



Malling Community Centre October Programme

Please check in with your class or
hirer beforehand!

Malling Community Centre
Spences Lane, Lewes, BN7 2HQ
mallingcentre@lewes-tc.gov.uk
www.lewes-tc.gov.uk

Tel: 01273 407537

Monday

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

Yellow Brick Lab . 9.45 -11.15am, Small Halls 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 sessions run every Monday (school termtime only, resumes 12 Sep). Contact George Gotsinas – george@yellowbricklab.co.uk

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 3.15 - 6pm 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. Contact slhdanceacademy@hotmail.com

Beavers & Cub Scouts sessions held between 4.45-8pm Main Hall Offering lots of fun and activities for children every Monday during termtime. 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 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

SLH Dance 4 – 7.30pm Both 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. Contact slhdanceacademy@hotmail.com

Show Dance Tues 4 October 7.45-8.45pm, Main Hall with Gemma Coe. 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@lewes-tc.gov.uk for more info and to book.

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@lewes-tc.gov.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. For more details: tel. 07429 979027 or email breathepilates.marina@gmail.com

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

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 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. [:gemma@hotmail.co.uk](mailto:gemma@hotmail.co.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

Baby Yoga 12.30-1.30pm small hall 1 with

FitFab Mama The class is called Bring Your Bubba Yoga and is suitable from 6 weeks postpartum and we welcome children up to 4 years old. There is a play area and an assistant to help look after the children and a yoga instructor. The class is 40 mins long. Spaces can be booked at www.fitfabmama.uk.com/book-online

Malling Short Mat Bowls 1.30-3.30pm. 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.

Saturday

SLH Dance from 9 - 2.45pm All Halls, a variety of classes held within hire time

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

Bridgeview Judo, 5 – 8pm 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

SATURDAY, 15 OCTOBER 2022

'Dance of Awareness' 19:15 - 21:15pm Main Hall

Event by **Laurence Bds** and **Charly Greensted**

DOA is not a dance class or a physical exercise class. DOA is 2h of experiential exploration of our own self in movement to music. DOA is a chance to connect with oneself, our environment and others in a non-verbal way. For adults of all physical capacity.

You will need comfortable clothes and a blanket. you might want to wear soft shoes or dance barefooted.

£15 or £10 concession. Call Charly on 07773113442 to book your place before the 1st of October 2022.

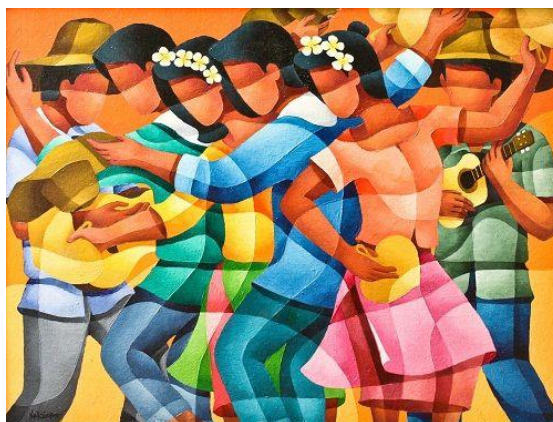
Send your payment to PayPal.Me/CGreensted and please mark it Lewes DOA

Otherwise you will pay £20 or £15 concession at the door. 20% of the profit will be donated to Medecins sans Frontieres.

You can find out more about the Dance of Awareness on

<https://www.embodiedtherapy.org.uk/dance-of-awareness>

www.counsellingcollective.vpweb.co.uk



Why not book your special event or party with us? For more information, please get in touch & we will be happy to help.

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

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



Want to hire Malling Community Centre?
Get in touch.

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

Telephone 01273 407537

<https://lewes-tc.gov.uk/news/>