

Dorset Active Leisure Month

Activities S, T and U

Sailing

Mudford Sailing Club

At Mudford Sailing Club, Fishermans Bank, off Argyle Road, Mudford.

Saturday 3-May-08

Phone for details to Phone for details

Age suitable: Adults and children welcome

Ability suitable: Phone for details

Phone for details.

01425 672560 /

Cost: FREE. Need to book: Phone for details

Sailing

Mudford Sailing Club

At Mudford Sailing Club, Fishermans Bank, off Argyle Road, Mudford.

Sunday 4-May-08

Phone for details to Phone for details

Age suitable: Adults and children welcome

Ability suitable: Phone for details

Phone for details.

01425 672560 /

Cost: FREE. Need to book: Phone for details

Sailing

Mudford Sailing Club

At Mudford Sailing Club, Fishermans Bank, off Argyle Road, Mudford.

Saturday 10-May-08

Phone for details to Phone for details

Age suitable: Adults and children welcome

Ability suitable: Phone for details

Phone for details.
01425 672560 /
Cost: FREE. Need to book: Phone for details

Sailing

Mudeford Sailing Club
At Mudeford Sailing Club, Fishermans Bank, off Argyle Road, Mudeford.
Sunday 11-May-08
Phone for details to Phone for details
Age suitable: Adults and children welcome
Ability suitable: Phone for details
Phone for details.
01425 672560 /
Cost: FREE. Need to book: Phone for details

Sailing

Mudeford Sailing Club
At Mudeford Sailing Club, Fishermans Bank, off Argyle Road, Mudeford.
Saturday 17-May-08
Phone for details to Phone for details
Age suitable: Adults and children welcome
Ability suitable: Phone for details
Phone for details.
01425 672560 /
Cost: FREE. Need to book: Phone for details

Sailing

Mudeford Sailing Club
At Mudeford Sailing Club, Fishermans Bank, off Argyle Road, Mudeford.
Sunday 18-May-08
Phone for details to Phone for details
Age suitable: Adults and children welcome
Ability suitable: Phone for details

Phone for details.
01425 672560 /
Cost: FREE. Need to book: Phone for details

Sailing

Mudeford Sailing Club
At Mudeford Sailing Club, Fishermans Bank, off Argyle Road, Mudeford.
Saturday 24-May-08
Phone for details to Phone for details
Age suitable: Adults and children welcome
Ability suitable: Phone for details
Phone for details.
01425 672560 /
Cost: FREE. Need to book: Phone for details

Sailing

Mudeford Sailing Club
At Mudeford Sailing Club, Fishermans Bank, off Argyle Road, Mudeford.
Sunday 25-May-08
Phone for details to Phone for details
Age suitable: Adults and children welcome
Ability suitable: Phone for details
Phone for details.
01425 672560 /
Cost: FREE. Need to book: Phone for details

Sailing

Mudeford Sailing Club
At Mudeford Sailing Club, Fishermans Bank, off Argyle Road, Mudeford.
Saturday 31-May-08
Phone for details to Phone for details
Age suitable: Adults and children welcome
Ability suitable: Phone for details

Phone for details.
01425 672560 /
Cost: FREE. Need to book: Phone for details

Sailing

Christchurch Sailing 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.
01202 483150 /
Cost: Phone for details. Need to book: Phone for details

Sailing

Christchurch Sailing Centre
At Phone for details
Phone for details Phone for details
Phone for details to Phone for details
Age suitable: Ages 6+
Ability suitable: Phone for details
Free sailing taster session.
01202 471494 /
Cost: FREE. Need to book: Yes

Scottish Country Dance Classes

Taster Session
South Coast Scottish Heritage Association (SCOSHA)
At Beaufort Community Centre, Beaufort Road, Southbourne, Bournemouth BH6 5LB
Mondays 12-May-08
19.30 to 21.45
Age suitable: All ages
Ability suitable: For the beginner and experienced dancer

Scosha welcomes anyone who has an interest in dancing and would like to learn Scottish Country Dance.

01202 484280 / dance-scosha@hotmail.co.uk

Cost: First introductory evening free. Need to book: No

Scottish Country Dance Classes

Taster Session

South Coast Scottish Heritage Association (SCOSHA)

At Beaufort Community Centre, Beaufort Road, Southbourne, Bournemouth BH6 5LB

Mondays 19-May-08

19.30 to 21.45

Age suitable: All ages

Ability suitable: For the beginner and experienced dancer

Scosha welcomes anyone who has an interest in dancing and would like to learn Scottish Country Dance.

