learning<br>Disability/<br>Difficulty<br><br>No | Mental<br>Health<br>Condition<br><br>Yes | Autistic<br>Spectrum<br>Disorder<br><br>No | Additional<br>Physical<br>Impairment<br><br>No |
| <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.                   |                                                                                                                                      |                                                 |                                          |                                            |                                                |
| <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> |                                                                                                                                      |                                                 |                                          |                                            |                                                |

## #First Time Fitness (Men only)

|                                                                                                                       |                                                                                                          |                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Hangar Gym</b><br><br><b>Tuesdays</b><br>7.45pm to 8.45pm<br><br>1-2 Rector's Way<br>Weston-super-Mare<br>BS23 3NP | <b>Bookings</b><br><br> | <b>Web address</b><br><br><a href="#">Home   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.

## #Fitness and Nutrition (Men only)

|                                                                                                                     |                 |                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Hangar Gym</b><br><br><b>Thursdays</b><br>7.30pm to 9pm<br><br>1-2 Rector's Way<br>Weston-super-Mare<br>BS23 3NP | <b>Bookings</b> | <b>Web address</b><br><br><a href="#">Home   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:

Men aged between 30-50 learning about fitness and nutrition. Each week is a 60 minute strength and conditioning class, followed by 30 minutes of nutrition education. The aim is to integrate men back into exercise.

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

### 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><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

|                                                                                                    |                                                                                                                                         |                                                                                                                                                                                                                   |
|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Kuk Sool Won <sup>TM</sup> of Weston-super-Mare</p> <p><b>Wednesdays</b><br/>5.30 to 6.25pm</p> | <p><b>Bookings</b></p> <p>WhatsApp<br/>07765 830 020</p> <p>Or Email<br/><a href="mailto:kswofwsm@gmail.com">kswofwsm@gmail.com</a></p> | <p><b>Web address</b><br/><a href="http://www.kuksoolwonofwestonsupermare.co.uk">www.kuksoolwonofwestonsupermare.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 |
| 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

|                                                                                                                                              |                                                                                                               |                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| <b>Pilates by Lydia</b><br><br><b>Fridays</b><br>1.30 to 2.15pm<br><br>Locking Castle Church<br>Jasmine Way<br>Weston-super-Mare<br>BS24 7JW | <b>Bookings/Enquiries</b><br><br>Email:<br><a href="mailto:lydia888@hotmail.co.uk">lydia888@hotmail.co.uk</a> | <b>Web address</b><br><br><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**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                     |                                                                                                                                                                                                          |                                           |                                              |                                                   |                                           |                                              |                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|----------------------------------------------|---------------------------------------------------|-------------------------------------------|----------------------------------------------|-------------------------------------------------|
| <p><b>Beyond Skate</b></p> <p><b>Fridays</b><br/> <b>Fortnightly</b><br/>         6 to 7pm</p> <p>The Campus<br/>         Highlands Lane<br/>         Weston-super-Mare<br/>         BS24 7DX</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p><b>Bookings</b></p> <p>Email<br/> <a href="mailto:therosefamilyltd@gmail.com">therosefamilyltd@gmail.com</a></p> | <p><b>Web address</b></p>  <p>Beyond Skate</p> <p><a href="http://www.beyondskate.co.uk">www.beyondskate.co.uk</a></p> |                                           |                                              |                                                   |                                           |                                              |                                                 |
| <p><b>Additional Needs</b></p> <table border="1"> <tr> <td data-bbox="209 965 435 1218"> <p>Blind/Visual Impairment</p> <p>No</p> </td> <td data-bbox="435 965 595 1218"> <p>Deaf/ Hard of Hearing</p> <p>No</p> </td> <td data-bbox="595 965 767 1218"> <p>Learning Disability/ Difficulty</p> <p>Yes</p> </td> <td data-bbox="767 965 949 1218"> <p>Mental Health Condition</p> <p>Yes</p> </td> <td data-bbox="949 965 1129 1218"> <p>Autistic Spectrum Disorder</p> <p>Yes</p> </td> <td data-bbox="1129 965 1350 1218"> <p>Additional Physical Impairment</p> <p>No</p> </td> </tr> </table> <p><b>Description:</b><br/>         Roller Skating sessions for families and juniors that are fun and challenging.</p> <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• Pre-booking is required to ensure correct roller skates are available.</li> <li>• The sessions cost £6 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>Yes</p> | <p>Mental Health Condition</p> <p>Yes</p> | <p>Autistic Spectrum Disorder</p> <p>Yes</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>Yes</p>                                                                                                                                                        | <p>Mental Health Condition</p> <p>Yes</p> | <p>Autistic Spectrum Disorder</p> <p>Yes</p> | <p>Additional Physical Impairment</p> <p>No</p>   |                                           |                                              |                                                 |

