

NEW PARK CENTRE ACTIVITIES

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

TIMINGS / DURATION OF ACTIVITIES MAY BE DIFFERENT DURING THE COVID-19 PANDEMIC (Please contact Instructor)

Categories/Group Name	Room	Day	Time	Contact Name	Telephone	Website/Email
SPORTS / MARTIAL ARTS						
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
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
Shojiki	Old Dojo	Thursday	8:00 - 9:30 pm	Mark Payne	07931 676638	markpayne753@gmail.com.
Body Confident Bootcamp	New Dojo ' Jubilee Hall	Mon / Wed / Fri Mon / Wed / Fri Tue	06:00 - 07:00 am 10:30 - 11:30 am 7:15 - 8:15 pm	Steff Woodman Shona Bradley	07590 021705 07826 854352	bcchichester@hotmail.com
Goryukai Aikido Yoshinkan	New Dojo	Tuesday	8:00 - 10:00 pm	Malcolm Crawford	07759 311008	goryukai.aikido@virgin.net www.yoshinkan-sussex.co.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
Little Tots Ballet	Jubilee Hall	Monday	1:50 & 2:20 pm	Sarah Hellyer	07808 290435	sarahhellyer1@yahoo.co.uk
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
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
INTERESTS AND HOBBIES						
RLF Reading Round	Studio	Wednesday	5:00 - 6:30 pm	Isabel Ashdown	07766 455223	isabel.ashdown@hotmail.co.uk

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Chichester Cinema At New Park	Auditorium	3 Films Daily	12:00 - 11:30pm	Richard Walberton	01243 786650	info@chichestercinema.org chichestercinema.org
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	07:30 - 11:00 am	Dianne Embleton	07856 304225	auntyb.2011@gmail.com
Jessica Hill Pilates	New Dojo	Wednesday	5:30 - 6:30 PM	Jessica Hill	07532 057 403	jessica@sport-therapy.co.uk
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
Yoga Bellies	Jubilee Hall	Monday	7:30 - 10:00 pm	Nicki	07887 647886	nicki@yogabellies.co.uk
Women's Only Boxing	Old Dojo	Thursday	6:00 - 7:00 pm	Gemma Ridley	07940 367856	ridleygem@hotmail.com
Chichester Pilates	New Dojo Jubilee Hall Jubilee Hall New Dojo	Tuesday Thursday	9:30 am - 12:00 pm 6:00 pm - 7:15 pm 9:30 am - 12:00 pm 6:00 pm - 7:15 pm	Andrea Geall	07747 806181	andrea@chichesterpilates.com
Staying Active (Over 50's)	New Dojo	Tuesday	12:00 - 1:00 pm	Kevin Maskell	07980 000663	kmaskell41@gmail.com

DROP IN and ADVICE SERVICES AT NEW PARK CENTRE

MY NETWORK / ALDINGBOURNE TRUST - Mondays (9am - 2pm) and Wednesdays (9am - 2pm) 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: sallyr@aldingbourne.org**

GAMBLERS ANONYMOUS - Weekly on Wednesday's in the Studio between 7.30 - 9.30 pm.

Group help, support and advice for individuals and their family/friends with a gambling problem.

All our rooms and halls are available to hire for activities, training, community events and special occasions

WE LOOK FORWARD TO HEARING FROM YOU

T: 01243 536840 / E: operations@newparkcentre.org.uk