



Malling Community Centre June Programme

Please be aware that some of the classes do not run through the term breaks. Contact information can be found in the listings.

Malling Community Centre
Spences Lane, Lewes, BN7 2HQ
mallingscentre@lewes-tc.gov.uk
www.lewes-tc.gov.uk
Tel: 01273 407537

Monday

Yellow Brick Lab offering structured workshops for home educated children aged 5+. Focusing on introducing children to basic engineering concepts and the use of computer programming (coding) to bring robotic models to life, with LEGO Education, curriculum based. 9.45 -11.15am sessions run every Monday (school termtime only). Contact George Gotsinas – george@yellowbricklab.co.uk

Over 60s Monday Club friendly social club. Held each Monday 1pm to 3pm, except Bank Holidays. Contact Sylvia Johnson on 01273 474024 for more information.

Core Pilates classes with Izzy Elliott.
10-11am for all levels.
11.15am for over 60s.
For details contact 07426 891222 or email core34pilates@gmail.com

Beavers & Cub Scouts www.4thlewes.org.uk
Offering lots of fun and activities for children every Monday during termtime sessions are between 4.45-8pm, main hall. Please contact Sarah on bradsar12@icloud.com or tel. 07591993051 for more information.

Diverse Dance All the fun of Latin, Ballroom & Swing.. without partners! Learn many styles such as cha cha cha, jive, salsa, bachata, rumba, waltz, Charleston, west & east coast & many more in this incredibly modern twist on Latin in one evening! A perfect evening for those who just love to dance!
7 – 8.30pm weekly. contact ayse@diversedanceworks.com or call 07986 810233
www.diversedanceworks.com

Tuesday

Pilates & Mindful Movement with Fiona Whitfield. To help develop strength, flexibility and mobility in a holistic way.
11am to 12pm
For more info please contact Fiona on fiona@thelifereboot.co.uk

SLH Dance with Sophie Huntley
Ballet, Modern, tap, jazz, lyrical & musical theatre classes for children & young people in Lewes. A wide range of classes available for children aged 2- 18 yrs old. A friendly, nurturing & professional dance school who have a passion for inspiring pupils to be the best they can be whilst developing a love for dance. Contact slhdanceacademy@hotmail.com

Show Dance With Gemma Coe. **Tues 14th June.** This monthly class is a celebration of Musicals and Musical Movies. Each month we'll dance to a song from a well-loved musical. The class will include a warm up, a couple of simple step sequences and then a fun, exciting routine to finish. Monthly on Tuesday nights 7.40-8:40pm. Email gemma@hotmail.co.uk for more info and to book.

Wednesday

Zumba with Gemma Coe 9.15-10.15am
Zumba is a Latin inspired dance fitness workout and every class feels like a party! You can't help but enjoy Zumba, the music and choreography give you such a buzz. It really is the most easy and effective class there is to burn calories and have fun at the same time. It's exercise in disguise. Find out what all the hype is about and try your first class. gemma@hotmail.co.uk

Yoga with Anita

Vajrasati Yoga with Anita Hall, suitable for all ages and levels of experience. 10-11am Wednesdays. Please bring your own yoga mat.
For more details see: www.yogawithanita.co.uk

Breathe Pilates with Marina Winsor
Mindful Movement. Pilates Class suitable for all adults, Wednesdays 5.15-6.15pm. for more details: breathepilates.marina@gmail.com or tel.07429 979027

Dog Training run by Lewes and District

Dog Obedience training classes & pet courses. Main Hall. Pre-booking necessary – call 01273 686931 or email Mrs. Jean Costello - lewesdts@btinternet.com for more information.

Thursday

Black Powder Morris Practice Sessions 7-9pm
– Border Morris with attitude
Contact tel: 07774 589461 for more information

Lewes Drama Collective Termtime sessions for age 5 and up. 6.30-8.15pm to learn about the world of performing arts. <https://dramacollective.com>
lewesdramacollective@gmail.com

Friday

Zumba with Gemma Coe 9.30-10.30am

Zumba is a Latin inspired dance fitness workout and every class feels like a party! You can't help but enjoy Zumba, the music and choreography give you such a buzz. It really is the most easy and effective class there is to burn calories and have fun at the same time. It's exercise in disguise. Find out what all the hype is about and try your first class. Booking required. gemcoe@hotmail.co.uk

BABY & ME – socialise with your baby!

Supportive group for parents/carers and babies

0-12months. Talk to trained volunteers in a nurturing environment. Sensory play, messy play, songs, stories and support. 10am to 11am. For more info and to book 01273 335100 ehcommunityleweshavens@eastsussex.gov.uk

Pilates & Mindful Movement with Fiona Whitfield. To help develop strength, flexibility and mobility in a holistic way.

11am to 12pm

For more info please contact Fiona on fiona@thelifereboot.co.uk

Malling Short Mat Bowls New Members will

be welcomed! 1-3pm. We are a small friendly short mat bowls club established in 1998 and we welcome New members. We have a selection of bowls available for you to try and the first week is free plus tea/coffee and biscuits. We occasionally have matches with other local clubs which are most enjoyable. SO COME ALONG AND HAVE A GO OR CONTACT OUR SECRETARY DAVE GANDER ON 01273 475566

Saturday

SLH DANCE Ballet, Modern, tap, jazz, lyrical & musical

theatre classes for children & young people in Lewes. A wide range of classes available for children aged 2- 18 yrs old. A friendly, nurturing & professional dance school who have a passion for inspiring pupils to be the best they can be whilst developing a love for dance.

Contact slhdanceacademy@hotmail.com

Sunday

Judo 6-8pm training for all ages 8yrs plus (Children from 5-

7 yrs subject to coaching team approval). Club established for 31 years.

New members welcome. Contact lewesjudo@gmail.com

ONE OFF EVENTS

18th June

All Day Yoga workshop for adults

Join us for our second in-person IYS Yoga workshop this year in historic Lewes, East Sussex.

Our guest teacher for this summer workshop will be Kirsten Agar Ward, Senior Iyengar Yoga teacher now living in North Yorkshire. Kirsten endeavours to share the teachings of BKS Iyengar and his family. Her aim is to teach the deeper meaning of yoga. She is also interested in Indian philosophy and mantra. Kirsten has studied at the Ramamani Iyengar Memorial Yoga Institute in Pune, India, numerous times. Kirsten's professional background is in psychology; she gained her honours degree in Experimental Psychology from Oxford University in 1987. For more details or to book, please visit:-

www.iyengaryogasussex.org.uk/events

Our one-off events are advance bookings only. Due to limited capacity please book early to avoid disappointment.

Want to hire Malling Community Centre?

Get in touch.

We have three halls to hire at the Centre for both regular hire and one-off events.

Email us on

mallingscentre@lewes-tc.gov.uk

or call 01273 407537

If you would like to receive information regarding what's on at MCC please request to join our mailing list by emailing

mallingscentre@lewes-tc.gov.uk