## \*Tennis – Juniors

| <b>Weston Tennis Club</b><br><br><b>Mondays</b><br>Orange ball 4.30 to 5.30 pm (11+)<br>Green/Yellow ball 5.30 to 6.30 pm (9 – 10 yrs)<br><br><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+)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Bookings</b><br><br>Telephone<br>07599 937 986<br><br>Email<br><a href="mailto:bengraytennis@outlook.com">bengraytennis@outlook.com</a> | <b>Web address</b><br><br><a href="#">Clubspark / Weston Tennis Club / Weston Tennis Club</a> |                                    |                                      |                                          |  |  |  |                                   |                                  |                                            |                                    |                                      |                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------|--------------------------------------|------------------------------------------|--|--|--|-----------------------------------|----------------------------------|--------------------------------------------|------------------------------------|--------------------------------------|------------------------------------------|
| <table border="1"> <tr> <th colspan="6" data-bbox="202 871 1378 909"><b>Additional Needs</b></th> </tr> <tr> <td data-bbox="202 909 430 1176">           Blind/Visual Impairment<br/><br/>           No         </td> <td data-bbox="430 909 596 1176">           Deaf/ Hard of Hearing<br/><br/>           Yes         </td> <td data-bbox="596 909 788 1176">           Learning Disability/ Difficulty<br/><br/>           Yes         </td> <td data-bbox="788 909 979 1176">           Mental Health Condition<br/><br/>           Yes         </td> <td data-bbox="979 909 1158 1176">           Autistic Spectrum Disorder<br/><br/>           No         </td> <td data-bbox="1158 909 1378 1176">           Additional Physical Impairment<br/><br/>           No         </td> </tr> </table> <p><b>Description:</b><br/>Group tennis coaching for children.</p> <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• Pre-booking <b>is</b> required.</li> <li>• The sessions cost £7 each.</li> <li>• Session Intensity Medium</li> </ul> |                                                                                                                                            |                                                                                               | <b>Additional Needs</b>            |                                      |                                          |  |  |  | Blind/Visual Impairment<br><br>No | Deaf/ Hard of Hearing<br><br>Yes | Learning Disability/ Difficulty<br><br>Yes | Mental Health Condition<br><br>Yes | Autistic Spectrum Disorder<br><br>No | Additional Physical Impairment<br><br>No |
| <b>Additional Needs</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                            |                                                                                               |                                    |                                      |                                          |  |  |  |                                   |                                  |                                            |                                    |                                      |                                          |
| Blind/Visual Impairment<br><br>No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Deaf/ Hard of Hearing<br><br>Yes                                                                                                           | Learning Disability/ Difficulty<br><br>Yes                                                    | Mental Health Condition<br><br>Yes | Autistic Spectrum Disorder<br><br>No | Additional Physical Impairment<br><br>No |  |  |  |                                   |                                  |                                            |                                    |                                      |                                          |

