

Dorset Active Leisure Month

Activities D, E and F

Dance

Ballroom and Latin American Dancing

Cosmopolitan Dance

At Stanpit Village Hall

Tuesday 6-May-08

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: Beginners classes

Learn to dance Waltz, Quickstep, Cha Cha Cha, Jive and more. Smart casual dress with flexible shoes that will move on a wooden floor.

www.cosmopolitan-dance.co.uk

01425 278121 /

Cost: Phone for details. Need to book: Phone for details

Dance

Ballroom and Latin American Dancing

Cosmopolitan Dance

At Stanpit Village Hall

Tuesday 13-May-08

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: Beginners classes

Learn to dance Waltz, Quickstep, Cha Cha Cha, Jive and more. Smart casual dress with flexible shoes that will move on a wooden floor.

www.cosmopolitan-dance.co.uk

01425 278121 /

Cost: Phone for details. Need to book: Phone for details

Dance

Ballroom and Latin American Dancing

Cosmopolitan Dance
At Stanpit Village Hall
Tuesday 20-May-08
Phone for details to Phone for details
Age suitable: All ages
Ability suitable: Beginners classes
Learn to dance Waltz, Quickstep, Cha Cha Cha, Jive and more. Smart casual dress with flexible shoes that will move on a wooden floor.
www.cosmopolitan-dance.co.uk
01425 278121 /
Cost: Phone for details. Need to book: Phone for details

Dance

Beginners Tap
Dorchester Ballet and Dance Club
At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD
Tuesday 20-May-08
18.45 to 19.45
Age suitable: Adults
Ability suitable: All
Wear comfortable clothing and trainers or soft shoes.
www.dancedorchester.org
07967 893383 / info@dancedorchester.org
Cost: FREE. Need to book: No

Dance

Dance Mobility
Dorchester Ballet and Dance Club
At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD
Wednesday 21-May-08
10.00 to 11.00
Age suitable: Adults
Ability suitable: All

Wear comfortable clothing and trainers or soft shoes.

www.dancedorchester.org

07967 893383 / info@dancedorchester.org

Cost: FREE. Need to book: No

Dance

Tap

Dorchester Ballet and Dance Club

At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD

Wednesday 21-May-08

11.00 to 12.00

Age suitable: Adults

Ability suitable: All

Wear comfortable clothing and trainers or soft shoes.

www.dancedorchester.org

07967 893383 / info@dancedorchester.org

Cost: FREE. Need to book: No

Dance

Jazz

Dorchester Ballet and Dance Club

At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD

Thursday 22-May-08

19.00 to 20.00

Age suitable: Adults

Ability suitable: All

Wear comfortable clothing and trainers or soft shoes.

www.dancedorchester.org

07967 893383 / info@dancedorchester.org

Cost: FREE. Need to book: No

Dance

Jazz

Dorchester Ballet and Dance Club

At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD
Friday 23-May-08
10.00 to 11.00
Age suitable: Adults
Ability suitable: All
Wear comfortable clothing and trainers or soft shoes.
www.dancedorchester.org
07967 893383 / info@dancedorchester.org
Cost: FREE. Need to book: No

Dance

Tap
Dorchester Ballet and Dance Club
At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD
Friday 23-May-08
11.00 to 12.00
Age suitable: Adults
Ability suitable: All
Wear comfortable clothing and trainers or soft shoes.
www.dancedorchester.org
07967 893383 / info@dancedorchester.org
Cost: FREE. Need to book: No

Dance

Ballet
Dorchester Ballet and Dance Club
At Thomas Hardy Hall, Weymouth Avenue, Dorchester DT1 2DD
Friday 23-May-08
12.30 to 13.30
Age suitable: Adults
Ability suitable: All
Wear comfortable clothing and trainers or soft shoes.
www.dancedorchester.org
07967 893383 / info@dancedorchester.org

Cost: FREE. Need to book: No

Dance

Ballroom and Latin American Dancing

Cosmopolitan Dance

At Stanpit Village Hall

Tuesday 27-May-08

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: Beginners classes

Learn to dance Waltz, Quickstep, Cha Cha Cha, Jive and more. Smart casual dress with flexible shoes that will move on a wooden floor.

www.cosmopolitan-dance.co.uk

01425 278121 /

Cost: Phone for details. Need to book: Phone for details

Dance Aerobics

Dance - It Taster

Claire Myers Dance - It

At Dorchester Ballet and Dance Club, The Brewery Site, Dorchester

Monday 12-May-08

13.00 to 14.00

Age suitable: All Ages

Ability suitable: All abilities, no experience necessary

Trainers or dance shoes.

