



The All Saints Community, Arts and Youth Centre

July Programme

The All Saints Centre
Friars Walk, Lewes,
East Sussex, BN7 2LE
Tel: 01273 486391
asclewes@lewes-tc.gov.uk
www.lewes-tc.gov.uk

Monday

Pilates with Hannah Ellicock 9.30 - 10.30am

Registered Osteopath. Main Hall. £10 per class. Payable half termly. For more info call Hannah on 07830190503 or www.lewesfamilyosteopath.co.uk
Termtime only.

BounceBack Cardiac Exercise Class, 3.00-4.00pm.

A gentle fitness class, suitable for all, including those recovering from Cardiac/Cancer/ Pulmonary events Come along and see how we can help you improve your fitness.
Contact Anita on 07852986914 or email anitaasghar@msn.com

Dancing in the dark 8.00pm-8:45pm

A chance for people who like dancing but can't remember the last time they had a good boogie. Different soundtrack each week. Mixed music, house, hip hop, funk, soul, reggae, break beat, drum and bass, pop. Aged 18+. Hosted by Rick.
Tickets £4 through <https://www.eventbrite.co.uk/e/dancing-in-the-dark-tickets-333433296967>

Circus Pearls 3.45pm to 6.15pm

Trapeze, aerial silks and rope classes for 7s and over.
Classes between Small Hall. All our teachers are CRB checked & insured. For more information circuspearls@gmail.com

Tuesday

Adult Ballet Classes 09.30am – 10.30am

No previous knowledge of ballet needed. A small friendly class designed for all ages and abilities. £8 per class, term only.
Main Hall. For more info & to book contact Claire Lyons AISTD on 07773 194040 or claire.lyons@sky.com

Creative Movement classes 10.00 - 11.00am

Expressive body, mind & movement class. Main Hall. Come and experience the joy of movement and peace in stillness. £80/8 weeks. For details contact Lauren on 07791 339045 or email laurenreddance@gmail.com

Medieval Sword fighting 7.00pm-8.30pm.

"Princes and Lords learn to survive with this art, in earnest and in play. But if you are fearful, then you should not learn to fence. Because a despondent heart will always be defeated, regardless of all skill." Sigmund Ringeck 1389.
Come and practice medieval sword fighting. Small Hall. Contact Neal at nealmatheson2@gmail.com for more information and to book.

Yoga for the over 50's 12.00- 1:15pm

with Sabine. Small hall.
You will be introduced to postures, breath work, sound and short meditative practices and within each of these tools you will be encouraged to find the right level of engagement for yourself. We will work towards releasing tension and stress, improving flexibility and building up stamina.
Individual support is offered to each participant so that particular health conditions can be accommodated and hopefully improved.
To join please contact Sabine on sabinedahn61@gmail.com

Wednesday

Pilates with Hannah Ellicock 9.15am - 10.15am

Registered Osteopath. A Pilates class to help you strengthen, tone and refine your core with an emphasis on precision and control.
Main Hall. £10 per class. Payable half termly. For more info call Hannah on 07830190503 or www.lewesfamilyosteopath.co.uk

Toy Library Loads of toys to choose from for play & for hire!

Stay and play or just pop in and borrow. Refreshments provided. 9.30am to 11.30am Small Hall. £5 for a year membership. Playgroup £2 drop in per family. For more info contact the All Saints Centre directly - asclewes@lewes-tc.gov.uk

Turning Pointe School 3.30pm to 7.15pm Both

Halls. Dance, Ballet & Tap for ages 3 to adult. Contact Julia Canneaux for details times and prices
www.turningpointedanceschool.co.uk

Thursday

Pilates 9.30am - 10.30am with Hannah Ellicock Registered

Osteopath. Main Hall. £10 per class. Payable half termly. For more info call Hannah on 07830190503 or www.lewesfamilyosteopath.co.uk

Mindful Dance 11.15am - 12.45pm with Sophia

Campeau-Ferman Main hall sliding cost scale £8,£10, £12.
Connect deeper with your own physical body & find ways to feel free. Booking essential contact Sophia on messenger or email sophiacampeau@me.com

Iyengar Yoga 1.30pm - 3pm with Sallie Adults, all

levels. Main Hall. £10 per class drop in or reduced rates for block booking. For more information or to book your place please email sallie.sullivan8@btinternet.com

Windmill Young Actors 3.45pm - 6.15pm

A one-hour drama workshop for infant actors aged 5 to 7 years. Our young actors learn drama skills as part of a team in a nurturing and inspiring environment with the guidance of experienced teachers who are also industry professionals.. Main Hall. First session is a FREE trial. For more information contact Denise on 07961986245 or lewes@windmillyoungactors.com
www.windmillyoungactors.com

Circus Pearls 3.45pm to 6.30pm

Trapeze, aerial silks and rope classes for 7s and over.. Small Hall. All our teachers are CRB checked & insured. For more information email circuspearls@gmail.com

Lewes Glynde Beddingham Brass

8pm - 10pm
Full band. Experienced players welcome along. More details email Jane Stewart on secretary@lgbbrass.co.uk

Friday

Playgroup 10.00am - 11.30am Main Hall.

Informal drop-in for parents & tots for play and for conversation! Lots of toys, activities & refreshments, termtime only. £2 per family.

Email: allsaintsplaygrouplewes@gmail.com

Circus Pearls 3.45pm - 6.15pm

Aerial lessons on trapeze, rope & silks!

All levels. Great for fitness & fun! Different classes from. Small Hall
For more information email circuspearls@gmail.com

ONE OFF EVENTS

Sunday 3rd July 4.00pm

Kaleidoscope's Year 7 Drama group present

'The Jungle Book'

a spectacular musical performance, suitable for all the family – age 4 upwards. Pay what you think. (All funds will be used for future shows by the young people of Kaleidoscope). For more information or to speak to our team text 07963 478 393

Friday 22nd July

Windmill Young Actors – Summer Show

Windmill Young Actors are proud to present our end of year Summer Shows in which the infant actors aged five to eight years perform *The Selfish Giant* inspired by Oscar Wilde's beautiful children's story. The junior actors aged eight to twelve years, perform *What the Dickens!* – the actors have devised their own scenes as well as performing pieces inspired by the characters and stories of Charles Dickens and the writing of Henry Mayhew. The senior actors aged twelve to sixteen years present *On The Edge*, a darkly comic satire on the state of the nation devised and performed by the group and incorporating their many talents. Friends and parents can see all of the actors work on the same evening and we do encourage all of our actors to support each other's work as well as welcoming any potential new actors to come and see our work and enjoy the evening.

Full ticket price **£10**

Infant show only and concession/under 12s **£6**

Doors open 6.00pm, Infant show start 6.15pm, (Interval 6.45 to 7.00pm) Junior show start 7.00pm, Senior show start 8.30pm

Evening ends approx. 9.15pm

Tickets available on the night of the performance only.

To get our monthly guide to what is taking place at the All Saints please e-mail us on the address below.

The All Saints Centre cannot take responsibility for any programme changes. All events are the responsibility of the individual organisers. For tickets and more information please see individual listings. The Centre is open 7 days, but hours vary with the programme of events. Please get in touch to arrange a time if you wish to view the space.

The All Saints Centre
Friars Walk, Lewes,
East Sussex, BN7 2LE
Tel: 01273 486391
asclewes@lewes-tc.gov.uk
www.lewes-tc.gov.uk