



COMMUNITY NEWS

TRURO RIVER ROWING CLUB FUNDRAISING EVENT

SEA SHANTY FESTIVAL!

7pm onwards @ Devoran Village Hall

(Quay Rd, Devoran, Truro TR3 6PW)

Friday 27th October

Limited number of tickets

Raffle

Bar

Pasty included in ticket price



£15 per ticket

Purchase online

OR Click here: <https://www.ticketsource.co.uk/truro-river-rowing-club/t-mozxqoz>

Must purchase a ticket before the event begins on 27.10.23 to be able to enter the event.

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



PENDENNIS
COMMUNITY CENTRE

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.





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



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 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
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