01305 751984 / clairefmyers@hotmail.com

Cost: FREE. Need to book: No

Dancing

Ballroom & Latin Dancing

Dancetime with Don & Margot

At Scutt Hall, Preston, Weymouth

Monday 5-May-08

20:00 to 21:30

Age suitable: All Ages
Ability suitable: Fairly Active
Includes tuition & refreshments.
01305 832622 /
Cost: £1.00. Need to book: No

Dancing

Jive Fever
Jive Fever
At Bay View Suite, Rivera Hotel, Bowleaze, Weymouth
Thursday 8-May-08
20:15 to 23:00
Age suitable: Over 18
Ability suitable: Beginners
Comfortable Shoes and clothing that is not too heavy.
07970 920681 / stevetakel@hotmail.com
Cost: Free. Need to book: No

Dancing

Ballroom & Latin Dancing
Dancetime with Don & Margot
At Scutt Hall, Preston, Weymouth
Monday 12-May-08
20:00 to 21:30
Age suitable: All Ages
Ability suitable: Fairly Active
Includes tuition & refreshments.
01305 832622 /
Cost: £1.00. Need to book: No

Dancing

Ballroom & Latin Dancing
Dancetime with Don & Margot
At Scutt Hall, Preston, Weymouth

Monday 19-May-08
20:00 to 21:30
Age suitable: All Ages
Ability suitable: Fairly Active
Includes tuition & refreshments.
01305 832622 /
Cost: £1.00. Need to book: No

Dancing

Ballroom & Latin Dancing
Dancetime with Don & Margot
At Scutt Hall, Preston, Weymouth
Monday 26-May-08
20:00 to 21:30
Age suitable: All Ages
Ability suitable: Fairly Active
Includes tuition & refreshments.
01305 832622 /
Cost: £1.00. Need to book: No

Disabled Sailing

Routine Club Sessions 'Taster Sessions'
The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne
At Sutton Bingham Res
Thursday 1-May-08
18.00 to 20.00
Age suitable: All ages
Ability suitable: Beginners
1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.
01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com
Cost: Taster session free. Need to book: No

Disabled Sailing

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne

At Sutton Bingham Res

Thursday 8-May-08

18.00 to 20.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Disabled Sailing

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne

At Sutton Bingham Res

Thursday 15-May-08

18.00 to 20.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Disabled Sailing

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne

At Sutton Bingham Res

Thursday 22-May-08

18.00 to 20.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Disabled Sailing

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne
At Sutton Bingham Res

Thursday 29-May-08

18.00 to 20.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Disabled Swimming,

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne
At Yeovil, Goldenstones

Sat 03-May-08

9.00 to 10.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Disabled Swimming,

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne

At Sherborne Boys School

Tue 06-May-08

19.00 to 20.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Disabled Swimming,

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne

At Yeovil, Goldenstones

Sat 10-May-08

9.00 to 10.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Disabled Swimming,

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne

At Sherborne Boys School

Tue 13-May-08

19.00 to 20.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Disabled Swimming,

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne
At Yeovil, Goldenstones

Sat 17-May-08

9.00 to 10.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Disabled Swimming,

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne
At Sherborne Boys School

Tue 20-May-08

19.00 to 20.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Disabled Swimming,

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne
At Yeovil, Goldenstones

Sat 24-May-08

9.00 to 10.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Disabled Swimming,

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne
At Sherborne Boys School

Tue 27-May-08

19.00 to 20.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Disabled Swimming,

Routine Club Sessions 'Taster Sessions'

The Apollo Swimming Club For The Physically Disabled Of Yeovil And Sherborne
At Yeovil, Goldenstones

Sat 31-May-08

9.00 to 10.00

Age suitable: All ages

Ability suitable: Beginners

1 free session on any Tuesday, Saturday or Thursday during May. Bring spare, dry clothes to sailing sessions.

