

Inclusive sport sessions and fitness classes

PLEASE NOTE: Although session/class information is checked regularly, please contact the session leader before turning up to ensure class information is up to date.

Boxing

Monday, 7.15-8pm: **Boxing/Conditioning**. A mixture of pad work drills, and exercises. Classes are £6.

Thursday, 9.30-10.30am: **Women only** boxing. This is a combination of pad work and bag work mixed in with some bodyweight conditioning. Class is £6.

Thursday, 4.15-5pm: kids boxing (**6-11yrs**). Coaches hold pads for the children who perform different combinations. (No Sparring, 100% non contact). Class is £4.

Thursday, 5.05-5.50pm: Youth Boxing (**12-16yrs**). Coaches and youth all hold pads. (No sparring and 100% non contact). Learning strong fundamentals and complex moves. Class is £4.

Thursday, 7- 8pm: **Adult** boxing. Learning strong fundamentals and more challenging moves. Class is £6.

Friday, 6.15-7.15pm: **Adult** Boxing Club. 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 decides what you'll do. Class is £6 .

Eisey's Community Gym, 137 Old St, Clevedon, BS21 6BH.
Contact Ian to book via text or WhatsApp 07771880580.
<http://eisentrainersgym.com/>

Cycling

After School Cycling and Friendship Group:

Join our Wednesday afternoon at 4.30 pm 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 available for those wishing to travel by train.

Please email strawberrylineprojects@gmail.com to arrange a session or for further information.

Other **free** Cycling Activities:

Both group and individual sessions:

- E-bike confidence sessions
- Cycle Fitness
- Cycle Minded Well-being rides
- Inclusive Cycling Trike lessons
- Return to Cycling
- Bike maintenance lessons
- Road Cycling Confidence.

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

Please email strawberrylineprojects@gmail.com to arrange a session or for further information.

Inclusive Cycling Skills Session

Are you looking to develop your cycle skills? We are offering FREE drop in Cycle sessions on Wednesday's between 10am-2.00pm. We have a range of bikes, trikes, handcycles and other adaptive bikes, so offer a variety of ways to get you pedaling. The Strawberry Line Cycle Path offers a safe, traffic free route for our course. Working in partnership with Wesport and Quartet.

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

Please email strawberrylineprojects@gmail.com to reserve your space or for further details.

Supported Leisure Rides:

Gentle rides in a sociable setting in Bristol.

Visit [Supported Leisure Rides | Life Cycle UK](#) to see what's currently happening.

Call 0117 353 4585

Email hello@lifecycle.org.uk

Dance

Inclusive dance classes:

- Monday's 1.30 – 2.30 pm.
- Wednesday's 1.30 – 2.30 pm.
- Friday's 1.30 – 2.30 pm.

Cost is £6.50 per session.

@Worle Centre, 58 New Bristol Road, Weston Super Mare, BS22 6AQ.

Book online or call 01934 886111, or email enquiries@worle.org.uk

Dance and Drama:



Dance & Drama Group

Dance and Drama with People First and Burley Inclusive is back!

Come join in at the For All Healthy Living Centre!

Starting on the 7th of February 2024 for anyone with a learning disability and/or autism!

Dance - 1pm - £5.50 per person.

Drama - 2pm - £5.50 per person.

Or £10 for both!

Come along and express yourself!



Registered charity number 1159184

Empowering voices.
Enabling choices.

The Campus, Highlands Lane,
Weston-super-Mare, BS24 7DX

01934 426086
nspf.co.uk
info@nspf.co.uk
@Northsomersetpeoplefirst
@NSPeopleFirst

Fitness - general

Chair Fitness:

- Tuesday's 12 noon – 12.45 pm
- Thursday's 11.30 am – 12.15 pm

Cost is £6.50 per session.

@Worle Centre, 58 New Bristol Road, Weston Super Mare, BS22 6AQ.
Book online or call 01934 886111, or email enquiries@worle.org.uk

Exercises for Health:

For those with health conditions including High Blood Pressure, Diabetes, arthritis, Depression, anxiety etc.

