

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 12noon
 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.



ESPADAFENCING 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@naraine.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



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.



ROSEMARY CONLEY DIET & FITNESS CLUB

Slim & Workout: Weigh in, talk and exercise to Latin rhythms with salsa and zumba moves
 Thursday 12.45 - 2.15pm
 Sandie Martin 01202 560057
 Email: sandie.martin@rosemaryconley.com
 Website: www.rosemaryconley.com
 Brand new class launches 16 Sept., exercise only also available.

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

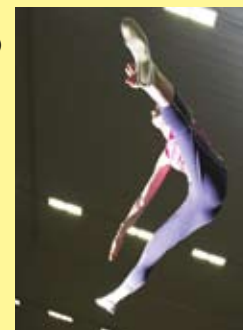


Trampoline Courses

Saturday 11th Sept - 18th Dec (13 Weeks)
 4.00 - 4.55pm Brigitte **£72.80**
 No lessons 30th October - Half Term and 6th November (Event)

Trampoline Open Session

Thursday 10.35 - 11.25am
 Kim **£4.80**
 (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



Forthcoming Events 2010

September

Sunday 5th
 Freestyle Disco Competition
 8.00am - 8.00pm



November

Saturday 6th
 Littledown Fireworks Display
 5.00pm - 10.00pm



Sunday 28th

Grandma's Attic Antiques Fair
 8.00am - 6.00pm



December

Saturday 18th & Sunday 19th
 Bournemouth Dolphins Open Meet
 11.00am - 8.00pm



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 www.littledowncentre.co.uk