



LIST OF PHYSICAL ACTIVITIES IN SCHEME

Please select your town

Backwell

Clevedon

Long Ashton

Nailsea

Portishead

Worle

Weston-Super-Mare

Yatton – Free Sessions

Backwell

Body Conditioning

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

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

Description:


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

Notes:

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

Clevedon

Body Weight/Cardio

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

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

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

Notes:

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

Boxing/Conditioning

<p>Eisey's Community Gym</p> <p>Mondays 7:15 pm to 8:00 pm.</p> <p>Eisey's Community Gym 137 Old St Clevedon BS21 6BH</p>	<p>Bookings</p> <p>Booking via text or WhatsApp 07771880580</p> <p>Email training@eisentragersgy.com</p>	<p>Web address</p> <p>http://eisentragersgym.com/</p> 
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Additional Needs

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

A mixture of pad work drills, and exercises.

Notes:

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

Boxing Adult

<p>Eisey's Community Gym</p> <p>Thursdays 7:00 pm to 8:00 pm.</p> <p>Fridays 6:15 pm to 7:15 pm.</p> <p>Eisey's Community Gym 137 Old St Clevedon BS21 6BH</p>	<p>Bookings</p> <p>Booking via text or WhatsApp 07771880580</p> <p>Email training@eisentragersgym.co.uk</p>	<p>Web address</p> <p>http://eisentragersgym.com/</p> 
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Additional Needs

<p>Blind/Visual Impairment Yes</p>	<p>Deaf/Hard of Hearing Yes</p>	<p>Learning Disability/Difficulty Yes</p>	<p>Mental Health Condition Yes</p>	<p>Autistic Spectrum Disorder Yes</p>	<p>Additional Physical Impairment Yes</p>
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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 Kids (6-11yrs)

<p>Eisey's Community Gym</p> <p>Thursdays 4:15 pm to 5:00 pm.</p> <p>Eisey's Community Gym 137 Old St Clevedon BS21 6BH</p>	<p>Bookings</p> <p>Booking via text or WhatsApp 07771880580</p> <p>Email training@eisentragersgym.co.uk</p>	<p>Web address</p> <p>http://eisentragersgym.com/</p> 
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Additional Needs

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

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

Notes:

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

Boxing Ladies only

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

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

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

Notes:

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

Boxing Youth (12-16 yrs.)

<p>Eisey's Community Gym</p> <p>Thursdays 5:05 pm to 5:50 pm.</p> <p>Eisey's Community Gym 137 Old St Clevedon BS21 6BH</p>	<p>Bookings</p> <p>Booking via text or WhatsApp 07771880580</p> <p>Email training@eisentragersgym.co.uk</p>	<p>Web address</p> <p>http://eisentragersgym.com/</p> 
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Additional Needs

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

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

Notes:

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

Circuits Old School

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

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

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

Notes:

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

CrossFit – Beginners (Adults)

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

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

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

Notes:

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

Strength and Conditioning

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

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

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

Notes:

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

Long Ashton

More details coming soon.

Nailsea

Dance Fitness

<p>Molly Gibson-Dance Fitness</p> <p>Wednesdays 6:00 pm to 7:00 pm.</p> <p>Nailsea School, Mizzymead road, Nailsea BS48 2HN</p>	<p>Bookings</p> <p>Booking via text or WhatsApp 07845719436</p>	<p>Web address</p>
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Additional Needs

<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>Yes</p>
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Description:


Following repetitive sequences to rhythm of the music, full body exercise, high intensity cardio based workout. focuses on getting a sweat on and having fun whilst moving your body. This class is not age specific, sensible children with accompanied adult can attend.

Notes:

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

Portishead

Senior Strong (over 60's)

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

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

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

Notes:


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

Worle


@worle centre.

Telephone - 01934 886111

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

<p>@Worle Please click the link below to see the complete timetable for the activities. Worle CCE</p>		<p>Bookings: Can be made by emailing enquiries@worle.org.uk Or click the link and fill an online booking form. Worle CCE</p>		<p>Web address: Welcome — @Worle</p> 	
<p>Classes (various)</p> <ul style="list-style-type: none"> • Chair Fitness* • Freestyle Step • LBT • Pump • Stretch and Core 	<p>Dance</p> <ul style="list-style-type: none"> • Dance • Fusion • Fitness • Inclusive Dance* • Modern Line Dancing • Sass Class • Zumba • Zumba Gold 	<p>Gym based</p> <ul style="list-style-type: none"> • Gym Circuits • Bands & Bells • Over 50's Strength & Cond. • Strong Nation • Total Body Cond. 	<p>Pilates</p> <ul style="list-style-type: none"> • Fitness • Pilates • Trigger Point 		
<p>Spin</p> <ul style="list-style-type: none"> • Express • Intro to • Over 50's • Spin • Spin & Core • Virtual 	<p>Tai Chi</p>	<p>Yoga</p> <ul style="list-style-type: none"> • Functional • Kettle Flow • Sunset • Yoga 			
<ul style="list-style-type: none"> • Notes: Pre-booking is required. • The sessions cost £6 each. 					

Circuits Training

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

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

Our circuits sessions are held in our matted and equipped studios. Hit-style exercise stations, which can be adapted to individual needs. A fun and relaxed environment where everyone is encouraged to work at their own pace. Our friendly, fully trained staff will be available to advise and assist.

Notes:

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

Self- Defence – Ladies

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

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

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

Martial Arts (ages 4-10 yrs.)

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

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

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

Notes:

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

Martial Arts (ages 11 yrs. +)

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

Foundations in Football

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

Bookings:

Booking via WhatsApp

WhatsApp – 07979351322

Contact Email – gareth3126@gmail.com

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



FOUNDATIONS IN FOOTBALL

WHO ARE WE?