An assessment for £40 then 12 sessions for £72. A GP referral isn't needed – it is run by an exercise referral trained personal trainer.

Yeofit, Yeo Valley HQ gym, Rhodyate, Blagdon, Bristol, BS40 7YE.

Lynne Joyner 07748 963297
<http://lynnejoynerfitness.co.uk>

lynne@thejoyners.co.uk

Football

Banwell Beacons:



BANWELL FC

PROUDLY ANNOUNCE
THE FORMING OF
**BANWELL
BEACONS**



FREE, FUN PAN-DISABILITY FOOTBALL
SESSIONS FOR 18+ MALE AND FEMALES OF ANY
ABILITY. SESSIONS LEAD BY FA QUALIFIED
COACHES.

**STARTING THURSDAY 14TH MARCH 10:30-11:30
AT HUTTON MOOR LEISURE CENTRE 3G.**

**FOR MORE INFORMATION PLEASE CONTACT
SECRETARY@BANWELLFC.CO.UK**

WWW.BANWELLFC.CO.UK

Clevedon Juniors Football Club:

Inclusive sessions for children aged 5-15 with SEND.

Sundays 10-11am / Clevedon School, Valley Road, Clevedon, BS21 6AH.

Toby Willis – tobyjwillis@hotmail.co.uk

Women's Walking Football Over 18`s:

- Monday 8:00pm - 9:15pm
- Tuesday 10:00am – 11:00am

Sessions are suitable for all women over 18 years of age.

3G pitch at Weston-super-Mare AFC, Winterstoke Road, Weston-super-Mare, BS24 9AA.
The cost is £4 a session. Appropriate footwear is required for the 3G pitch. New players welcome, sessions are aimed to improve fitness at all standards, in a fun and friendly environment.

For further information Contact Arie Van Vliet. Email vanvliet1130@gmail.com or Telephone Arie on 01278751029

Men`s Walking Football Over 50`s:

- Monday 8:00pm to 9:15pm
- Tuesday 10:00am – 11:00am
- Friday 10:00am – 11:00am

All sessions suitable for men over 50 years of age.

3G pitch at Weston-super-Mare AFC,
Winterstoke Road, Weston-super-Mare, North Somerset, BS24 9AA.

New players welcome. The sessions are aimed to improve fitness at all standards, in a fun and friendly environment. The first session is free, so why not come along and give Walking Football a try?

For further information Contact Arie Van Vliet via Email on vanvliet1130@gmail.com or alternatively Telephone Arie on 01278751029

Men`s Walking Football Over 18`s:

Monday Night: 8:00pm to 9:15pm

The session is suitable for men over 18 years years of age.

3G pitch at Weston-super-Mare AFC,
Winterstoke Road, Weston-super-Mare, North Somerset, BS24 9AA

New players welcome. The sessions are aimed to improve fitness at all standards, in a fun and friendly environment.

For further information Contact Arie Van Vliet via Email on vanvliet1130@gmail.com or alternatively Telephone Arie on 01278751029

Foundations in Football – Juniors:

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

Saturdays – 9 am – 9.55 am

Cost is £2.50

@Worle Centre, 58 New Bristol Road, Weston – super- Mare, BS22 6AQ

Booking via WhatsApp 07979351322

[Foundations In Football \(pitchero.com\)](http://Foundations In Football (pitchero.com))

Weston Ability Football Club:

Weston Ability FC is a football club for children and adults with additional needs or disabilities.

Founded in 2016 our main focus was to get people that might not get the chance in mainstream society to enjoy and play football in a safe and inclusive environment. We now have teams for u12s u16s and Adults.

All our coaches are FA Qualified and most have children themselves with additional needs so understand the best way to help players become the best they can be.

All abilities welcome.

3G pitch at Weston-super-Mare AFC,
Winterstoke Road, Weston-super-Mare, North Somerset, BS24 9AA.