01935 479992 (Home) 01935 703060 (Office) / colin.vickery@agustawestland.com

Cost: Taster session free. Need to book: No

Exercise

Exercise With Ease

At United Reformed Church Hall, Church Street, Wareham

Tuesday 6-May-08

14.30 to 15.30

Age suitable: 50+

Ability suitable: Phone for details

01929 554893 /

Cost: £2.50. Need to book: No

Exercise

Exercise With Ease

At United Reformed Church Hall, Church Street, Wareham

Tuesday 13-May-08

14.30 to 15.30

Age suitable: 50+

Ability suitable: Phone for details

01929 554893 /

Cost: £2.50. Need to book: No

Exercise

Exercise With Ease

At United Reformed Church Hall, Church Street, Wareham

Tuesday 20-May-08

14.30 to 15.30

Age suitable: 50+

Ability suitable: Phone for details

01929 554893 /

Cost: £2.50. Need to book: No

Exercise

Exercise With Ease

At United Reformed Church Hall, Church Street, Wareham
Tuesday 27-May-08
14.30 to 15.30
Age suitable: 50+
Ability suitable: Phone for details
01929 554893 /
Cost: £2.50. Need to book: No

Fencing

Espada Fencing Club
At Phone for details
Phone for details Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
07811 238195 /
Cost: First sesison free. Need to book: Phone for details

Film Club

Film Club and Critic Group
East Boro Housing Trust
At East Boro Housing Trust, 62 West Borough, Wimborne, Dorset BH21 1QN
Phone for details Phone for details
Phone for details to Phone for details
Age suitable: 50+
Ability suitable: Phone for details
www.eastborohousingtrust.org.uk
01202 841780 / info@eastborohousingtrust.org.uk
Cost: Phone for details. Need to book: Phone for details

Fitball

Discover Fitball

Fitball With Suzie
At Budmouth Community Sports Centre, Chickerell Road, Weymouth DT4 9SY
Thursdays 8-May-08
19:15 to 20:15
Age suitable: 16 +
Ability suitable: All
Sports wear/Trainers/Water.
01305 830508 / bcsc@budmouth.dorset.sch.uk
Cost: Free. Need to book: No

Fitball

Discover Fitball
Fitball With Suzie
At Budmouth Community Sports Centre, Chickerell Road, Weymouth DT4 9SY
Thursdays 8-May-08
19:15 to 20:15
Age suitable: 16 +
Ability suitable: All
Sports wear/Trainers/Water.
01305 830508 / bcsc@budmouth.dorset.sch.uk
Cost: Free. Need to book: No

Fitness

Free first sessions
The Fitness League
At Royal British Legion Ballroom, Bargates, Christchurch.
Thursday 1-May-08
19.00 to Phone for details
Age suitable: Females age 16+
Ability suitable: Phone for details
Mat or rug required.
01202 482328 /
Cost: Free first sessions. Need to book: Yes

Fitness

Free Trial Week - Complete Workout

At Curves at Christchurch

All week 5-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

You can get fit and its fun. Safe for women of all ages. No class times, just drop in any time to suit you.

0800 1300 544 /

Cost: Free trial week. Need to book: Phone for details

Fitness

Free first sessions

The Fitness League

At Christchurch Sports and Community Hall, Portfield Road

Monday 5-May-08

19.15 to Phone for details

Age suitable: Females age 16+

Ability suitable: Phone for details

Mat or rug required.

01202 482328 /

Cost: Free first sessions. Need to book: Yes

Fitness

Free first sessions

The Fitness League

At Royal British Legion Ballroom, Bargates, Christchurch.

Thursday 8-May-08

19.00 to Phone for details

Age suitable: Females age 16+

Ability suitable: Phone for details

Mat or rug required.

