

NEW PARK CENTRE ACTIVITIES 2018

Please contact groups directly (General enquiries New Park Office 01243 536840)

| Categories/Group Name | Room | Day | Time | Contact Name | Telephone | Website/Email |
|----------------------------------|---------------------------|-------------------------------------|--|--------------------------------|------------------------------|---|
| SPORTS/MARTIAL ARTS | | | | | | |
| KD Combat | Old Dojo | Monday Wednesday | 07:30 - 9:00 pm | Simon Staples | 07762 630594 | www.kdcombat.com kd.combat@live.co.uk |
| Chichester Ronin Judo Club | New Dojo | Monday Friday | 7:00 - 8:30 pm 6:00 - 10:00 pm | Ilona Guy | 07496 100499 | www.Chichesterjudoclub.co.uk ilona.guy@outlook.com |
| Chichester Karate Club | New Dojo | Wednesday | 7:00 - 10:00 pm | Alan Prior | 01243 672589 | www.chichester-karate.co.uk alanrprior@gmail.com |
| Aikido Circle Black Belt Academy | New Dojo | Tuesday Thursday | 7:00 - 8:00 pm 7:45 - 9:15 pm | Jake West | 07900 861858 | jake_legend_west@hotmail.com www.aikidocirclebba.com |
| Blue Dragon - Martial Arts | New Dojo | Monday and Thursday | 5:30 - 6:30 pm | Matt Meecham | 07900 228890 | matt-meechan@hotmail.co.uk |
| Brazilian Capoeira Topazio | New Dojo | Monday Tuesday | 5:00 - 6:00 pm 8:00 - 9:00 pm | Sarah Elsom | 07557 145563 | sarahlarubia1@yahoo.co.uk |
| Krav Maga Self Defence | Old Dojo | Monday Wednesday Friday | 6:00 - 7:30 pm 6:00 - 7:30 pm 6:00 - 7:00 pm | John Aldcroft | 07961 090218 | johnaldcroft@icloud.com www.krav-maga.org.uk |
| Sussex Tai Chi | New Dojo | Thursday | 6:30 - 7:30 pm | Sam Moore | 07748 113857 | info@sussextaichi.co.uk www.sussextaichi.co.uk |
| Golden Flower Tai Chi Club | Jubilee Hall | Tuesday Wednesday | 10:00 - 12:15 am 6:15 - 7:15 pm | Heike Brewster | 01243 778531 | heikebrewster@outlook.com www.goldenflowertaiichischool.org.uk |
| Chichester Aikido Club | New Dojo | Saturday | 8:00 - 9:00 am | Scott Luckham | 07847 443056 | scottluckham@gmail.com |
| Body Confident Bootcamp | New Dojo ' Old Dojo | Mon / Wed / Fri Mon / Fri Wed | 06:00 - 07:00 am 10:30 - 11:30 am 10:30 - 11:30 am | Steff Woodman Shona Bradley | 07590 021705 07826 854352 | steff.woodman@hotmail.com |
| Goryukai Aikido Yoshinkan | Old Dojo | Tuesday | 8:00 - 10:00 pm | Malcolm Crawford | 07759 311008 | goryukai.aikido@virgin.net www.yoshinkan-sussex.co.uk |

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| ARTS/CREATIVE | | | | | | |
| Helens Art Class | Jubilee Hall | Thursday | 10:00 - 12:30 am | Helen Hiles | 01243 920054 | helensartclass@gmail.com |
| Jane Chitty - Art Class | Jubilee Hall | Friday | 10:00 - 12:30 am | Jane Chitty | 07833 737997 01243 776767 | jane.chitty1@gmail.com |
| Open Mic Poetry | Jubilee Hall | Last Wednesday each month | 7:30 - 9:30 pm | Barry Smith | 07813 244731 | barry.t.smith@5miles.net |
| Post Script Adult Drama | Jubilee Hall | Thursday | 1:15pm - 3:15 pm | Kim Hope | 07733 184437 | kimkhope@btinternet.com |
| WEA Magic of Cinema | Studio | Thursday | 10:30 - 12:30 am | Liz Walker | 01243 785710 | lizwalker12@talktalk.net |
| Senior Film Discussion | Studio | Last Wednesday each month | 10:30 am - 12:00 pm | Brenda Gifford | 01243 785 441 | brendagifford61@gmail.com |
| WEA Art Class | Studio | Monday | 10:00am -12:00pm | Liz Walker | 01243 697517 | <a href="mailto:Liz Walker <lizwalker12@talktalk.net>">Liz Walker <lizwalker12@talktalk.net> |
| INTERESTS AND HOBBIES | | | | | | |
| Chichester War Games Society | Studio | Tuesday | 7:00 - 10:00 pm | Darrel Mason | 02392 602774 07748 221657 | ian1579@btinternet.com |
| Local History | Auditorium | 2nd Wednesday each month | 7:00 - 9:30 pm | Andrew Berriman | 01243 528845 | Andrew.berriman@gmail.com |
| Art History | Studio | Wednesday | 10:00 am - 12:00 pm | Bernard Allen | 01730 813374 | bernard.allan@tiscali.co.uk |
| Archaeology | Auditorium | 4th Wednesday each month | 7:30 - 10:00 pm | CDAS Chairman | 01243 373587 | chairman@cdas.info http://www.cdas.info |
| Monthly Book Club | Studio | Last Thursday | 7:30 - 8:30 pm | Sarah Nasar | 0771 2229995 | sarahnasar@hotmail.com |
| Chichester Cinema At New Park | Auditorium | 4 Films Daily | 12:00 - 11:30pm | Henry Betrane | 01243 786650 | info@chichestercinema.org chichestercinema.org |