01202 484280 / dance-scosha@hotmail.co.uk

Cost: First introductory evening free. Need to book: No

Sealife

Project Plankton

Dorset Wildlife Trust

At Marine Centre, by slipway, Kimmeridge Bay, Wareham, Dorset BH20 5PF

Mon 26-May-08

13.00 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

Plankton trawls, microscopes, quizzes, make glow-in-the-dark plankton and Basking Sharks and more. Some events are weather dependant - contact the Marine Centre on the day if in doubt. For shore activities wellies or beach sandals recommended. Sorry, no unaccompanied children. (SY 909 787).

www.coastlink.org/kimmeridge

01929 481044 / kimmeridge@dorsetwildlife.co.uk

Cost: Entry to the Marine Centre is free but a small charge for some activities. Need to book: Phone for details

Sealife

Project Plankton

Dorset Wildlife Trust

At Marine Centre, by slipway, Kimmeridge Bay, Wareham, Dorset BH20 5PF

Tues 27-May-08

13.00 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

Plankton trawls, microscopes, quizzes, make glow-in-the-dark plankton and Basking Sharks and more. Some events are weather dependant - contact the Marine Centre on the day if in doubt. For shore activities wellies or beach sandals recommended. Sorry, no unaccompanied children. (SY 909 787).

www.coastlink.org/kimmeridge

01929 481044 / kimmeridge@dorsetwildlife.co.uk

Cost: Entry to the Marine Centre is free but a small charge for some activities. Need to book: Phone for details

Sealife

Project Plankton

Dorset Wildlife Trust

At Marine Centre, by slipway, Kimmeridge Bay, Wareham, Dorset BH20 5PF

Wed 28-May-08

13.00 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

Plankton trawls, microscopes, quizzes, make glow-in-the-dark plankton and Basking Sharks and more. Some events are weather dependant - contact the Marine Centre on the day if in doubt. For shore activities wellies or beach sandals recommended. Sorry, no unaccompanied children. (SY 909 787).

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Project Plankton
Dorset Wildlife Trust
At Marine Centre, by slipway, Kimmeridge Bay, Wareham, Dorset BH20 5PF
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13.00 to 16.00

Age suitable: Phone for details

Ability suitable: Phone for details

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www.coastlink.org/kimmeridge

01929 481044 / kimmeridge@dorsetwildlife.co.uk

Cost: Entry to the Marine Centre is free but a small charge for some activities. Need to book: Phone for details

Short Mat Bowls

Taster sessions
Maiden Newton Short Mat Bowls Club
At Maiden Newton Village Hall, Station Road DT2 0AE
Wednesdays 7-May-08
19.30 to 22.00

Age suitable: 12 years upwards

Ability suitable: All abilities

Carpet slippers or smooth soled trainers. All other equipment supplied.

01300 320045 /

Cost: 4 sessions FREE. Need to book: No

Short Mat Bowls

Taster sessions
Maiden Newton Short Mat Bowls Club
At Maiden Newton Village Hall, Station Road DT2 0AE
Wednesdays 14-May-08

19.30 to 22.00

Age suitable: 12 years upwards

Ability suitable: All abilities

Carpet slippers or smooth soled trainers. All other equipment supplied.

01300 320045 /

Cost: 4 sessions FREE. Need to book: No

Short Mat Bowls

Taster sessions

Maiden Newton Short Mat Bowls Club

At Maiden Newton Village Hall, Station Road DT2 0AE

Wednesdays 21-May-08

19.30 to 22.00

Age suitable: 12 years upwards

Ability suitable: All abilities

Carpet slippers or smooth soled trainers. All other equipment supplied.

01300 320045 /

Cost: 4 sessions FREE. Need to book: No

Short Mat Bowls

Taster sessions

Maiden Newton Short Mat Bowls Club

At Maiden Newton Village Hall, Station Road DT2 0AE

Wednesdays 28-May-08

19.30 to 22.00

Age suitable: 12 years upwards

Ability suitable: All abilities

Carpet slippers or smooth soled trainers. All other equipment supplied.