01202 482328 /

Cost: Free first sessions. Need to book: Yes

Fitness

Aquacise with Penny Yarnold

Highlands End

At Highlands End, Eype, Bridport, Dorset DT6 6AR

Thursday 8-May-08

10.00 to 11.00

Age suitable: Adults

Ability suitable: All

01308 426912-426945 /

Cost: £3.00. Need to book: Phone for details

Fitness

Free Trial Week - Complete Workout

At Curves at Christchurch

All week 12-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

You can get fit and its fun. Safe for women of all ages. No class times, just drop in any time to suit you.

0800 1300 544 /

Cost: Free trial week. Need to book: Phone for details

Fitness

Free first sessions

The Fitness League

At Christchurch Sports and Community Hall, Portfield Road

Monday 12-May-08

19.15 to Phone for details

Age suitable: Females age 16+

Ability suitable: Phone for details

Mat or rug required.

01202 482328 /

Cost: Free first sessions. Need to book: Yes

Fitness

Free first sessions

The Fitness League

At Royal British Legion Ballroom, Bargates, Christchurch.

Thursday 15-May-08

19.00 to Phone for details

Age suitable: Females age 16+

Ability suitable: Phone for details

Mat or rug required.

01202 482328 /

Cost: Free first sessions. Need to book: Yes

Fitness

Aquacise with Penny Yarnold

Highlands End

At Highlands End, Eype, Bridport, Dorset DT6 6AR

Thursday 15-May-08

10.00 to 11.00

Age suitable: Adults

Ability suitable: All

01308 426912-426945 /

Cost: £3.00. Need to book: Phone for details

Fitness

Free Trial Week - Complete Workout

At Curves at Christchurch

All week 19-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

You can get fit and its fun. Safe for women of all ages. No class times, just drop in any time to suit you.

0800 1300 544 /

Cost: Free trial week. Need to book: Phone for details

Fitness

Free first sessions

The Fitness League

At Christchurch Sports and Community Hall, Portfield Road

Monday 19-May-08

19.15 to Phone for details

Age suitable: Females age 16+

Ability suitable: Phone for details

Mat or rug required.

01202 482328 /

Cost: Free first sessions. Need to book: Yes

Fitness

Free first sessions

The Fitness League

At Royal British Legion Ballroom, Bargates, Christchurch.

Thursday 22-May-08

19.00 to Phone for details

Age suitable: Females age 16+

Ability suitable: Phone for details

Mat or rug required.

01202 482328 /

Cost: Free first sessions. Need to book: Yes

Fitness

Aquacise with Penny Yarnold

Highlands End

At Highlands End, Eype, Bridport, Dorset DT6 6AR

Thursday 22-May-08

10.00 to 11.00

Age suitable: Adults

Ability suitable: All

01308 426912-426945 /

Cost: £3.00. Need to book: Phone for details

Fitness

Free Trial Week - Complete Workout

At Curves at Christchurch

All week 26-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

You can get fit and its fun. Safe for women of all ages. No class times, just drop in any time to suit you.

0800 1300 544 /

Cost: Free trial week. Need to book: Phone for details

Fitness

Free first sessions

The Fitness League

At Christchurch Sports and Community Hall, Portfield Road

Monday 26-May-08

19.15 to Phone for details

Age suitable: Females age 16+

Ability suitable: Phone for details

Mat or rug required.

01202 482328 /

Cost: Free first sessions. Need to book: Yes

Fitness

Free first sessions

The Fitness League
At Royal British Legion Ballroom, Bargates, Christchurch.
Thursday 29-May-08
19.00 to Phone for details
Age suitable: Females age 16+
Ability suitable: Phone for details
Mat or rug required.
01202 482328 /
Cost: Free first sessions. Need to book: Yes

Fitness

Circuits

At Phone for details
Phone for details Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
07717 467876 /
Cost: Phone for details. Need to book: Phone for details

