



Malling Community Centre July Programme

Please be aware that some of the classes do not run through the term breaks or Bank Holidays. 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 9.45 -11.15am - small halls. sessions 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. run every Monday (school termtime only). Contact George Gotsinas – george@yellowbricklab.co.uk

Core Pilates classes with Izzy Elliott. Main Hall.
10.00-11.00am for all levels.
11.15am for over 60s.
For details contact 07426 891222
or email core34pilates@gmail.com

Over 60s Monday Club 1.00pm to 3.00pm. small hall 1.
friendly social club. Held each Monday, except Bank Holidays.
Contact Sylvia Johnson on 01273 474024 for more information.

SLH Dance 1.45pm – 12.15pm, main hall, 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. Termtime only
Contact mailto:slhdanceacademy@hotmail.com

Beavers & Cub Scouts between 4.45-8.00pm
main hall. Offering lots of fun and activities for children every Monday during termtime sessions, main hall. Please contact Sarah on bradsar12@icloud.com or tel. 07591993051 for more information.
www.4thlewes.org.uk

Diverse Dance 7.00 – 8.30pm small halls. 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! contact ayse@diversedanceworks.com or call 07986 810233 www.diversedanceworks.com

Tuesday

Pilates & Mindful Movement 11.00am to 12.00 noon. with Fiona Whitfield.
To help develop strength, flexibility and mobility in a holistic way.
For more info please contact Fiona on fiona@thelifereboot.co.uk

SLH Dance 9.15 – 10.30am, main hall, 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. Termtime only
Contact slhdanceacademy@hotmail.com

Show Dance with Gemma Coe. **Tues 5th July 7.40-8:40pm. Main Hall.** 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. Email gemma@hotmail.co.uk for more info and to book.

Hema Sounds 5th July 11.00am-12.00 noon. Small halls. Wellbeing event for parent/baby £14.00. Soundbath / sensory / meditation session.
For tickets email hemasoundtherapy@gmail.com

Wednesday

Zumba with Gemma Coe 9.15-10.15am, main hall.
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 10.00-11.00am. small halls.
Vajrasati Yoga with Anita Hall, suitable for all ages and levels of experience. Please bring your own yoga mat.
For more details see <http://www.yogawithanita.co.uk>

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

Dog Training 7.00 – 8.00pm & 8.00 – 9.00pm sessions, Main hall.
run by Lewes and District Dog Training Society.
Dog Obedience training classes & pet courses. Pre-booking necessary – call 01273 686931 or email Mrs. Jean Costello - lewesdts@btinternet.com for more information.

Thursday

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

Friday

Zumba 9.30-10.30am, main hall, with Gemma Coe
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](mailto:gemcoe@hotmail.co.uk)

BABY & ME 10am to 11am, small hall 1.

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. For more info and to book 01273 335100 ehcommunityleweshavens@eastsussex.gov.uk

Pilates & Mindful Movement

11am to 12pm. Main hall.

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

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

Malling Short Mat Bowls 1.00-3.00pm. Main Hall.

New Members will be welcomed! 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. Come along and have a go or contact our secretary Dave Gander on 01273 475566.

FitFab Mama: Friday 8th/15th/22nd July 12.30pm, Small hall 2.

Bring Your Bubba Yoga Fitness classes especially for mums where bubba can come too!

Welcoming mamas with their bubbas - up to 4 years old - to an environment where mum can relax and little one can fun too!

With specialist instructors trained in pre- and post partum fitness (who are also mamas themselves), there is also have a seasoned set of hands at all classes to keep an eye on the little ones, which means mum can really focus on the workout. Booking required at www.fitfabmama.uk.com

Saturday

SLH DANCE 9.00am -12.50pm, various sessions. small halls.

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. Termtime only. Contact slhdanceacademy@hotmail.com

Sunday

Bridgeview Judo 6.00-8.00pm, main hall.

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

Hema Sounds Tuesday 5th July 11-12am, small halls. Wellbeing event for parent/baby £14.00. Soundbath / sensory / meditation session. For tickets email hemasoundtherapy@gmail.com

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