

WHAT'S ON AT ALL SAINTS?

REGULAR GROUPS

MONDAY

Main Hall:

**Pilates w/ Hannah Ellicock
9:30 to 10:30**

Registered Osteopath. Help strengthen, tone, and refine your core.

t: 07830190503

e: hannahellicock@gmail.com

Term time only. £12 per class.

Bounceback

15:00 to 16:00

We offer phase four cardiac rehabilitation classes for those with any heart condition.

e: bouncebackcardiacrehab@gmail.com

Turning Pointe Dance

15:00 to 19:15

RAD vocational Ballet and Pointe Work classes.

w: turningpointdanceschool.co.uk

Term time only.

Dancing in the Dark

20:00 to 21:00

Lights out, Boogie on! Adults. Mixed music.

£7 on the door or eventbrite.co.uk

Small Hall:

Toy Library

9:30 to 11:30

FREE playgroup with refreshments and snacks. To borrow toys, membership is £5 annually.

w: [facebook.com/thelewestoylibrary](https://www.facebook.com/thelewestoylibrary)

Term time only.

Quiet Writing

12:00 to 13:45

Mindful Writing & Poetry Group. No writing experience needed.

Drop-in £5. Second and fourth

Thursday every month.

Turning Pointe Dance

15:45 to 20:00

Creative Dance (ages three to five) and tap classes including Teenage Beginners Tap and Adult Beginners Tap.

w: turningpointdanceschool.co.uk

Term time only.

TUESDAY

Main Hall:

Creative Movement

10:00 to 11:00

Expressive body, mind and movement class.

£80 for eight weeks.

t: 07791339045

e: laurenreddance@gmail.com

Small Hall:

Vajrasati Yoga with Dave

17.30 to 18.30

Yoga for all abilities with an emphasis on playful exploration, embodiment & compassion.

e: doyogadave@gmail.com

t: 07905 438195

WEDNESDAY

Main Hall:

Pilates w/ Hannah Ellicock

9:30 to 10:30

See Monday Listing.

Turning Pointe Dance

16:30 to 19:00

RAD Ballet classes, Teenage Beginner Ballet and a Stretch and Strengthening Flexibility class for dancers.

Small Hall:

Turning Pointe Dance

16:30 to 20:45

ISTD graded Tap classes for children and adults.

w: turningpointdanceschool.co.uk

Term time only.

THURSDAY

Main Hall:

Pilates w/ Hannah Ellicock

9:30 to 10:30

Registered Osteopath. Help strengthen, tone, and refine your core.

t: 07830190503

e: hannahellicock@gmail.com

Term time only. £12 per class.

For Love, For Freedom

11:00 to 12:00

Free-spirited improvisational dance group.

£10 per session. Term Time only.

Third Space Youth Theatre

5 to 8s - 15:45 to 16:45

9 to 12s - 17:00 to 18:30

e: info@thirdspacetheatre.co.uk

w: thirdspacetheatre.co.uk

Term time only.

Lewes, Glynde and

Beddingham Brass

20:00 to 22:00

Full Band. Experienced players welcome along.

e: secretary@lgbbass.co.uk

Term time only.

Small Hall:

Quiet Writing

12:00 to 13:45

Mindful Writing & Poetry Group, with an emphasis on nature and celebrating the senses. No writing experience needed.

Drop-in £5. Second and fourth

Thursday every month.

Woodcraft Folk

16.15 to 18:00

An eco focused youth movement for children and young people aged 6-16yrs.

We help young people to understand important issues about the world.

e: lewesdistrict@woodcraft.org.uk

Brass Sparks

19:00 to 20:00

For young people aged seven to 18 who would like to learn to play a brass instrument or develop their existing playing.

e: brasssparks@lgbbass.co.uk

Term time only.

FRIDAY

Main Hall:

Playgroup

10:00 to 11:30

Informal drop-in for parents and tots for play and for conversation. Lots of toys, activities and refreshments.

e: allsaintsplaygroup@lewes@gmail.com

£3 per family. Term time only.