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| DANCE AND MUSIC | | | | | | |
| Circle Dancing | Jubilee Hall | Wednesday | 10:00 - 12:00 pm | Claire Wilton | 01243 788833 07952 054239 | wiltonclaire@yahoo.co.uk www.circledancegrapevine.co.uk |
| Top C Choir | Studio | Wednesday | 1:30 - 2:30 pm | Carol Gilbert | 07427 616557 | kazgilbert@aol.com www.cancerwise.org.uk |
| Music Appreciation | Studio | Monday | 1:30 pm - 3:30 PM | Angela Zanders | 07582 537123 023 9259 8541 | a.zanders@hotmail.co.uk |
| Adele's School of Dance - Fitness | Old Dojo | Tuesday's | 6:00 - 7:00 pm | Adele Smith | 07894 152321 | adele-smith88@hotmail.co.uk |
| Music and Memories | Old Dojo | Last Friday each month | 2:00 - 4:00 pm | Simon McGee | 07792 011449 | simon.mcgee@homeinstead.co.uk |
| Adult Contemporary Dance | Old Dojo | Wednesday | 2:15 - 3:30 pm | Sarah Moore | 07708 792928 | sarah@sarahmooredance.co.uk |
| Salsa | Jubilee Hall | Monday | 7:15 - 8:15 pm | Kim Gray | 07527 858856 | salsachichester@gmail.com |
| Chichester Lindy Hop | Jubilee Hall | Wednesday;- -1st / 2nd / 3rd | 8:00 - 10:00 pm | Ellie Garwood Mark Whale | 07793 555430 07917 198220 | chichesterLH@gmail.com www.chichesterlindyhoppers.co.uk |
| Swing Dance (Beginners) | Jubilee Hall | Saturday Sep 1st and 15th Oct 6th and 20th | 2:00 - 5:00 pm 2:00 - 5:00 pm | Ellie Garwood Mark Whale | 07793 555430 07917 198220 | chichesterLH@gmail.com www.chichesterlindyhoppers.co.uk |
| Zumba Dance | Jubilee Hall | Monday | 5:15 - 6:00 | Laura Hughes | 07469 724244 | laurasusanhughes@hotmail.com |
| CHILDREN | | | | | | |
| Bibble & Bubble Baby Yoga | Studio | Friday | 9:45 - 11:15 | Sue Tout | 07540 944837 | sue.tout@hotmail.co.uk |
| Chichester Junior Karate | New Dojo | Wednesday | 7:00 - 8:00 pm | Alan Prior | 01243 672589 | www.chichester-karate.co.uk alanrprior@gmail.com |
| Chichester Aikido Club (5-17) | New Dojo | Saturday | 9:15 - 10:15 am | Scott Luckham | 07847 443056 | bscott@yahoo.co.uk |
| Children's Brazilian Capoeira Topazio | Old Dojo | Monday | 5:00-6:00 pm | Sarah Elsom | 07557 145563 | sarahlarubia1@yahoo.co.uk |
| Muchachos After School Club | Studio | Monday Tuesday | 4:00 - 5:00 pm 1:30 - 2:30 pm | Colette Reddington | 07412 610177 | info@mariposalanguages.co.uk |
| Little Tots Workshop | Jubilee Hall | Monday | 1:50 & 2:20 pm | Sarah Hellyer | 07808 290435 | sarahhellyer1@yahoo.co.uk |