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

|                                                                                                                                                         |                                                                                                                                              |                                                                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Priory Tennis Club</b><br><br><b>Thursdays</b><br>4pm to 6pm.<br><br>Hutton Moor Leisure Centre<br>Hutton Moor Road<br>Weston-super-Mare<br>BS22 8LY | <b>Bookings</b><br><br>Telephone<br>07986 274 393<br><br>Email<br><a href="mailto:Simonholloway55@icloud.com">Simonholloway55@icloud.com</a> | <b>Web address</b><br><br><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 to 8pm<br><br>The Stable<br>3 - 6 Wadham<br>Street<br>Weston-super-Mare<br>BS23 1JY | 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><b>Sada Yoga</b> |
|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Additional Needs

|                                    |                                 |                                           |                                           |                                      |                                          |
|------------------------------------|---------------------------------|-------------------------------------------|-------------------------------------------|--------------------------------------|------------------------------------------|
| Blind/ Visual Impairment<br><br>No | Deaf/ Hard of Hearing<br><br>No | Learning Disability/ Difficulty<br><br>No | <b>Mental Health Condition</b><br><br>Yes | Autistic Spectrum Disorder<br><br>No | Additional Physical Impairment<br><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><br>Or calling 01934 886111 | <b>Web address:</b><br><a href="#">Welcome —<br/>@Worle</a><br><br> |
|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|

#### **ADDITIONAL CLASSES**

Aimed at older adults looking to improve or maintain their overall health and fitness in different ways.

*\*Inclusive dance classes are specifically aimed at but not exclusive to people with learning.*

##### **Tuesday:**

Chair fitness – 12 to 12.45 pm

Over 50s spin class - 1 to 1.45pm

##### **Wednesday:**

Tai Chi – 8.15 pm to 9.15pm

Over 50s Strength and conditioning - 11.15 to 12.15pm

\*Inclusive Dance Class - 1.30 to 2.30pm

##### **Thursday:**

Zumba Gold - 9 - 10am

Over 50s Strength and conditioning – 10.15 to 11.15am

Chair fitness – 11.30 to 12.15pm

##### **Friday:**

\*Inclusive Dance Class - 1.30 to 2.30pm

#### **ADDITIONAL ACTIVITIES**

**Table Tennis** (outdoor table).

**Pickleball** (for 4 people and includes bat and ball hire)

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

Mondays – 5 to 7pm

Thursdays – 5 to 7pm

Saturdays 1 to 3pm

## Chair Stretch & Tone

|                                                                                                                                                                                                                                                                                                                                                                         |                             |                                                                                                                |                               |                                  |                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------|----------------------------------|--------------------------------------|
| <b>Jo Slocombe</b><br><br><b>Thursdays</b><br><b>FORTNIGHTLY</b><br>11am to 11.45am<br><br>The Maltings Residential Home,<br>High Street<br>Worle<br>Weston-super-Mare<br>BS22 6JB                                                                                                                                                                                      |                             | <b>Enquiries</b><br><br>Email:<br><a href="mailto:joslowcabbage@hotmail.co.uk">joslowcabbage@hotmail.co.uk</a> |                               | <b>Web address</b>               |                                      |
| <b>Additional Needs</b>                                                                                                                                                                                                                                                                                                                                                 |                             |                                                                                                                |                               |                                  |                                      |
| 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 |
| <b>Description:</b><br><b>Class is suitable for all abilities, whether using a chair or not. Open to non Residents. Classes are held in the Lounge.</b><br><b>Notes:</b> <ul style="list-style-type: none"> <li>• Pre-booking is <b>not</b> required, following initial registration.</li> <li>• The sessions cost £6 each.</li> <li>• Session Intensity Low</li> </ul> |                             |                                                                                                                |                               |                                  |                                      |

## #Circuits Training

|                                                                                                                                                                                                         |                                                                                                                                                                                                                                                       |                                                                                                                                                                                               |
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| <b>Plan C Training</b><br><br><b>Tuesdays</b><br>9.15am to 10.15am<br><br><b>Saturdays</b><br>2.30pm to 3.30pm<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>07798 907 681<br>07771 926 558<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> |
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|                                |                              |                                        |                                |                                   |                                       |
|--------------------------------|------------------------------|----------------------------------------|--------------------------------|-----------------------------------|---------------------------------------|
| <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 |

**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><b>Football 4 Fitness/<br/>Saturday Sports Club</b></p> <p><b>Saturdays</b><br/>10am to 12pm</p> <p><b>Mondays</b><br/>7pm to 8pm</p> <p><b>Fridays (two sessions)</b><br/>6pm to 7pm</p> <p>At:<br/>@Worle Centre<br/>58 New Bristol Road<br/>Weston-super-Mare<br/>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>07772 902 887</p> |   |
| <p><b>Saturday 10am to 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 to 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 –to7pm. 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 to 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 to 8 years, Fun sessions with qualified coaches in a safe environment.

