



COMMUNITY NEWS

Pendennis Community Centre



OUR VOLUNTEER RUN CAFE IS OPEN:
9AM-1PM MONDAY - SATURDAY
SERVING HOT AND COLD DRINKS AND CAKES



WE ARE DOG FRIENDLY TOO



WE HAVE A COMMUNITY BOOK LIBRARY (DONATIONS IN GOOD QUALITY BOOKS WELCOME)



MONDAY

CIRCUITS- 9:15AM
BOOTYLIFT 9:30AM
CORE CLASS 10:15AM
DRUM N' BLITZ 10:30AM
STRETCH 11:30AM
HIIT 6:00PM
VINYASA FLOW 6:15PM
CORE CLASS 7:00PM
SLOW FLOW YOGA 7:30PM

FRENCH CONVERSATION WITH CECILE-
11:00AM- DONATION WELCOME

TUESDAY

PRE-SCHOOL YOGA - 9:15AM
BOXFIT 9:30AM
STRETCH 10:30AM
ZUMBA 10:30AM
ZUMBA GOLD 11:30AM

BOOTYLIFT 6:00PM
DRUM N BLITZ 7:00PM
STRETCH 8:00PM

WEDNESDAY

FIT 4 ALL 9:30AM
STRETCH 10:30AM
VINYASA FLOW YOGA 8:00PM

THURSDAY

CIRCUITS 9:15AM
CORE CLASS 10:15AM
ZUMBA 6:30PM
STRETCH FLOW 7:30PM

FRIDAY

YOGA FLOW 9:30AM
PILATES 10:30AM

PUPPY PLAY /SOCIALISATION CLASS
(BOOKING WITH RUTH)

SATURDAY

ZUMBA 8:30AM
STRETCH FLOW 9:30AM
VINYASA FLOW 10:00AM



ALL FITNESS CLASSES £6:50
TO BOOK CLASSES VISIT:
[HTTPS://APP.CLASSFIT.COM/BUSINESSPROFILE/120726](https://app.classfit.com/businessprofile/120726)

WE ALSO TAKE BOOKINGS/PAYMENTS AS DROP INS ON THE DAY!



We look forward to seeing you!
01326 653249

SCHOOL HOLIDAY CAMPS

DURING OCTOBER HALF-TERM

- ALL CHILDREN AGED 2-12 YEARS
- FULLY QUALIFIED COACHES
- FUN FOOTBALL FOR EVERYONE
- PRIZES, MEDALS & GIVEAWAYS
- SIBLING & CLUB TEAM DISCOUNTS
- EARLY DROP-OFF AVAILABLE

🕒 10AM-3PM

📍 DEVON, CORNWALL & SOMERSET

📅 OCTOBER

BOOK NOW: SAINTSSOUTHWEST.CO.UK



DODGEBALL HOLIDAY CAMP

OCTOBER HALF-TERM

ALL CHILDREN AGED 5-11 YEARS

FULLY QUALIFIED COACHES

FUN DODGEBALL FOR EVERYONE

PRIZES, MEDALS & GIVEAWAYS

SIBLING DISCOUNT

EARLY DROP-OFF AVAILABLE



10AM-3PM



SHIPHAY PRIMARY
SCHOOL



OCTOBER



BOOK NOW: SAINTSSOUTHWEST.CO.UK



NEW
BTEC
COURSE



INTRODUCTORY LEVEL 1 IN PERFORMING ARTS AT CHYAN CULTURAL CENTRE

A 10-week course to learn the basics of performance with a focus on learning new skills in circus arts, variety performance and lots more!
Improve physical and mental well-being. ☆

Tuesdays
10-3pm



Taster Sessions are Tuesday 17th & 24th October - Attending a taster session counts towards your ten week course.

*For ages 15+



Funding is available for anyone receiving benefits

Email: office@swampcircus.co.uk
or text 07775857677 for more information.



NEW
BTEC
COURSE



INTRODUCTORY LEVEL 1 IN LAND BASED STUDIES AT CHYAN CULTURAL CENTRE

A 10-week course to learn the basics of organic vegan horticulture with a focus on understanding the growing environment, container growing, seasons and lots more! 🌿