01300 320045 /

Cost: 4 sessions FREE. Need to book: No

Short Mat Bowls

Try a new sport

Holwell Short Mat Bowling Club

At Holwell Village Hall, Holwell, Sherborne DT9 5LN

Wednesday 28-May-08

19.30 to 21.45

Age suitable: All

Ability suitable: Gentle exercise

Bowls in a friendly social club. Flat-soled indoor shoes or heavy socks. Bowls provided.

01963 23355 / patcnstb@aol.com

Cost: Free taster. Need to book: No

Squash

Bournemouth Sports Squash 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.

01202 520679 /

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

Swimming

Wimborne Swimming Lifesaving Club

At QE Leisure Centre

Friday 2-May-08

19.00 to 21.00

Age suitable: Phone for details

Ability suitable: Phone for details

Phone for details.

01202 886463 /

Cost: First session FREE in May. Need to book: Phone for details

Swimming

Seagulls Swimming Club

At Two Riversmeet Leisure Centre

Sunday 4-May-08

18.00 to

Age suitable: Phone for details

Ability suitable: Phone for details

Phone for details.

www.seagullssc.org.uk

07821 491935 /

Cost: First session FREE in May. Need to book: Phone for details

Swimming

Taster Swim

Highlands End

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

Wednesday 7-May-08

10.30 to 17.30

Age suitable: All

Ability suitable: All

01308 426912-426945 /

Cost: £2.00 per adult, £1.00 per child. Need to book: Phone for details

Swimming

Wimborne Swimming Lifesaving Club

At QE Leisure Centre

Friday 9-May-08

19.00 to 21.00

Age suitable: Phone for details

Ability suitable: Phone for details

Phone for details.

01202 886463 /

Cost: First session FREE in May. Need to book: Phone for details

Swimming

Family fun inflatable session

Highlands End

At Highlands End, Eype, Bridport, Dorset DT6 6AR
Saturday 10-May-08
16.00 to 17.30
Age suitable: All
Ability suitable: All
01308 426912-426945 /
Cost: £2.70 per adult, £1.35 per child. Need to book: Phone for details

Swimming

Seagulls Swimming Club
At Two Riversmeet Leisure Centre
Sunday 11-May-08
18.00 to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
www.seagullssc.org.uk
07821 491935 /
Cost: First session FREE in May. Need to book: Phone for details

Swimming

Taster Swim
Highlands End
At Highlands End, Eype, Bridport, Dorset DT6 6AR
Wednesday 14-May-08
10.30 to 17.30
Age suitable: All
Ability suitable: All
01308 426912-426945 /
Cost: £2.00 per adult, £1.00 per child. Need to book: Phone for details

Swimming

Wimborne Swimming Lifesaving Club
At QE Leisure Centre

Friday 16-May-08

19.00 to 21.00

Age suitable: Phone for details

Ability suitable: Phone for details

Phone for details.

01202 886463 /

Cost: First session FREE in May. Need to book: Phone for details

Swimming

Family fun inflatable session

Highlands End

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

Saturday 17-May-08

16.00 to 17.30

Age suitable: All

Ability suitable: All

01308 426912-426945 /

Cost: £2.70 per adult, £1.35 per child. Need to book: Phone for details

Swimming

Seagulls Swimming Club

At Two Riversmeet Leisure Centre

Sunday 18-May-08

18.00 to Phone for details

Age suitable: Phone for details

Ability suitable: Phone for details

Phone for details.

www.seagullssc.org.uk

07821 491935 /

Cost: First session FREE in May. Need to book: Phone for details

Swimming

Taster Swim

Highlands End

At Highlands End, Eype, Bridport, Dorset DT6 6AR
Wednesday 21-May-08
10.30 to 17.30
Age suitable: All
Ability suitable: All
01308 426912-426945 /
Cost: £2.00 per adult, £1.00 per child. Need to book: Phone for details

Swimming

Wimborne Swimming Lifesaving Club
At QE Leisure Centre
Friday 23-May-08
19.00 to 21.00
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
01202 886463 /
Cost: First session FREE in May. Need to book: Phone for details

Swimming

Seagulls Swimming Club
At Two Riversmeet Leisure Centre
Sunday 25-May-08
18.00 to Phone for details
Age suitable: Phone for details
Ability suitable: Phone for details
Phone for details.
www.seagullssc.org.uk
07821 491935 /
Cost: First session FREE in May. Need to book: Phone for details

Swimming

Wimborne Swimming Lifesaving Club
At QE Leisure Centre

Friday 30-May-08

19.00 to 21.00

Age suitable: Phone for details

Ability suitable: Phone for details

Phone for details.