Fitness Suite

Induction free for you and a friend
St Osmund's Community Sports Centre
At St Osmunds Community Sports Centre, Barnes Way, Dorchester, Dorset DT1 2DZ
All week 5-May-08
Please contact reception for further details 01305 756472
Age suitable: 16+
Ability suitable: Phone for details
If you and a friend book an induction here at St Osmund's Community Sports Centre at the same time it is absolutely free. (Only applicable to membership types).
www.stosports.co.uk
01305 756472 / stosmundsports@uwclub.net

Cost: Free. Need to book: Yes

Fitness Suite

Induction free for you and a friend

St Osmund's Community Sports Centre

At St Osmunds Community Sports Centre, Barnes Way, Dorchester, Dorset DT1 2DZ

All week 12-May-08

Please contact reception for further details 01305 756472 to Please contact reception for further details 01305 756473

Age suitable: 16+

Ability suitable: Phone for details

If you and a friend book an induction here at St Osmund's Community Sports Centre at the same time it is absolutely free. (Only applicable to membership types).

www.stosports.co.uk

01305 756472 / stosmundsports@uwclub.net

Cost: Free. Need to book: Yes

Fitness Suite

Induction free for you and a friend

St Osmund's Community Sports Centre

At St Osmunds Community Sports Centre, Barnes Way, Dorchester, Dorset DT1 2DZ

All week 19-May-08

Please contact reception for further details 01305 756472 to Please contact reception for further details 01305 756473

Age suitable: 16+

Ability suitable: Phone for details

If you and a friend book an induction here at St Osmund's Community Sports Centre at the same time it is absolutely free. (Only applicable to membership types).

www.stosports.co.uk

01305 756472 / stosmundsports@uwclub.net

Cost: Free. Need to book: Yes

Fitness Suite

Induction free for you and a friend

St Osmund's Community Sports Centre

At St Osmunds Community Sports Centre, Barnes Way, Dorchester, Dorset DT1 2DZ

All week 26-May-08

Please contact reception for further details 01305 756472 to Please contact reception for further details 01305 756473

Age suitable: 16+

Ability suitable: Phone for details

If you and a friend book an induction here at St Osmund's Community Sports Centre at the same time it is absolutely free. (Only applicable to membership types).

www.stosports.co.uk

01305 756472 / stosmundsports@uwclub.net

Cost: Free. Need to book: Yes

Flexercise

Prime Time

Twynham Housing Association

At Strete Mount, Bingham Road, Christchurch BH23 3AJ

Thursday 1-May-08

14.00 to 15.00

Age suitable: 50+

Ability suitable: Phone for details

01202 486707 / twynham@btconnect.com

Cost: £1.50. Need to book: Phone for details

Flexercise

Prime Time

Twynham Housing Association

At Strete Mount, Bingham Road, Christchurch BH23 3AJ

Thursday 8-May-08

14.00 to 15.00

Age suitable: 50+

Ability suitable: Phone for details

01202 486707 / twynham@btconnect.com

Cost: £1.50. Need to book: Phone for details

Flexercise

Prime Time
Twynham Housing Association
At Strete Mount, Bingham Road, Christchurch BH23 3AJ
Thursday 15-May-08
14.00 to 15.00
Age suitable: 50+
Ability suitable: Phone for details
01202 486707 / twynham@btconnect.com
Cost: £1.50. Need to book: Phone for details

Flexercise

Prime Time
Twynham Housing Association
At Strete Mount, Bingham Road, Christchurch BH23 3AJ
Thursday 22-May-08
14.00 to 15.00
Age suitable: 50+
Ability suitable: Phone for details
01202 486707 / twynham@btconnect.com
Cost: £1.50. Need to book: Phone for details

Flexercise

Prime Time
Twynham Housing Association
At Strete Mount, Bingham Road, Christchurch BH23 3AJ
Thursday 29-May-08
14.00 to 15.00
Age suitable: 50+
Ability suitable: Phone for details
01202 486707 / twynham@btconnect.com
Cost: £1.50. Need to book: Phone for details

Flexercise

Flexercise for Older People
Magna Housing Association
At Bridport, Lyme Regis, Dorchester
Phone for details Various dates
Phone for details to Phone for details
Age suitable: 50+
Ability suitable: Phone for details
01308 428409 / robert.wright@magna.org.uk
Cost: Phone for details. Need to book: Phone for details

