



COMMUNITY NEWS

**WEST COAST ACADEMY
CHEERLEADING**

TRYOUTS

8TH JULY

@ 4:50PM-6:50PM

AGE 6-13

**PLEASE RING / EMAIL TO BOOK A
PLACE DUE TO LIMITED SPACES**

01209204224

INFO@WESTCOASTACADEMY.CO.UK



POSTER MAKER



'Have a Go Days'

A FREE and friendly activity for children with additional needs or disability and their siblings or friends, aged 6-17

Bodmin Leisure Centre
Lostwithiel Road,
Bodmin, PL31 1DE

Tues 3 August 10am-12pm
Tues 10 August 10am-12pm
Tues 17 August 10am-12pm

Cornwall College,
Trevenson Road, Pool,
TR15 3RD (Astro)

Tues 27 July 2-4pm
Tues 3 August 2-4pm
Tues 10 August 2-4pm
Tues 17 August 2-4pm
Tues 24 August 2-4pm



Booking is essential. For more information and to book contact Katie on 01736 751924 or email katie@disabilitycornwall.org.uk. Find us on Facebook by searching "Have a Go Days Cornwall".





Time to get fit!

Alongside fitness classes already running at the Hall, from Fleur of Zest for Life and Ruth Bennett's Physiotherapy Pilates, Zoe of Zest for Life returns from 5th July.

ZESTFORLIFEFITNESS
AT DEVORAN VILLAGE
HALL

Dancefit
Thursday 9-10am

Step
Friday 9-10am

£8



Men's Pilates
Wednesday 4-5pm

Pilates
Friday 10.30-11.30am

Booking essential
www.zestforlifefitness.com

*Summer
2021*



Daoist yoga is an integrated system of cultivation which helps to develop Health, Vitality and Poise in
Mind, Body, Breath and Spirit

We will practice a variety of gentle body and breathing exercises designed to create a sense of flow and ease in movement to prepare for the Tai Chi form

DEVORAN VILLAGE LOWER HALL

Class starting Thursday 22nd July 9.30-11.00am

£8.00 per class or block of 6 classes £42.00

Please bring your own mat

To BOOK: Phone or text Steve

07833 655400

Email: sharpontheedge@rocketmail.com

**The Core of Yoga lies in the Heart
The Heart of Pilates lies in the Core
All in One, One in All**

A class which takes the core from both and teaches with an open heart. If the core is balanced the heart can express movement through the body with effortless poise and grace. The strength of the legs is our foundation The core is the centre from where movement starts and returns. The heart gives expression to all our movement

DEVORAN VILLAGE LOWER HALL

Class starting Tuesday 20th July 6.30-8.00pm

£8.00 per class or block of 6 classes £42.00.

Please bring your own mat

To Book: Phone or text Steve

07833 655400

Email: sharpontheedge@rocketmail.com



SUMMER HOLIDAY COURSES

**GRASSROOTS
SUMMER
TOURNAMENTS
U7-U11**

Register now!

COMMUNITY SESSIONS

Saints Southwest deliver weekly football sessions Monday to Saturday for all children aged 2-12 years.
Sign up now!

**OPEN
FOOTBALL
DEVELOPMENT
TRIALS**

Register now!

**FOOTBALL &
MULTI SPORT
BIRTHDAY
PARTIES**

Enquire now!

ABOUT

All staff are fully qualified, licensed and have enhanced CRB/DBS checks completed.

Staff are regularly assessed and have to attend Continued Professional Development training 3 times per year.

**OFFICIAL
SAINTS
SOUTHWEST KIT
£35.00**

AFFILIATE PARTNER OF SOUTHAMPTON FOOTBALL CLUB



Click [here](#) to book!