### Bookings:

Booking via WhatsApp

WhatsApp – 07979 351 322

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?

- 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!"

📞 Gareth Starr | 07979 351322 | [gareth3126@gmail.com](mailto:gareth3126@gmail.com)

🌐 [pitchero.com/clubs/foundationsinfootball/](https://pitchero.com/clubs/foundationsinfootball/)

🐦 @UCFCU15FIF

📘 Foundations In Football

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

|                                                                                                                                                         |                                                  |                                                                                                                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Foundations in Football</b><br><br><b>Saturdays</b><br>9am to 9.55am<br><br>3G @Worle Centre<br>58 New Bristol Road<br>Weston-super-Mare<br>BS22 6AQ | <b>Bookings</b><br><br>WhatsApp<br>07979 351 322 | <b>Web address</b><br><br><a href="http://www.pitchero.com/clubs/foundationsinfootball">www.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 to 8 years (Boys and 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>5.15pm to 6pm<br><br><b>Wednesdays</b><br>5.15pm to 6pm<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>07798 907 681<br>07771 926 558<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><a href="http://www.plan-c-training.co.uk">www.plan-c-training.co.uk</a><br><br> |
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**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. +)**

|                                                                                                                                                                                           |                                                                                                                                                                                                                                                         |                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Plan C Training</b><br><br><b>Mondays</b><br>6pm to 7pm<br><br><b>Thursdays</b><br>6pm to 7pm<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>07798 907 681<br>07771 926 558<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><a href="http://www.plan-c-training.co.uk">www.plan-c-training.co.uk</a><br><br> |
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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

|                                                                                                                                                      |                                                                                                                                                                                                                                                         |                                                                                                                                                                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Plan C Training</b><br><br><b>Wednesdays</b><br>6 to 7pm<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>07798 907 681<br>07771 926 558<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><br><a href="http://www.plan-c-training.co.uk">www.plan-c-training.co.uk</a> |
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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:

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 to 10.30am<br><br>Plan C Training<br>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><b>Sada Yoga</b> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Additional Needs

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

This 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 and Fitness</b><br><br><b>Mondays</b><br>9 to 10am<br>Yatton Village Hall<br>The Causeway<br>Yatton<br>BS49 4HL                                                                                                                                                                                                                                                           | <b>Bookings</b><br><br>Call or message<br>07487 676 853 | <b>Web address</b>                        |                                    |                                      |                                          |
| <b>Additional Needs</b>                                                                                                                                                                                                                                                                                                                                                                                  |                                                         |                                           |                                    |                                      |                                          |
| Blind/Visual Impairment<br><br>No                                                                                                                                                                                                                                                                                                                                                                        | Deaf/ Hard of Hearing<br><br>No                         | Learning Disability/ Difficulty<br><br>No | Mental Health Condition<br><br>Yes | Autistic Spectrum Disorder<br><br>No | Additional Physical Impairment<br><br>No |
| <b>Description:</b><br>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. |                                                         |                                           |                                    |                                      |                                          |
| <b>Notes:</b> <ul style="list-style-type: none"><li>• <b>Pre-booking is required – call or message</b></li><li>• The sessions cost £7 each.</li><li>• Session intensity is variable.</li></ul>                                                                                                                                                                                                           |                                                         |                                           |                                    |                                      |                                          |

## FREE ACTIVITIES

More free activities are listed on the Better Health North Somerset [Active Directory](#)

### 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 4.30pm 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 and 4pm.

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 to 17 year olds. Monday evenings 5pm to 6pm. Starting Monday 9 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)