Folk Workshops

Bodhran (Irish Drum) Workshop

At Phone for details
Sunday 11-May-08
11.00 to 12.30
Age suitable: Phone for details
Ability suitable: Phone for details
A workshop for complete beginners - just bring your own bodhran (Irish Drum)!
Techniques covered will include holding the bodhran, holding the tipper (beater) and
learning how to play basic rhythms - including reels, jigs and slip jigs!
01425 276161 /
Cost: Phone for details. Need to book: Phone for details

Folk Workshops

Guitar for Irish Tunes Workshop

At Phone for details
Sunday 11-May-08
14.00 to 16.00
Age suitable: Phone for details
Ability suitable: Phone for details

Explore reels, rhythms and jigs. Those attending should have some familiarity with a few basic chords. (e.g. D, G, A, C, Em, Am) and should bring their own guitars.

01425 276161 /

Cost: Phone for details. Need to book: Phone for details

Football

Discover Diamonds

Weymouth Diamonds FC

At Budmouth Community Sports Centre, Chickerell Road, Weymouth DT4 9SY

Thursdays 1-May-08

17:00 to 19:00

Age suitable: 9 to 14

Ability suitable: All

Shinpads, trainers and suitable clothing required.

01305 816081 /

Cost: Free. Need to book: No

Football

Discover Diamonds

Weymouth Diamonds FC

At Budmouth Community Sports Centre, Chickerell Road, Weymouth DT4 9SY

Thursdays 1-May-08

17:00 to 19:00

Age suitable: 9 to 14

Ability suitable: All

Shinpads, trainers and suitable clothing required.

01305 816081 /

Cost: Free. Need to book: No

Football

Christchurch FC Young Ladies

At The Grange School

Monday 5-May-08

18.00 to 19.00

Age suitable: Phone for details

Ability suitable: All abilities

Girls football, U10's, U12's, U14's and U16's. Wear suitable clothing and footwear and bring a drink.

07832 201690 /

Cost: First 2 sessions free. Need to book: Yes

Football

Twynham Rangers FC

At Phone for details

Saturday 10-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Girls 5/6 aside football tournament at the Grange School.

01202 485492 /

Cost: Phone for details. Need to book: Phone for details

Football

Twynham Rangers FC

At Phone for details

Sunday 11-May-08

Phone for details to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Girls 5/6 aside football tournament at the Grange School.

01202 485492 /

Cost: Phone for details. Need to book: Phone for details

Football

Christchurch FC Young Ladies

At The Grange School

Monday 12-May-08

18.00 to 19.00

Age suitable: Phone for details

Ability suitable: All abilities

Girls football, U10's, U12's, U14's and U16's. Wear suitable clothing and footwear and bring a drink.

07832 201690 /

Cost: First 2 sessions free. Need to book: Yes

Football

Christchurch FC Young Ladies

At The Grange School

Monday 19-May-08

18.00 to 19.00

Age suitable: Phone for details

Ability suitable: All abilities

Girls football, U10's, U12's, U14's and U16's. Wear suitable clothing and footwear and bring a drink.

07832 201690 /

Cost: First 2 sessions free. Need to book: Yes

Football

Christchurch FC Young Ladies

At The Grange School

Monday 26-May-08

18.00 to 19.00

Age suitable: Phone for details

Ability suitable: All abilities

Girls football, U10's, U12's, U14's and U16's. Wear suitable clothing and footwear and bring a drink.

07832 201690 /

Cost: First 2 sessions free. Need to book: Yes

Football

Grange AFC

At Phone for details

Phone for details Phone for details
Phone for details to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
01202 875168 /
Cost: Phone for details. Need to book: Phone for details

Golf

Get Into Golf - Taster session
Weymouth Golf Club
At Links Road, Weymouth DT4 0PF
Saturday 10-May-08
11.00 to 13.00
Age suitable: All ages
Ability suitable: All abilities
All sessions carried out by qualified PGA Professional.
www.weymouthgolfclub.co.uk
01305 773997 / weymouthgolfclub@aol.com
Cost: FREE. Need to book: Yes