01202 886463 /

Cost: First session FREE in May. Need to book: Phone for details

Synchronised Swimming

Flamingos Synchronised Swimming Club

At Two Riversmeet Leisure Centre

Friday 2-May-08

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: Need to be able to swim 25m

Adults and juniors of all ages welcome, need to be able to swim 25m.

01202 255456 /

Cost: First session free. Need to book: Phone for details

Synchronised Swimming

Flamingos Synchronised Swimming Club

At Two Riversmeet Leisure Centre

Tuesday 6-May-08

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: Need to be able to swim 25m

Adults and juniors of all ages welcome, need to be able to swim 25m.

01202 255456 /

Cost: First session free. Need to book: Phone for details

Synchronised Swimming

Flamingos Synchronised Swimming Club

At Two Riversmeet Leisure Centre

Friday 9-May-08

Phone for details to Phone for details
Age suitable: All ages
Ability suitable: Need to be able to swim 25m
Adults and juniors of all ages welcome, need to be able to swim 25m.
01202 255456 /
Cost: First session free. Need to book: Phone for details

Synchronised Swimming

Flamingos Synchronised Swimming Club
At Two Riversmeet Leisure Centre
Tuesday 13-May-08
Phone for details to Phone for details
Age suitable: All ages
Ability suitable: Need to be able to swim 25m
Adults and juniors of all ages welcome, need to be able to swim 25m.
01202 255456 /
Cost: First session free. Need to book: Phone for details

Synchronised Swimming

Flamingos Synchronised Swimming Club
At Two Riversmeet Leisure Centre
Friday 16-May-08
Phone for details to Phone for details
Age suitable: All ages
Ability suitable: Need to be able to swim 25m
Adults and juniors of all ages welcome, need to be able to swim 25m.
01202 255456 /
Cost: First session free. Need to book: Phone for details

Synchronised Swimming

Flamingos Synchronised Swimming Club
At Two Riversmeet Leisure Centre
Tuesday 20-May-08
Phone for details to Phone for details

Age suitable: All ages
Ability suitable: Need to be able to swim 25m
Adults and juniors of all ages welcome, need to be able to swim 25m.
01202 255456 /
Cost: First session free. Need to book: Phone for details

Synchronised Swimming

Flamingos Synchronised Swimming Club
At Two Riversmeet Leisure Centre
Friday 23-May-08
Phone for details to Phone for details
Age suitable: All ages
Ability suitable: Need to be able to swim 25m
Adults and juniors of all ages welcome, need to be able to swim 25m.
01202 255456 /
Cost: First session free. Need to book: Phone for details

Synchronised Swimming

Flamingos Synchronised Swimming Club
At Two Riversmeet Leisure Centre
Tuesday 27-May-08
Phone for details to Phone for details
Age suitable: All ages
Ability suitable: Need to be able to swim 25m
Adults and juniors of all ages welcome, need to be able to swim 25m.
01202 255456 /
Cost: First session free. Need to book: Phone for details

Synchronised Swimming

Flamingos Synchronised Swimming Club
At Two Riversmeet Leisure Centre
Friday 30-May-08
Phone for details to Phone for details
Age suitable: All ages

Ability suitable: Need to be able to swim 25m
Adults and juniors of all ages welcome, need to be able to swim 25m.
01202 255456 /
Cost: First session free. Need to book: Phone for details

Table Tennis

Winterbourne Stickland and District Table Tennis Club
Table Tennis Club
At Pamela Hambro Hall, West Street, Winterbourne Stickland
Friday 2-May-08
19.00 to 21.00
Age suitable: 50+
Ability suitable: Phone for details
01258 880740 / case.home@virgin.net
Cost: £1.00. Need to book: Yes

Table Tennis

Winterbourne Stickland and District Table Tennis Club
Table Tennis Club
At Pamela Hambro Hall, West Street, Winterbourne Stickland
Tuesday 6-May-08
14.00 to 16.00
Age suitable: 50+
Ability suitable: Phone for details
01258 880740 / case.home@virgin.net
Cost: £1.00. Need to book: Yes

Table Tennis

Winterbourne Stickland and District Table Tennis Club
Table Tennis Club
At Pamela Hambro Hall, West Street, Winterbourne Stickland
Friday 9-May-08
19.00 to 21.00
Age suitable: 50+