Wednesdays
10-3pm

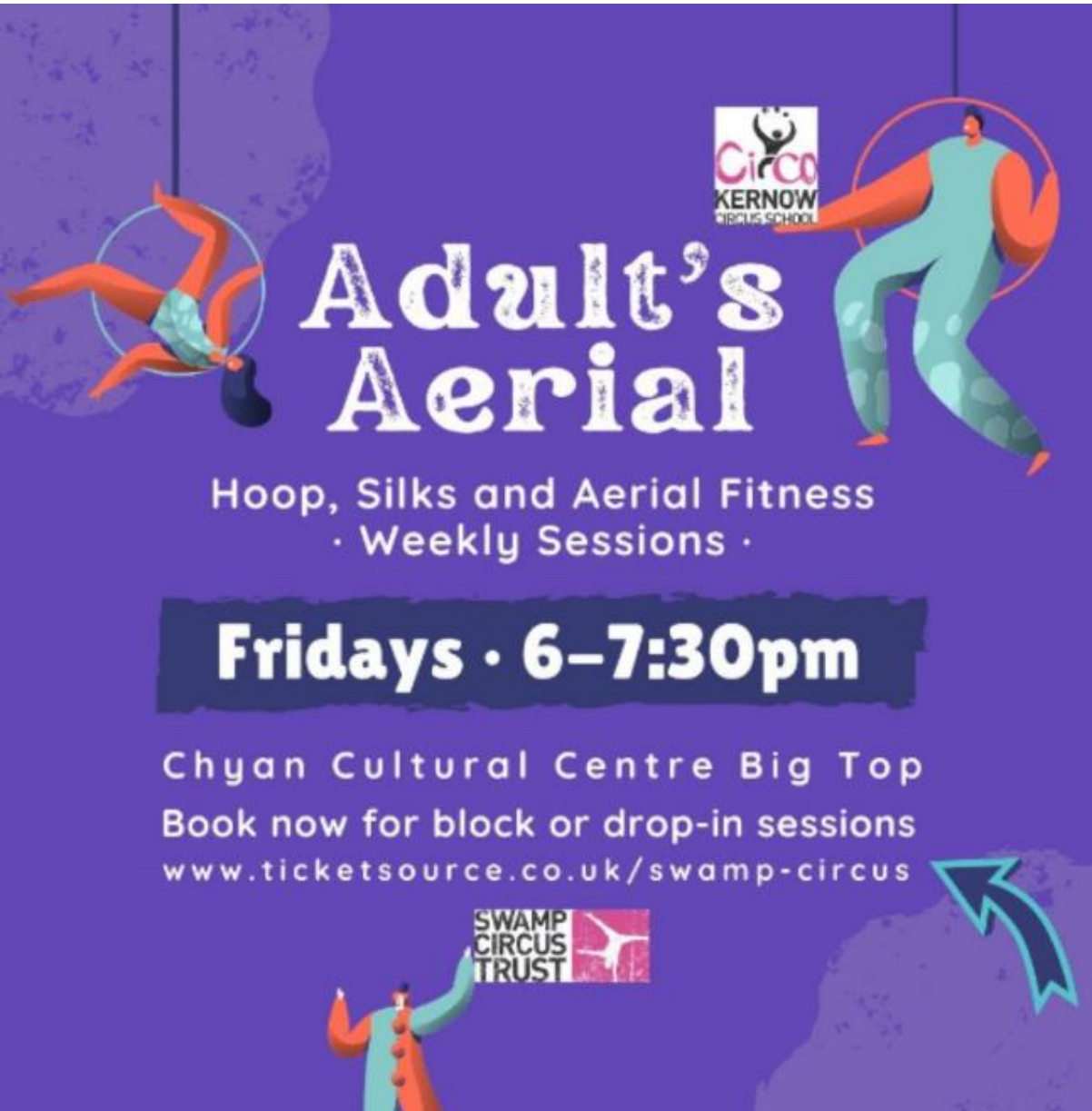


Taster Sessions are Wednesday 18th & 25th October - Attending a taster session counts towards your ten week course.
*For ages 15+

Funding is available for anyone receiving benefits

Email: office@swampcircus.co.uk
or text 07775857677 for more information.



An illustration on a purple background showing two acrobats in teal and orange outfits performing aerial stunts. One is upside down in a hoop, the other is in a hoop. A small logo for 'Circo KERNOW CIRCUS SCHOOL' is in the top right. A large teal arrow points to the right. At the bottom, a small figure in a teal coat holds a sign for 'SWAMP CIRCUS TRUST' with a white bird icon.

**Circo
KERNOW
CIRCUS SCHOOL**

Adult's Aerial

Hoop, Silks and Aerial Fitness
· Weekly Sessions ·

Fridays · 6–7:30pm

Chyan Cultural Centre Big Top
Book now for block or drop-in sessions
www.ticketsource.co.uk/swamp-circus

**SWAMP
CIRCUS
TRUST**

Family Fun ☺

All Ages

Vegan Food
Cafe ☺
+ Bar 🍏

14th ☆
OCT

12-6pm ⌚

CHYAN APPLE FAIR

ADULTS
£6

CHILDREN
£3

2023

Childrens area • Music • Cakes!!
Apple Juicing • Circus Workshops
• Archery • Crafts
Spa + more



📍 Go To ↴
WWW.CHYAN.ORG
For more info

→ Mr Be ☺ Clow Show

Chyan Farm
Halvasso
TR10 9BT 📍

Sponsored by:
polymermedics

 children's hospice
SOUTH WEST

Sign up
today and
save 30%

Santas on the Run

eden project

Walk, jog or run 2k at the Eden Project
on Sunday 3 December 2023

Sign up today www.chsw.org.uk/santas



Making the most of short and precious lives across the South West
Registered Charity No. 1003314