- Foundations in Football is a football coaching organisation for children aged 4-8. We pride ourselves in our inclusive ethos and ability to pitch our sessions to meet a wide range of abilities. .
- Children can expect friendly and supportive coaches providing fun, engaging and varied sessions including skill based games, small friendly matches and of course the occasional penalty shoot out.

DETAILS

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


CONTACT

- We send out a weekly message via WhatsApp to update the parents on which coaches will coach which group. The Red Group take the Reception/Y1 children with the Blue Group taking some Y1, Y2 and Y3 age ranges.
- We now use WhatsApp for our weekly group messaging so it would really help if you already have that or sign up to it to make the weekly session.

FEEDBACK NATASHA PLEWS

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

Football – Boys and Girls – (4 – 8 yrs.)

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

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

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

Notes:

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

Weston-Super-Mare

Body Sculpting

<p>Debbie Saunders Workout</p> <p>Wednesdays 10:00 am to 11:00 am.</p> <p>The Potteries Community Centre Langford Road, Weston super Mare, BS23 3PQ</p>	<p>Bookings</p> <p>Booking via email</p> <p>Email wmsportsaerobic1@btinternet.com</p>	<p>Web address</p>
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Additional Needs

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

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

Notes:

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

Table Tennis

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

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


Description:

Table Tennis organised into differing abilities.

Notes:

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

Tennis - Parent & Child

<p>Me Day Sports Tennis Coaching</p> <p>Tuesdays 4:15 pm to 5:00 pm.</p> <p>Ashcombe Park, Upper Bristol Road, Weston-Super-Mare, BS22 8BT</p>	<p>Bookings</p> <p>Telephone - 07378315419</p> <p>Email medaysam@gmail.com</p>	<p>Web address</p> <p>Samuel Kiladejo Coaching / Tennis coaching / Meday Sports. (lta.org.uk)</p> 
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Additional Needs

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

This will look a bit more like tennis you know. You'll be involved in helping your child to learn how to overarm serve, rally & volley. We will team up to help children to further develop their co-ordination, balance and speed. We'll introduce a relaxed competition here too.

Notes:

- Booking via email.
- The sessions cost £6 each.
- Sessions only run from April to the end of October.

Tennis, Short Tennis, and Pickleball - juniors

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

<p>Blind/Visual Impairment</p> <p>Yes</p>	<p>Deaf/Hard of Hearing</p> <p>Yes</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>Yes</p>
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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

Tennis Walking

<p>Meday Sports Tennis Coaching</p> <p>Fridays 10:00 am to 11:00 am.</p> <p>Ashcombe Park, Upper Bristol Road, Weston-Super-Mare, BS22 8BT</p>	<p>Bookings</p> <p>Telephone - 07378315419</p> <p>Email medaysam@gmail.com</p>	<p>Web address</p> <p>Samuel Kiladejo Coaching / Tennis coaching / Meday Sports. (lta.org.uk)</p> 
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Additional Needs

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


Sessions will cover the basics of tennis at a walking pace and create space to practice playing competitive walking tennis.

Notes:

- Booking via email.
- The sessions cost £6 each.

Yatton – Free Sessions

After-School Cycling and Friendship Group

<p>Strawberry Line Cycles</p> <p>Wednesdays 4:30 pm.</p> <p>Strawberry Line Cycle Project Yatton Railway Station Yatton BS49 4AJ</p>	<p>Bookings</p> <p>Email strawberrylineprojects@gmail.com</p>	<p>Web address</p> 
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Additional Needs

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


Wednesday afternoon bike rides for young people with SEN. Our ride leader supports the group 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, will take place along the Strawberry Line Cycle Path and are accompanied by our ride leader. Support is available for those wishing to travel by train.

Notes:

- Pre-booking **is** required.
- The sessions are **free**.
- Restarts on 11th September 2024.

Cycling Activities

<p>Strawberry Line Cycles</p> <p>Contact to arrange a session</p> <p>Strawberry Line Cycle Project Yatton Railway Station Yatton BS49 4AJ</p>	<p>Bookings</p> <p>Email strawberrylineprojects@gmail.com</p>	<p>Web address</p> 
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Additional Needs

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

- E-bike confidence sessions.
- Cycle fitness
- Cycle-minded well-being rides.
- Inclusive cycling.
- Trike lessons.
- Return to cycling.
- Bike maintenance lessons.
- Road cycling confidence.

Notes:

- Pre-booking **is** required.
- The sessions are **free**.

Inclusive Cycling Skills Session

<p>Strawberry Line Cycles</p> <p>Wednesdays 10:00 am to 2:00 pm.</p> <p>Strawberry Line Cycle Project Yatton Railway Station Yatton BS49 4AJ</p>	<p>Bookings</p> <p>Email strawberrylineprojects@gmail.com</p>	<p>Web address</p> 			
<p>Additional Needs</p>					
<p>Blind/Visual Impairment Yes</p>	<p>Deaf/Hard of Hearing Yes</p>	<p>Learning Disability/Difficulty Yes</p>	<p>Mental Health Condition Yes</p>	<p>Autistic Spectrum Disorder Yes</p>	<p>Additional Physical Impairment Yes</p>
<p>Description: We have a range of bikes, trikes, handcycles, and other adaptive bikes, so we offer a variety of ways to get you pedalling. The Strawberry Line Cycle Path offers a safe, traffic-free route for our course.</p> <p>Notes:</p> <ul style="list-style-type: none"> • Pre-booking is required. • The sessions are free. 					