Ability suitable: Phone for details
01258 880740 / case.home@virgin.net
Cost: £1.00. Need to book: Yes

Table Tennis

Winterbourne Stickland and District Table Tennis Club
Table Tennis Club
At Pamela Hambro Hall, West Street, Winterbourne Stickland
Tuesday 13-May-08
14.00 to 16.00
Age suitable: 50+
Ability suitable: Phone for details
01258 880740 / case.home@virgin.net
Cost: £1.00. Need to book: Yes

Table Tennis

Winterbourne Stickland and District Table Tennis Club
Table Tennis Club
At Pamela Hambro Hall, West Street, Winterbourne Stickland
Friday 16-May-08
19.00 to 21.00
Age suitable: 50+
Ability suitable: Phone for details
01258 880740 / case.home@virgin.net
Cost: £1.00. Need to book: Yes

Table Tennis

Winterbourne Stickland and District Table Tennis Club
Table Tennis Club
At Pamela Hambro Hall, West Street, Winterbourne Stickland
Tuesday 20-May-08
14.00 to 16.00
Age suitable: 50+
Ability suitable: Phone for details

01258 880740 / case.home@virgin.net
Cost: £1.00. Need to book: Yes

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At Pamela Hambro Hall, West Street, Winterbourne Stickland
Friday 30-May-08
19.00 to 21.00
Age suitable: 50+
Ability suitable: Phone for details
01258 880740 / case.home@virgin.net

Cost: £1.00. Need to book: Yes

Table Tennis

Bournemouth Sports Table Tennis Club
At Chapel Gate, East Parley, Christchurch.

Phone for details Phone for details

Phone for details to Phone for details

Age suitable: All ages

Ability suitable: All abilities

Phone for details.

www.bsttc.cwc.net

01202 768022 / leeston@yahoo.com

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

Taekwondo

Christchurch Taekwondo Club
At Twynham School Gym, Sopers Lane, Christchurch

Monday 12-May-08

19.30 to 21.00

Age suitable: Age 11+

Ability suitable: All abilities

No equipment required - just wear loose clothes, trainers/running shoes.

www.dtkd.co.uk

01202 773991 / master@naraine.co.uk

Cost: Free taster session in May. Need to book: Phone for details

Taekwondo

Christchurch Taekwondo Club
At Twynham School Gym, Sopers Lane, Christchurch

Monday 19-May-08

19.30 to 21.00

Age suitable: Age 11+

Ability suitable: All abilities

No equipment required - just wear loose clothes, trainers/running shoes.

www.dtkd.co.uk

01202 773991 / master@naraine.co.uk

Cost: Free taster session in May. Need to book: Phone for details

Taekwon-do

Taster session

PUMA

At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ

Wednesday 7-May-08

17.00 to 17.30

Age suitable: 4 yrs+

Ability suitable: Anyone aged 4 yrs+

Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!!

www.puma-uk.com

0845 600 1967 / martialartsjclark@btinternet.com

Cost: First 2 lessons. Need to book: Yes

Taekwon-do

Taster session

PUMA

At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ

Wednesday 7-May-08

17.30 to 16.20

Age suitable: 4 yrs+

Ability suitable: Anyone aged 4 yrs+

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Taster session

PUMA

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Wednesday 7-May-08

18.10 to 19.00

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Cost: First 2 lessons. Need to book: Yes

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Ability suitable: Anyone aged 4 yrs+
Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!!
www.puma-uk.com
0845 600 1967 / martialartsjclark@btinternet.com
Cost: First 2 lessons. Need to book: Yes

Taekwon-do

Taster session
PUMA
At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ
Wednesday 28-May-08
17.00 to 17.30
Age suitable: 4 yrs+
Ability suitable: Anyone aged 4 yrs+
Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!!
www.puma-uk.com
0845 600 1967 / martialartsjclark@btinternet.com
Cost: First 2 lessons. Need to book: Yes

Taekwon-do

Taster session

PUMA

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Wednesday 28-May-08

17.30 to 16.20

Age suitable: 4 yrs+

Ability suitable: Anyone aged 4 yrs+

Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!!

