

## HEALTH, FITNESS AND DANCE:



### **The Oyster Project** Drop-In Café.

11.30am to 2.30pm **Wednesdays** Come along for a chat and a coffee. The Oyster Project is an initiative by disabled people who want to be active - it's an antidote to daytime TV! Contact: 01273 311 417 or visit website: [www.oysterproject.org.uk](http://www.oysterproject.org.uk)

### **Tai Chi**

6 pm Beginners. 7 pm Improvers **Mondays.**

Call Paul for details: 01273 470955



### **The Nia Technique – Expressive mind, body & movement.**

10am – 11 am. **Tuesdays**

Call Lauren on 01273 470437 for details.

### **Turning Pointe School of Dance**

**A variety of classes including ballet & tap.**

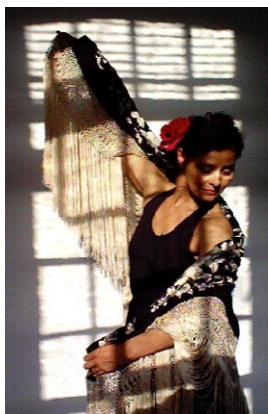
From 3:30pm **Wednesdays**

Ring Miss Canneaux on 01825 840 568  
for details and times.



### **NEW! PILATES** with Sandra Chitty - 5 Week Course

Practical Pilates courses for new & returning clients or people with back conditions. **Fridays** 1.30pm to 2.30pm. To book call School Hill Clinic on 01273 475735



### **Helena's Flamenco School**

**For Adults and Children of all abilities!**

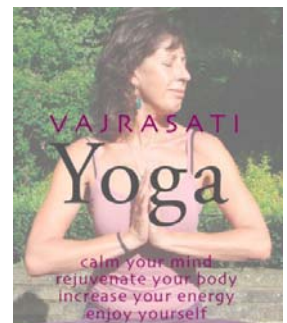
From 9 am **Saturdays.**

For information about classes call Helena on 07963 959262 or email [helenadot@aol.com](mailto:helenadot@aol.com)

**Vajrasati Yoga** Calm your mind, rejuvenate your body, increase your energy.

11:30am – 1pm **Saturdays.**

Call Suzie on 01273 516 616 or 07875129483 or visit [www.suziebaker.co.uk](http://www.suziebaker.co.uk) for more details



## PARENT AND TODDLER ACTIVITIES:



**New! Talking Tots** Fun, interactive classes that help pre-school children to communicate with confidence. Come along and discover a host of imaginative, exciting activities that encourage little ones to get talking.

11:30am – 12:15pm **Tuesdays**

Call Sandra on 07827697523 for details. or visit [www.talkingtots.info](http://www.talkingtots.info)

### **Music & Movement** (term time only)

**Singing, percussion & Dance** for 0-5 year olds & parent/carer. 10am and 10:40am **Wednesdays**.

Drop in £2.50/£2 for siblings.

Call Pam on 01273 476 686 for more details.



### **Toy Library - Drop in!**

10 – 12pm. **Wednesdays** Loans 50p-£1 per week.

**Bouncy Castle** for hire - find out more on 01273 477631

### **The Friday Parent & Toddler Group**

(term time only) *Informal drop-in for play & conversation.* 9:30am – 11:30am **Fridays**.

£2/family. Toys and refreshments. Call 01273 476 625 for details.



## CIRCUS SKILLS WORKSHOPS:

### **Firecracker Circus** skills for Children

**Juggling, unicycle, stilts, tightrope and much more!** 4pm–6pm. **Thursdays**

Call Katie to book on 07904300527



**Aerial Classes** for Adults Trapeze, aerial silks and rope.

6 pm – 7 pm **Fridays**. For information call Flame on 07779220729 or visit the website on: [www.myspace.com/firecrackercircus](http://www.myspace.com/firecrackercircus)

## MUSIC, ART AND THEATRE:

### **LGB Brass Band** New members welcome!

Free tuition and instrument loan to 8-11 year olds.

6.15pm - 7.30pm **Mondays**

7 pm-8 pm. **Thursdays** Full rehearsal 8pm-10pm. **Thursdays**

Call Jane on 01403 750493 or visit the website on: [www.lgbbrass.co.uk](http://www.lgbbrass.co.uk)



### **The Star Group** - Life Drawing Classes.

10am - 1pm **Fridays**. Call 01825 872806 for details

### **Intrepid Theatre Centre** - Performing arts classes for children.

First Stage (4-7yrs) 09:45am-11am Centre Stage (8-11yrs)

11am-12pm. **Saturdays**.

For fees & booking ring 01273 476226 or visit [www.intrepidinspires.co.uk](http://www.intrepidinspires.co.uk)



## CINEMA:



### **New! Lewes Junior Film Club**

A film club supported by Lewes Film Club to introduce children to the art of filmmaking and film appreciation. Aimed at 6 – 12 year olds.

Parents/guardians may accompany children although all adults must be accompanied by children.

Times: 10:30am – 1pm **Sundays** (check website or brochure for dates)

For membership, advance tickets or further info call Carmen on 01273 483550.



and



Alternate fortnightly showings of classics and latest releases. Check out their latest programmes and **book tickets online** at:

[www.lewes-filmclub.org](http://www.lewes-filmclub.org) and [www.lewescinema.co.uk](http://www.lewescinema.co.uk)

