

Appendix 10: Active Rother Community Sport and Physical Activity Opportunities

Active Rother – Community Sport and Physical Activity Opportunities				
	Activity	Provider	Day/Time	Location
1	Walking Football	Old Bexhillians in partnership with Freedom Leisure	Thursdays 7pm	Bexhill Leisure Centre
2	Walking Football	Old Bexhillians in partnership with Freedom Leisure	Tuesdays 9.30am	Bexhill Leisure Centre
3	First Steps Into Walking Football	Volunteer led group in partnership with Freedom Leisure	Wednesdays 9.30am	Bexhill Leisure Centre
4	Walking Netball	Volunteer led group in partnership with Freedom Leisure	Mondays 11.15am	Bexhill Leisure Centre
5	Bexhill Walking Cricket	Bexhill Walking Cricket Club in partnership with Freedom Leisure	Fridays 9.30am	Bexhill Leisure Centre
6	Sidley Walking Cricket	Sidley Walking Cricket Club in partnership with Freedom Leisure	Wednesdays 2pm	Bexhill Leisure Centre
7	Battle Knights Walking Football	Battle Town Football Club	Tuesdays 10am	Battle Recreation Ground
8	Walk2Run	Running Space in partnership with The Pelham Community Hub	Mondays 6.30pm	The Pelham, Sidley
9	Walk2Run	Running Space in partnership with The Pelham Community Hub	Fridays 9.30am	The Pelham, Sidley
10	Walk2Run	Running Space in partnership with The Pelham Community Hub	Wednesdays 9am	All Saints School, Sidley
11	Active Friends	Sally Taylor	Tuesdays 10.30am	All Saints Church Hall, Sidley
12	Active Friends	Sally Taylor	Wednesdays 2pm (from Sept 7th)	Pebsham Community Hub
13	Pilates and Lattes	PureFit	Tuesdays 11.30am	The Pelham, Sidley
14	Exercise To Music – Low Level	Dance-Ability	Mondays 5pm	Freedom Church, Sidley
15	Exercise To Music – Medium Level	Dance-Ability	Mondays 6pm	Freedom Church, Sidley
16	Exercise To Music – Low Level	Dance-Ability	Thursdays 11.30am	The Poppy Club, Bexhill
17	Exercise To Music – Medium Level	Dance-Ability	Thursdays 12.30pm	The Poppy Club, Bexhill
18	Exercise To Music – Low Level	Dance-Ability	Saturdays 10.30am	St Augustine's Church Hall, Bexhill
19	Exercise To Music – Medium Level	Dance-Ability	Saturdays 11.30am	St Augustine's Church Hall, Bexhill
20	Chi-Gong	Alex Bolton	Fridays 10.30am	De La Warr Pavilion Terrace, Bexhill
21	Pickleball	Bexhill Pickleball	Sundays 1.30pm	Bexhill Leisure Centre
22	Pickleball	Bexhill Pickleball	Wednesdays 11am	Bexhill Leisure Centre
23	Ninfield Health Walk	The Conservation Volunteers	Thursdays 11am	Sparke Pavilion, Ninfield
24	Ravenside Health Walk	The Conservation Volunteers	Wednesdays 11am	Bexhill Leisure Pool
25	Rye Health Walk	The Conservation Volunteers	Monday 10am	Gibbets Marsh Car Park, Rye
26	Bexhill Seafront Health Walk	The Conservation Volunteers	Fridays 11am	De La Warr Pavilion, Bexhill
27	Battle Health Walk	The Conservation Volunteers	Fridays 10am	Abbey Green, Battle
28	Sidley Health Walk	The Conservation Volunteers	Mondays 11am	The New Inn, Sidley
29	Tennis For Free	RDC in partnership with LTA and Adam Field	Saturdays 1pm	Egerton Park, Tennis Courts, Bexhill
30	Beginners Running	Rye Runners	Saturdays 10am (for 10 weeks from July 16th)	The Salts, Rye
31	Beginners Running	Battle Town Football Club	Wednesdays 6.30pm	Battle Baptist Church, Battle
32	Table Tennis	The Pelham Health and Wellbeing Community Hub	Monday 12.30pm	The Pelham, Sidley
33	Table Tennis	The Pelham Health and Wellbeing Community Hub	Thursdays 12.30pm	The Pelham, Sidley
34	The Pelham Growz -Gardening Group	The Pelham Health and Wellbeing Community Hub	Tuesdays 10.30am	The Pelham, Sidley
35	Powerhooping	Fit and Fab Families	Sundays 9am	The Downs, Bexhill
36	Powerhooping	Fit and Fab Families	Wednesday 6.30pm	Freedom Church, Sidley
37	Clubbercise Adults	Fit and Fab Families	Thursdays 6.45pm	All Saints Lane, Sidley
38	Exercise for COPD	Bexhill Breathers	Thursdays 2.30pm	The Pelham, Sidley
39	Exercise for Cancer Rehabilitation	Brighter Outlook	Thursdays 1.15pm	The Pelham, Sidley
40	Ladies Only Exercise Class	Jas Fit	Mondays 7.30pm	The Pelham, Sidley
41	Ladies Only Exercise Class	Jas Fit	Wednesdays 7.30pm	Pebsham Community Hub
42			Tuesdays 4.15pm	Younique Wellbeing Studios, Bexhill and On-line
43			Tuesdays 5.00pm	Younique Wellbeing Studios, Bexhill and On-line
44			Thursdays 9.00am	Younique Wellbeing Studios, Bexhill and On-line
45			Thursdays 10.05am	Younique Wellbeing Studios, Bexhill
46			Thursdays 4.30pm	Younique Wellbeing Studios, Bexhill

It is important to recognise the breadth of activities provided in Rother as illustrated above. These do not all require a formal facility and take place in a variety of spaces around the district. Provision by RDC is made on a discretionary basis; the above activities are provided through community groups and organisations in partnership with RDC.