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0845 600 1967 / martialartsjclark@btinternet.com

Cost: First 2 lessons. Need to book: Yes

Taekwon-do

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Age suitable: 4 yrs+

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Cost: First 2 lessons. Need to book: Yes

Taekwon-do

Taster session

PUMA

At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ

Friday 2-May-08

18.00 to 19.00

Age suitable: 4 yrs+

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Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!!

www.puma-uk.com

0845 600 1967 / martialartsjclark@btinternet.com

Cost: First 2 lessons. Need to book: Yes

Taekwon-do

Taster session

PUMA

At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ

Friday 9-May-08

18.00 to 19.00

Age suitable: 4 yrs+

Ability suitable: Anyone aged 4 yrs+

Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!!

www.puma-uk.com

0845 600 1967 / martialartsjclark@btinternet.com

Cost: First 2 lessons. Need to book: Yes

Taekwon-do

Taster session

PUMA

At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ

Friday 16-May-08

18.00 to 19.00

Age suitable: 4 yrs+

Ability suitable: Anyone aged 4 yrs+

Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!!

www.puma-uk.com

0845 600 1967 / martialartsjclark@btinternet.com

Cost: First 2 lessons. Need to book: Yes

Taekwon-do

Taster session

PUMA

At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ

Friday 23-May-08

18.00 to 19.00

Age suitable: 4 yrs+

Ability suitable: Anyone aged 4 yrs+

Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!!

www.puma-uk.com

0845 600 1967 / martialartsjclark@btinternet.com

Cost: First 2 lessons. Need to book: Yes

Taekwon-do

Taster session

PUMA

At Gryphon Leisure Centre, Bristol Road, Sherborne DT9 4EQ

Friday 30-May-08

18.00 to 19.00

Age suitable: 4 yrs+

Ability suitable: Anyone aged 4 yrs+

Wear loose fitting clothing, no footwear required. Bring a drink. First 2 lessons FREE!!

www.puma-uk.com

0845 600 1967 / martialartsjclark@btinternet.com

Cost: First 2 lessons. Need to book: Yes

Tai Chi

Intro/refresher to Tai Chi

Highlands End

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

Sunday 11-May-08

10.00 to 12.00

Age suitable: Adults

Ability suitable: All

Tai Chi is a gentle art, focusing on fluid, circular movements that are relaxed and slow in tempo.

01308 426912-426945 /

Cost: £5.00. Need to book: Yes

Tai Chi

Intro/refresher to Tai Chi

Highlands End

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

Sunday 11-May-08

14.00 to 16.00

Age suitable: Adults

Ability suitable: All

Tai Chi is a gentle art, focusing on fluid, circular movements that are relaxed and slow in tempo.

01308 426912-426945 /

Cost: £5.00. Need to book: Yes

Tai Chi & Chi-Kung

Bao's Lung Fei Tai Chi Association

At Shaftesbury, Sherborne, Gillingham, Warminster, Yeovil, Kingsdon, Crewkerne and Langport

Phone for details Various venues on week days

Phone for details to Phone for details

Age suitable: All

Ability suitable: All

Tai Chi improves health, vitality, balance, flexibility and helps reduce stress by promoting a sense of calm and well being.

01747 852804 / menbao@hotmail.com

Cost: £5. Need to book: Yes

Tai Chi & Chi-Kung

Bao's Lung Fei Tai Chi Association

At Shaftesbury, Sherborne, Gillingham, Warminster, Yeovil, Kingsdon, Crewkerne and Langport

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Age suitable: All

Ability suitable: All

Tai Chi improves health, Vitality, balance, flexibility and helps reduce stress by promoting a sense of calm and well being.

01747 852804 / menbao@hotmail.com

Cost: £5. Need to book: Yes

Tennis

Club Open Day

Charmouth Lawn Tennis Club

At Lower Sea Lane, Charmouth DT6 6LH

Saturday 10-May-08

14.00 to 18.00

Age suitable: All

Ability suitable: All interested in racket sports

Suitable sports wear and suitable training shoes. Spare rackets available.

01297 560251 / p.bonner@fiveacres.freeseve.co.uk

Cost: FREE. Need to book: No

Tennis

Tennis Taster

Highlands End

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

Saturday 10-May-08

9.00 to 13.00

Age suitable: Phone for details

Ability suitable: Phone for details

01308 426912-426945 /

Cost: Half price court hire. Need to book: Yes

Tennis

Tennis for free

Marnhull Tennis Club

At Marnhull Recreation Ground, by Village Hall, Burton Street

Thursday 22-May-08

19.00 to 21.00

Age suitable: Adults

Ability suitable: Anyone

01258 820946 /

Cost: FREE. Need to book: No

Tennis

Christchurch Tennis Facility

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 486309 /

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