



LIST OF PHYSICAL ACTIVITIES

Please select your town

Backwell

Body Conditioning

Churchill

Roller Skating – Families and juniors

Cleeve

Tennis – Adults and Juniors

Clevedon

Body Weight/Cardio

Boxing/Conditioning

Boxing Adult

Boxing Kids (6-11yrs)

Boxing Ladies only

Boxing Youth (12-16 yrs.)

Circuits Old School

CrossFit – Beginners (Adults)



Better Health North Somerset



Strength and Conditioning

Long Ashton

Outdoors Exercising

Nailsea

Dance Fitness

Portishead

Senior Strong (over 60's)

Worle

@worle centre

Circuits Training

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

Martial Arts (ages 4-10 yrs.)

Martial Arts (ages 11 yrs. +)

Self- Defence – Ladies

Weston-Super-Mare

50+ Sports Club

Body Balance

Body Sculpting

Good Boost – MSK Rehab (Land and Aqua)

Table Tennis

Tennis - Parent & Child

Tennis, Short Tennis, and Pickleball - juniors

Tennis - Walking

Yatton – FREE Activities

Cycling - Activities

Cycling – Inclusive Skills Session

Cycling - Lessons for Young People with Additional Needs

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

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

Churchill

Roller Skating – Families and juniors

Beyond Skate	Bookings	Web address
<p>Thursdays 6.30 – 7.30 pm</p> <p>Churchill Academy School, Churchill Green, Churchill BS25 5QN</p>	<p>Email therosefamilyltd@gmail.com</p>	 <p>beyon skate</p> <p>beyon skate.co.uk</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	No

Description:

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

Notes:

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

Cleeve

Tennis – Adults and Juniors

<p>Cleeve Tennis Club</p> <p>See details of times below</p> <p>King George V Memorial Field Meeting House Lane Cleeve BS49 4PD</p>	<p>Bookings/Enquiries</p> <p>Phil Stackhouse 07971444501 cleevetennisclub@gmail.com</p>	<p>Web address</p> <p>CleeveTennis Club</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	No

Description:

Group tennis coaching lessons at the following times:


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

Notes:

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

Clevedon

Body Weight/Cardio

<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@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:

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 m.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:

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@eisentragersgm.co.uk</p>	<p>Web address</p> <p>http://eisentragersgm.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@eisentragersgy m.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@eisentragersgm.co.uk</p>	<p>Web address</p> <p>http://eisentragersgm.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@eisentragersgy m.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 beginner's membership is designed for you! If you'd like to start enjoying exercise. Gain confidence in the gym environment. Learn new skill set, which will help you move better for daily routines. Be coached by a professional coach in a non-intimidating environment. Make some real positive and sustainable changes to your lifestyle. If this sounds like something you would like to do and the person you would like to become, come and join us!

Notes:

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

Strength and Conditioning

<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

Outdoors Exercising

<p>Mark Wilkins Running & Fitness Menor</p> <p>Mondays 10:45 – 11:45 am</p> <p>Long Ashton Community Centre Playing Fields 5 Keedwell Hill Long Ashton BS41 9DP.</p>	<p>Bookings</p> <p>Booking via 07835261096</p> <p>Email Mark.wilkins2020@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:

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

Starts 27th Jan - 7th April 2025, with a break on 17th Feb for half term.

Notes:

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

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

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

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



Better Health North Somerset



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?	DETAILS	CONTACT
<ul style="list-style-type: none">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.	<ul style="list-style-type: none">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.	<ul style="list-style-type: none">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 🌐 pitchero.com/clubs/foundationsinfootball/

🐦 @UCFCU15FIF 📘 Foundations In Football

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

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

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

Notes:

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

Martial Arts (ages 4-10 yrs.)

<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

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

Weston-Super-Mare

50+ Sports Club

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

Blind/Visual Impairment 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:

We are a friendly club aimed at people aged over 50 years to keep fit and meet others of a like mind. We meet Tuesdays and Thursday between 09:00-13:00 and offer a variety of sports including tennis, short tennis (indoors), badminton, racquet ball, table tennis, swimming, aerobics.

Notes:

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

Body Balance

<p>Hutton Moor Leisure Centre</p> <p>Mondays 10.30 – 11.30 am</p> <p>Wednesdays 7 – 8 pm</p> <p>Hutton Moor Road Weston Super Mare BS22 8LY</p>	<p>Bookings</p> <p>01934 425900</p>	<p>Web address</p> <p>Swim & Class Timetable - Hutton Moor Leisure Centre LeisureCentre.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 No
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Description:

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

Notes:

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

Body Sculpting

<p>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.

Good Boost – MSK Rehab (Land and Aqua)

<p>Hutton Moor Leisure Centre</p> <p>Hutton Moor Road Weston Super Mare BS22 8LY</p>	<p>Bookings/Enquiries</p> <p>01934 425900</p>	<p>Web address</p> <p>Health Programme - Hutton Moor Leisure Centre LeisureCentre.com</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>No</p>	<p>Mental Health Condition</p> <p>Yes</p>	<p>Autistic Spectrum Disorder</p> <p>No</p>	<p>Additional Physical Impairment</p> <p>No</p>
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Description:


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

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

Notes:

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

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. (Ita.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

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:

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. (Ita.org.uk)</p> 
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Additional Needs

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

FREE ACTIVITIES

Yatton – FREE Activities

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 https://www.strawberrycycles.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:

- Inclusive cycling

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.


- Trike lessons
- Return to cycling
- Return to cycling

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

Notes:

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

Cycling – Inclusive Skills Session

<p>Strawberry Line Cycles</p> <p>Wednesdays 10:00 am to 4:00 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 https://www.strawberrycycles.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:

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.

Notes:

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

Cycling - Lessons for Young People with Additional Needs

<p>Strawberry Line Cycles</p> <p>Saturdays</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 https://www.strawberrycycles.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:

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.

Notes:

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