Contact via email: weston.abilityfc@gmail.com

Martial Arts

Ladies Self Defence:

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 whilst getting fitter and more confident in yourself. All of our classes are designed to be adapted to all ages and abilities. (The studio is not ground floor and has no disabled access but we can accommodate as much as possible)

- Tuesday's 10.30 am – 11.30 am.
- Thursday's 7 pm – 8pm.

Cost is £9 per session.

Plan C Training Studio, Mendip Avenue, Worle, North Somerset, BS22 6HD.

Booking via phone 07798 907681 / 07771926558.

Freestyle martial arts and self-defence classes:

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:

- Ages 4 – 10 Monday's & Wednesdays' 5.15 pm – 6 pm.
- Ages 11+ Monday's and Thursday's 6 am – 7 pm.

Cost is £9 per session.

Plan C Training Studio, Mendip Avenue, Worle, North Somerset, BS22 6HD.

Booking via phone 07798 907681 / 07771926558.

Tang Soo Do:

A Family-run, Independent Martial Art Club, established in Clevedon for 30 years. Teaching the Korean Karate martial art of Tang Soo Do. We teach children aged 6 and upwards, teenagers and adults.

£3 a lesson, please see website for other costs.

Mondays 7.30 – 9.00pm / Yeo Moor Primary School, Clevedon

Ages: 6+

Jim Richards

01275 871 623

info@clevedontangsoodo.co.uk

www.clevedontangsoodo.co.uk

Multisports – mixed sports

North Somerset Mencap Sports Club:

Thursdays 7.20 – 8.30pm (term-time only) / Nailsea Methodist Church, Chapel Precinct, 74 – 76 Silver Street, Nailsea, BS48 2DS.

Call: Carole Pullen 07796 501 671

Email: carolensm@blueyonder.co.uk

www.northsomersetmencap.co.uk

Ups & Downs Southwest:

Aimed at young people (aged 10+) with Downs Syndrome

Tuesdays 6.00 – 8pm (fortnightly) / YMCA, 2 Bristol Road Lower, Weston-super-Mare, BS23 2PN.

Deb Allen Telephone: 01278 691100 Mobile: 07904537007

Email: Deb@upsanddowns.net

www.upsanddowns.net

Netball

Netball – beginners:

Beginner Netball Sessions

Mondays 10-11am
Starting 15th April

These sessions are
for adults with
learning disabilities

Led by qualified netball coaches

Sessions are FREE to attend

No experience needed

Contact Kerry to book:

kerry.brooks@englandnetball.co.uk

07540 126813

Pilates

Pilates:

9.30am Mondays
11am Mondays
8pm Thursdays

Yeofit, Yeo Valley HQ gym, Rhodyate, Blagdon, Bristol, BS40 7YE.

All classes can be booked via www.lynnejoynerfitness.co.uk or email for information lynne@thejoyners.co.uk

Table Tennis

Weston Table Tennis Community:

Table tennis for all abilities, (LD, mental health and physical impairments) with differing tables depending on ability.

7 – 9 pm Thursdays

£5 per session

Minimum height requirement to be able to see over the table (2.5 ft approx.)

Broadoak Academy, Windwhistle Road, Weston-Super-Mare, BS23 4NP.

For enquiries and to book email ceo@wttc.uk

Tennis

Tennis – Juniors:

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

Thursday's 5pm – 6pm. £7 per session.

Hutton Moor Leisure Centre, Hutton Moor Road, Weston Super Mare,
BS22 8LY.

Contact Simon Holloway to book or for enquiries: 07986274393

Simonholloway55@icloud.com

Tennis – Inclusive:



David Lloyd Long Ashton Neurodiversity and Learning Disability Tennis

- Learn tennis skills
- Have fun!
- Active and Inclusive session for all

**Thursdays term
time**

Ages 5-8 (4.15-5pm)

Ages 9-16 (5.15-6pm)



<http://bit.ly/DavidLloydterm1>

David Lloyd, Long Ashton, Ashton Rd, Bristol BS3 2HB



Tennis – Walking:

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

Suitable for additional needs, LD, mental health conditions, physical impairment.

