

NEW PARK CENTRE ACTIVITIES

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 Friday	07:30 - 9:00 pm ' 7:00 - 8:30 am	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 alanprior@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 / Thursday	5:30 - 6:30 pm	Matt Meecham	07900 228890	matt-meechan@hotmail.co.uk
Brazilian Capoeira Topazio	New Dojo	Tuesday	8:00 - 9:00 pm	Sarah Elsom	07557 145563	sarahlarubia1@yahoo.co.uk
Krav Maga Self Defence	Old Dojo	Monday	6:00 - 7:30 pm	John Aldcroft	07961 090218	johndalcraft@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
Silver Sabres	Old Dojo	Friday	6:00 - 7:00 pm	John Keeley	07817 392320	sussex@silver-sabres.com
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.goldenflowertaichischool.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 ' Jubilee Hall	Mon / Wed / Fri Mon / Wed / Fri Mon	06:00 - 07:00 am 10:30 - 11:30 am 7:15 - 8:15 pm	Steff Woodman Shona Bradley	07590 021705 07826 854352	bcbchichester@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	1:00pm - 3:00 pm	Kim Hope	07733 184437	kimkhope@btinternet.com
WEA Magic of Cinema	Studio	Thursday	10:30 - 12:30 am	Sarah Winter	01243 958826	chichester.branch@wea.ac.uk
Senior Film Discussion	Studio	Last Wednesday each month	10:30 am - 12:00 pm	Sandy Foster		sandy@about-architects.com
WEA Art Class	Studio	Monday	10:00am -12:00pm	Sarah Winter	01243 958826	chichester.branch@wea.ac.uk
CHILDREN						
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
HartBeeps	Old Dojo	Monday	12:00 - 3:30 pm	Sabrina Nemerin-Noel		
Children's Brazilian Capoeira Topazio	Old Dojo	Monday	5:00-6:00 pm	Sarah Elsom	07557 145563	sahlarubia1@yahoo.co.uk
Muchachos After School Club	Studio	Monday	4:00 - 5:00 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
Adele's Dance 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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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 Singing Group	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 Dance & Fitness	Old Dojo	Tuesdays	6:00 - 7:00 pm	Adele Smith	07894 152321	adele-smith88@hotmail.co.uk
Chichester Loves Salsa	Jubilee Hall	Thursdays	8:00 - 10:30	Jimmy Lobe	07545 631646	jimmylobe@gmail.com
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
Adult Ballet & Flamenco	Jubilee Hall & Studio	Thursday	3:15 - 6:45 pm 6:45 - 7:30 pm	Helena Bengé	07963 959262	helenadot@aol.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
Big Note Choir	Studio	Thursday	8:00 - 10:00 pm	Mark Bradbury	07711 006922	bignoteschoir@littlenotes.co.uk
INTERESTS AND HOBBIES						
Local History	Auditorium	2nd Wednesday each month	7:00 - 9:30 pm	Andrew Berriman	01243 528845	Andrew.berriman@gmail.com
U3A Current Affairs	Studio	First Tuesday each month	11:00 am - 1:00 pm	David Davies	07765 391974	daviesclarke@btinternet.com
RLF Reading Round	Studio	Wednesday	5:00 - 6:30 pm	Isabel Ashdown	07766 455223	isabel.ashdown@hotmail.co.uk
WEA Magic of Cinema	Studio	Thursday	10:30 - 12:30 am	Sarah Winter	01243 958826	chichester.branch@wea.ac.uk
Senior Film Discussion	Studio	Last Wednesday each month	10:30 am - 12:00 pm	Sandy Foster		sandy@about-architects.com
Art History	Studio	Wednesday	10:00 am - 12:00 pm	Bernard Allen	01730 813374	bernard.allan@tiscali.co.uk
The Other America	Studio	Thursday	2:00 - 4:00	Richard Cupidi	07960 161424	richard.cupidi@gmail.com
Chichester Archaeology Society	Auditorium	4th Wednesday each month	7:30 - 10:00 pm	CDAS Chairman	01243 373587	chairman@cdas.info http://www.cdas.info
Chichester Cinema At New Park	Auditorium	4 Films Daily	12:00 - 11:30pm	Henry Beltrane	01243 786650	info@chichestercinema.org chichestercinema.org

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WELLBEING						
Chi Kung Exercise Classes	New Dojo	Friday	9:30 - 10:30 am	Lizzie Douglas	07949 885582	info@lizziedouglas.com
Slimming World	Jubilee Hall	Saturday	09:30 - 11:00 am	Vicki Porter	0780 533 5979	vickiporter2223@gmail.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	Allison Evans	023 8048 2696	ad.kmcsouthampton@gmail.com
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 - 3:00 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
Wellness Room	Studio	Last Friday each month	12:00 - 2:00 pm	Jaycee Hudson	07895 305145	reiki.room@outlook.com
Women's Only Boxing	Old Dojo	Thursday Saturdays	6:00 - 7:00 pm 9:30 - 10:30 am	Gemma Ridley	07940 367856	ridleygem@hotmail.com
Thursday Yoga	New Dojo	Thursday	10:00 - 11:00 am	Carla Williams	07969 769161	carlawilliams765@gmail.com
Chichester Pilates	Jubilee Hall	Monday	9:45 am and 6:15 pm	Andrea Geall	07747 806181	andrea@chichesterpilates.com
	New Dojo	Tuesday	9:45 am and 11:00 am			
	Jubilee Hall	Tuesday	6.15 pm			
	Jubilee Hall	Thursday	11.30 am			
	Jubilee Hall	Friday	1.30 pm			
Staying Active (Over 50's)	New Dojo	Tuesday	12:00 - 1:00 pm	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

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DROP IN and ADVICE SERVICES AT NEW PARK CENTRE						
WEST SUSSEX CARER SUPPORT- help and support for carers of all ages.						
PARENT CARERS - monthly on 1st Thursday of the month in the dressing room between 10.15 - 12.15. Contact 0300 028 8888 E mail: info@carerssupport.org.uk						
LD/ASC (Disability) - monthly on 1st Tuesday of the month in the dressing room between 10.00 - 12.00. Contact 0300 028 8888 E mail: info@carerssupport.org.uk						
MY NETWORK / OPTIONS - Mondays (10 am - 4 pm), Wednesdays (9 am - 4 pm) in dressing room and Saturdays (10 am - 2 pm) in the Dressing Room.						
Drop in, support, advice and community based activities for people with a learning disability. Contact Sally 07795 642271 or E mail: mynetwork@optionsld.co.uk						
GAMBLERS ANONYMOUS - Weekly on Wednesday's in Studio between 7.30 - 9.30 pm.						
Group help, support and advice for individuals and their family/friends with a gambling problem.						
WINSTONS WISH - Family Outreach every other Tuesday, offering practical support and guidance to bereaved children, their families and professionals. Contact 01403 211030						

All our rooms and halls are available for hire to groups offering classes / activities, to businesses and anyone wanting to celebrate a special occasion!
T: 01243 536840 | E: operations@newparkcentre.org.uk