

LOOKING TO TRY A NEW ACTIVITY FOR FREE?

In conjunction with regular hirers we are running a week of activities in September 2021 to offer you a huge breadth of activities to try out for free. See details below.

Monday 6 September 2021

TIME	EVENT
9.45 – 11.15	Salford Hall – Main Hall Jazzercise. Free Taster Session. Come along and try, but please ring Carole first on 07800852012.
10.00 – 14.00	Salford Hall - Wansdyke Room Beading Group – if you have interest in beading, then why not pop along for a free session. Much nicer to bead than do the washing on a Monday!
10.30 – 11.00	Salford Hall – Avon Room Music with Mummy Free Taster Sessions. Come along for singing, dancing, listening and percussion. Email Debbie on debmmusicwithmummy@aol.com to a book place.
13.15 – 13.30	Salford Hall – Avon Room Come along have a chat with Malcolm about joining the Whist Club which follows afterwards.
13.30 - 16.00	Salford Hall – Main Hall Salford Short Mat Bowls. Come along and have a go for free.
14.00 – 16.00	Salford Hall – Kelston Room Fancy a game of scrabble then come along and meet other players. A cup of tea will await.
18.15 – 19.15	Salford Hall - Somerset Room Beginners Yoga free taster session will allow you to explore freeing areas we often hold tension. It will be suitable for all but please contact Corinne beforehand on 07796174217 to book in.
19.30 – 20.15	Salford Hall - Somerset Room Beginners meditation suitable for all. Please contact Corinne beforehand on 07796174217 to book in.

Tuesday 7 September 2021

TIME	EVENT
10.00 – 12.00	<p>Saltford Hall - Kelston Room</p> <p>The Art Group Free Taster Session. Thinking about (re-)starting drawing or painting? You can come along just for a chat or else to take part in this free taster session. Materials provided. All welcome.</p>
19.30 – 21.00	<p>Saltford Hall - Wansdyke Room</p> <p>If you fancy doing a bit of singing then come along to this free taster session with Saltford Village Choir. All welcome.</p>

Wednesday 8 September 2021

TIME	EVENT
9.30 – 10.30	<p>Saltford Hall - Avon Room</p> <p>Phonics with Robot Reg free taster session – this class is for xxxxxx.</p>
10.30 – 11.15	<p>Saltford Hall - Avon Room</p> <p>Phonics with Robot Reg free taster session – this class is 2.5 - 4 years of age.</p>
13.30 - 16.00	<p>Saltford Hall</p> <p>Saltford Short Mat Bowls. Come along and have a go for free.</p>
16.00 – 19.00	<p>Saltford Hall – Wansdyke</p> <p>Keyford Dancing - free ballet taster classes</p> <p>16.00 – 16.45 – Pre-school class</p> <p>16.45 – 17.30 – Grade 1 ballet – suitable for 7 years upwards</p> <p>17.30 – 18.15 – Grade 2 ballet – suitable for 8-10 years with some dance knowledge</p> <p>Saltford Hall - Somerset Room</p> <p>Keyford Dancing - free ballet taster classes</p> <p>16.45 – 17.30 – ballet - 4 – 5 year olds</p> <p>17.30 – 18.15 – ballet - 6 – 7 year olds</p>
17.00 – 19.10	<p>Saltford Hall – Main Hall</p> <p>An opportunity to join for a free Taekwondo session with Nick :</p> <p>Infants (School Yr 1-2): Wednesdays 5:00-5:40</p> <p>Juniors (School Yr 3-5): Wednesdays 5:45-6:25</p> <p>Seniors (School Yr 6+): Wednesdays 6:30-7:10pm</p>
20.00 – 22.00	<p>Saltford Hall – Main Hall</p> <p>Saltford Sequence and Old Time Dance Club would love you to pop along this evening to join them for a free session to see whether you fancy joining.</p>

Thursday 9 September 2021

TIME	EVENT
9.45 – 11.15	Salford Hall – Main Hall Jazzercise. Free Taster Session. Come along and try, but please ring Carole first on 07800852012.
10.00 – 12.00	Salford Hall – Avon Room Avon Valley Artists look forward to welcoming you to a free taster session.
14.00 – 16.00	Salford Hall - Kelston Room Painting for Pleasure art group. Free Taster Session. Come along and try.
18.30 – 19.30	Salford Hall – Main Hall For a free Pilates taster session please ring John on 07837302678. This form of exercise is one of the most popular today as it is designed to help people of all fitness levels get toned and lean muscles.

Saturday 11 September 2021

TIME	EVENT
9.00 - 12.00	Salford Community PO/Library As things open up we are looking for more volunteers to join our friendly team of volunteers. Full training is given and you can choose the sessions you volunteer in the shop or library to suit your commitments. We welcome all members of the Community to come and join us. If you would like to find out more come along on Saturday morning or email mary.stoate@salfordhub.org
10.00 – 11.00	Salford Hall – Main Hall Jazzercise. Free Taster Session. Come along and try, but please ring Carole first on 07800852012.