Friday's 10am – 11am. £6 per session.

Ashcombe Park, Upper Bristol Road, Weston-super-Mare, BS22 8BT.

Contact Sam, Me Day Sports Tennis Coaching via email to book or for any queries

medaysam@gmail.com

Weight Training

Circuits Training:

Our circuits sessions are held in our matted and equipped studios. Hiit 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. (The studio is not ground floor and has no disabled access but we can accommodate as much as possible)

- Tuesday's 9.15 am – 10.15 am
- Saturday's 2.30 pm – 3.30 pm

Cost is £5 per session.

Plan C Training Studio, Mendip Avenue, Worle, North Somerset, BS22 6HD.

Booking via phone 07798 907681 / 07771926558.

Monday, 6.15-7pm: **Bodyweight/Cardio**. Circuit that comprises in bodyweight and cardio exercises in different formats every week. Some equipment is used on occasions. Classes are £6

Tuesday, 6.15-7pm: **Old School Circuits**. Lots of great equipment set up in different formats every week. We have rowing machines, Assault Bikes, battle ropes, soft plyometric boxes, tyres, kettlebells, slam balls etc. Class is £6.

Wednesday, 6.15-7pm: **Strength and Conditioning**. We use a very safe but effective way of lifting using a system called landmines. The lifting is interspersed with bodyweight drills. Class is £6.

Saturday, 8.30-9.30am: **Strength and Conditioning**. We use a very safe but effective way of lifting using a system called landmines. The lifting is interspersed with bodyweight drills. Class is £6.

Eisey's Community Gym, 137 Old St, Clevedon, BS21 6BH.

Contact Ian to book via text or WhatsApp 07771880580.

<http://eisentrainersgym.com/>

Yoga

Chair Yoga

Friday's 11.15 am – 11.55 am.

Cost is £6.50 per session.

@Worle Centre, 58 New Bristol Road, Weston Super Mare, BS22 6AQ.

Book online or call 01934 886111, or email enquiries@worle.org.uk

Chair Yoga – beginners

CHAIR YOGA

BACKWELL PARISH HALL

WHO IS IT FOR?

DO YOU HAVE A CONDITION THAT AFFECTS YOUR MOBILITY SUCH AS ARTHRITIS, FIBROMYALGIA, MULTIPLE SCLEROSIS OR MUSCULAR DYSTROPHY?

YOU MAY FEEL THAT STANDARD YOGA CLASSES ARE NOT FOR YOU, SO WHY NOT GIVE CHAIR YOGA A GO IN A FRIENDLY ALL ABILITY CLASS

WHAT ARE THE BENEFITS OF YOGA?

THE YOGA IS GENTLE BUT STILL OFFERS ALL THE BENEFITS OF IMPROVING FLEXIBILITY, STRENGTH, BALANCE, COORDINATION, BREATHING AND CONCENTRATION.

YOU DON'T NEED ANY PREVIOUS EXPERIENCE OF YOGA.

WHAT: BEGINNERS CHAIR YOGA CLASS

WHEN: EVERY TUESDAY IN TERM TIME

TIME: 11-12PM

WHERE: BACKWELL PARISH HALL

COST: £4

CONTACT: NINA - 07890 308045

EMAIL - NINA@SITTINGFITYOGA.COM



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Nina Boswell Brown
www.sittingfityoga.com

07890 308 045

nina@sittingfityoga.com

Zumba

Zumba Toning

A fun, dance based classed to songs from around the world at a slower pace and includes toning/strengthening exercises. Please contact to book space and discuss individual needs Mondays, 12.30pm. Chew Magna Baptist Church

Lynne Joyner 07748 963297

lynne@thejoyners.co.uk

<http://lynnejoynerfitness.co.uk>

Keep up to date with all our latest Inclusive Sport and physical activity news, by [visiting our website](#).