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| Krav Maga for Kids | Old Dojo | Wednesday | 5:00 - 6:00 pm | John Aldcroft | 07961 090218 | johnaldcroft@icloud.com www.krav-maga.org.uk |
| Adele's Ballet School | Jubilee Hall | Tuesday | 3:30 - 5:00 pm | Adele Smith | 07894 152321 | adele-smith88@hotmail.co.uk |
| Chichester Ronin Juniors Judo Club | New Dojo | Monday Friday | 7:00 - 8:30 pm 6:00 - 10:00 pm | Ilona Guy | 07496 100499 | www. Chichesterjudoclub.co.uk ilona.guy@outlook.com |

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| WELLBEING | | | | | | |
| Chi Kung Exercise Classes | Studio Old Dojo | Monday Friday | 6:30 - 7:30 pm 9:30 - 10:30 am | Lizzie Douglas | 07949 885582 | info@lizziedouglas.com |
| Slimming World | Jubilee Hall | Saturday | 09:30 - 11:00 am | Sharon Bowell | 07900 645448 | sharon.sjb@icloud.com |
| Jessica Hill Pilates | New Dojo | Wednesday | 5:30 - 6:30 PM | Jessica Hill | 07532 057 403 | jessica@sport-therapy.co.uk |
| Hatha Yoga | Old Dojo | Monday | 10:00 - 11:15 am | Francesca Tambling | 01243 792420 | francescatambling@live.co.uk www.francescatamblingyoga.moonfruit.com |
| Focus on Fitness | New Dojo | Monday Tuesday Thursday | 9:30 - 10:30 am 5:45 - 6:45 pm 2:00 - 3:00 pm | Gill Avery | 01243 555430 | g.avery@talktalk.net |
| Kadampa Meditation Classes | Jubilee Hall | Friday | 6:15 - 7:45 pm | Ben Galliger Allison Evans | 023 8048 2696 | ad.kmcsouthampton@gmail.com |
| WEA Special Seated Yoga | Studio | Thursday | 1:30 - 3:00 pm | Lucy Younger | 01243 572245 | luyounger@talktalk.net |
| Lucy's Yoga Class | New Dojo | Wednesday | 10:00 - 11:30 am | Lucy Younger | 01243 572245 | luyounger@talktalk.net |
| Pilates - Gently Fit | New Dojo | Tuesday | 1:15 - 2:15 pm | Joanna Bryson | 01243 267020 07966 195737 | gentlyfit@sky.com http://www.gentlyfit.com |
| FitFig Pilates | Jubilee Hall New Dojo | Wednesday Thursday | 11:45 am - 12:45 pm 7:00 pm - 8:00 pm | Claire Pattison | 07791 340226 | claire@fitfig.co.uk |
| Paracise | Jubilee Hall | Wednesday | 1:00 - 1:45 pm | Heidi Dunster | 07826 924923 | heidi@healthdriven.co.uk |
| Steady & Strong | Jubilee Hall | Wednesday | 2:00 - 2:50 pm 3:00 - 4:00 pm | Heidi Dunster | 07826 924923 | heidi@healthdriven.co.uk |
| Sussex Tai Chi | New Dojo | Thursday | 6:30 - 7:30 pm | Sam Moore | 07748 113857 | info@sussextaichi.co.uk www.sussextaichi.co.uk |
| Women's Only Boxing | Old Dojo | Thursday | 6:00 - 7:00 pm | Gemma Ridley | 07940 367856 | ridleygem@hotmail.com |
| Thursday Yoga | New Dojo | Thursday | 9:45 - 11:15 am | Carla Williams | 023 9248 0746 | carlawilliams765@gmail.com |
| Chichester Pilates | Jubilee Hall New Dojo Jubilee Hall Jubilee Hall Jubilee Hall | Monday Tuesday Tuesday Thursday Friday | 9:45 am and 6:15 pm 9:45 am and 11:00 am 6.15 pm 11.30 am 1.30 pm | Andrea Geall | 07747 806181 | andrea@chichesterpilates.com |
| Staying Active (Over 50's) | Old Dojo | Tuesday | 10:45 - 11:45 am | Kevin Maskell | 07980 000663 | kmaskell@tiscali.co.uk |
| SGI Buddhists | Studio | Friday (monthly) | 7.00 - 9.00 pm | Nic Saunders | 01243 539543 | nicsaunders@icloud.com |