

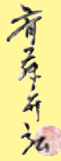
The Club Directory

A wide range of Clubs for all interests



POOLE AIKIDO CLUB

'Iwama Aikido, the defensive Martial Art'
Adults (from age 18) Studio 2
Tuesdays 8.00pm to 9.30pm
Steph Turner 01202 389823
(24 Hr Answerphone)
www.takemusu-iwama-aikido.org
Beginners welcome, just turn up to have a look and a chat



HELEN TROKE BADMINTON ACADEMY

Adults
Tuesdays 9.30am to 11.30am
Wednesdays 1.00pm to 2.00pm
Main Hall
Helen Troke 07904 993 208
All standards welcomed, coached by Helen Troke, Level 2



TANG SHOU TAO 'SHAOLIN KUNG FU'

Adults (From age 14 Years)
Saturdays 11.00am to 12.30pm
Thursdays 8.00pm to 9.00pm
Studio 2
Graham 01202 428825



BOURNEMOUTH KARATE ACADEMY

'Traditional karate, including padwork, grappling and effective self defence'
ADULTS (from age 15 Years)
Mondays & Wednesdays 6.30pm to 8.00pm - Studio 2
Fridays 7.00pm to 8.30pm - Studio 1
Ernie Molyneux 01202 517854 or 0790 995 6940
ernieegka@aol.com
www.bournemouthkarateacademy.co.uk
1st lesson FREE with no obligation.
Call in and watch a class or better still join in!



It's time to try a club

Get taught by qualified and experienced instructors with a vast knowledge of their specialist sports. Meet up with your mates and make new friends, great for your social life as well! Please call the club secretary for details.

SPORTS FORUM FOR THE DISABLED

'Dedicated to promoting and developing sporting activities for the disabled'
For more details contact:
Lynne - 246363 / 07889 970702
www.sportsforum.org.uk
Includes swimming, badminton, canoeing and fencing.



RINGWOOD & BOURNEMOUTH TRAMPOLINE & DMT CLUB

'Competitive GymMark club with large percentage of boys. High Level Coaches'
All Ages from 4 - 35 Years - Main Hall
Wednesdays 4.00pm to 5.30pm
Contact Rosie Bascombe 01425 474428
rosie@tdmt.co.uk For a free trial
www.rbtrampolineclub.co.uk
Competitive club with waiting list.



BABYFIT UK

'The UK's leading specialist in ante and post natal exercise classes' Ante natal suitable throughout pregnancy Post natal mum and baby from 6 weeks (10 weeks if c-section) up to 1 Year
Mondays 6.00pm to 7.00pm or 7.00pm to 8.00pm - Ante Natal - Terrace Room
Wednesdays 2.00pm to 3.00pm - Post Natal Mum and Baby - Studio 1
Debbie Howells 07779 029664 or 01202 299711 | dbabyfit@yahoo.co.uk
Flexible 6 week courses, run on continuous rolling programme. Booking Essential.



ESPADA FENCING CLUB

'Challenging, skilful, exhilarating and fun'
Adults and Juniors (from age 8)
Fridays 7.45pm to 10.00pm - Main Hall
Abbe 01202 301420
www.espadafencingclub.co.uk
Beginners courses available / wheelchair fencing



SHORINJI KEMPO CLUB

'Self Defence for all ages'
Adults and Juniors (from age 8)
Mondays 9.00pm to 10.30pm
Fridays 8.00pm to 9.30pm - Studio 2
Russell Jenkins 01202 518152
www.shorinji.co.uk
Beginners are always welcome



KICKBOXING

'Fun, safe workout at your own pace'
Adults and Juniors (from age 5)
Mondays and Fridays 6.00pm - Adults
Mondays and Wednesdays 5.00pm - Juniors aged 5-14 Years
Wednesdays 6.00pm - Ladies only
Wednesdays 6.00pm & Fridays 7.00pm - Mixed Martial Arts, Submission Wrestling - Main Hall
Nina 07773697580
www.phil-norman.co.uk
1st Month is FREE!



BOURNEMOUTH TAEKWONDO CLUB

'Martial Art, Olympic Sport, Self Defence. The Way and the Art of Foot and Hand Combat'
Adults (from age 14) and Juniors (from age 7) - Studio 1
Thursdays 7.00pm to 8.30pm - Juniors
Thursdays 8.30pm to 10.00pm - Adults
Saturdays 9.30am to 11.00am - Family class, all ages (from 7) and abilities
Darren Narraine 01202 773991 / 07789 107157
master@narraine.co.uk
www.dtkd.co.uk
1st lesson FREE. Pick up flyer from Littledown or phone Darren for a voucher. For more details contact Darren or just turn up.



SWIMMING MASTER CLASS

Monday, Wednesday & Friday 7.00 - 8.00am
Learn how to swim faster, swim new strokes, even butterfly or how to do tumble turns. If you need new motivation and a high quality training programme tailored to your needs then contact
Laurie Dormer ASA Coach
Tel: (01425) 475440/
Email: laurie.dormer@sky.com



SALSA DANCE SPORT

'Salsa classes from Beginners through to Advanced'
Adults Monday to Thursday evenings. Terrace Room
Fiona Wylie 01202 533385
fiona.gilmourwylie@yahoo.co.uk
Please call for further information



IYENGAR YOGA

(Intermediate Level)
Fridays 9.25am to 11.10am
Terrace Room
Mary Heath 01202 250441
mary@maryheathyoga.co.uk
To check availability please contact Mary in advance.



FIT LIVES

At Fit Lives we believe that a truly healthy lifestyle is not just about physical fitness but also about mental and spiritual well-being - mind, body and spirit! We run a variety of events including Badminton evenings, ladies lunches, and Seasonal Fun Events for Families. Visit www.fitlives.co.uk or email: beryl@fitlives.co.uk



Trampoline Courses

Saturday 9th Jan - 27th Mar (11 Weeks) 4.00 - 4.55pm **Brigitte £61.60**
No lessons 6th and 13th February (Major Events)

Trampoline Open Session

Thursday 10.35 - 11.25am **Katharine £4.70**
(Members FREE, term time only, 4 participants required for session to run)



Pay and Play

Badminton (55 mins) £9.00

Table Tennis (55 mins) £5.70

Book at Customer Service



Subscribe to the Littledown Centre e-newsletter

www.littledowncentre.co.uk

Forthcoming Events 2010

January
Sunday 17th
Ballroom & Latin Qualifier
8.00am - 8.00pm



Sunday 24th
Southern Heat Hip Hop Championships
10.00am - 8.00pm



Sunday 31st
Freestyle Disco Championships
8.00am - 8.00pm



February
Saturday 6th & Sunday 7th
National Baton Twirling Competition
8.00am - 8.00pm



Saturday 13th
MMA Fighting Challenge
6.00pm - 11.00pm



Sunday 14th
Ballroom & Latin Qualifier
8.00am - 8.00pm



Saturday 20th & Sunday 21st
Dorset County Age Groups Swimming Gala
8.00am - 8.00pm



Friday 26th
Rallye Sunseeker Scrutineering
8.00am - 8.00pm



Saturday 27th & Sunday 28th
Dorset County Age Groups Swimming Gala
11.00am - 8.00pm



March
Sunday 7th
Grandma's Attic Antique Fair
8.00am - 6.00pm

