



How to get a wiggle and a giggle on.

RESTARTING 17TH SEPTEMBER

WHEN
Thursday Mornings
10am to 11am

MEETING PLACE
Village Hall
Main St, Burstwick

ALL ARE WELCOME

Vicky Copeman: Yoga and Ayurveda Coach

FRIDAY MORNING YOGA CLASS 10:30 – 11:30

Do you want to improve flexibility, strength, reduce joint aches and pains and reduce stress?

Then come along to this one hour class every Friday morning in Burstwick Village Hall

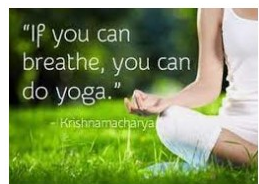
For all levels and abilities

£6 per person

For more information contact

Vicky Copeman on 07779 166052

or email vickycopeman@gmail.com



Burstwick All Saints Scouts are a go-getting group of young people aged 10 ½ to 14 who:

- ⇒ Master new skills and try new things
- ⇒ Make new friends
- ⇒ Have fun and go on adventures, at home and abroad
- ⇒ Explore the world around them and make new friends
- ⇒ Help others and make a difference, in their own communities and beyond



Your local Scout Troop meet every Monday 7pm until 8.30pm at Burstwick Village Hall.

Interested in joining? For more information please email scouts@burstwickscoutgroup.co.uk

Burstwick

Mother & Toddler Group



£2 per child, 50p every additional child

Toys for all ages, from babies to school
Tea & Coffee, Juice & Biscuits
Come and join the fun!

Burstwick Village Hall
Every Monday
1.15pm – 3.15pm
(during term time)

Burstwick Gentle Exercise Group

(For the over 50s)

Activities include New Age Kurling, Boccia, Archery, Skittles, Quizzes and much more (adapted for all levels of fitness and ability)

**** Returning Soon - Late October 2021 ****

ONLY £2 for 2 Hours of Fun!



Come and try something new, meet new friends, have a cuppa and fun - we would love to see you!

MULTI-DISCIPLINE MARTIAL ARTS

Burstwick Village Hall
Fridays 6:30pm - 8:30pm

FULLY INSURED
ENHANCED DBS

FAMILY FRIENDLY
MEMBER OF BMABA



Lesson Cost

£2.00

Beginners / first hour

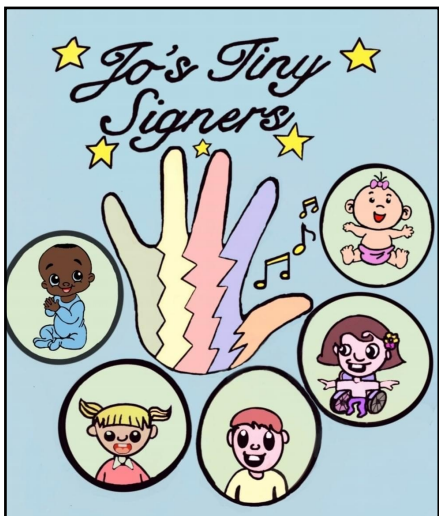
£3.50

Full lesson

£3.00

Each family member

Burstwick Village Hall - What's On Supplement



A sing and sign group with lots of fun learning activities suitable for babies and children 0 – 4.5 years.

Every Wednesday and Saturday
@ Burstwick Village Hall

Class 1 9.45-10.30am
Class 2 11-11.45am

£4.50 per child

Call Jo on 07740 291672

Or email jostinysigners@gmail.com

See @jostinysigners on Instagram
and Facebook for full details

theWI
INSPIRING WOMEN

WE ARE SEEKING:

- Working women who would like to make friends locally
- Women with little ones who would like some "ME" time
- Women who would like more out of life

If this is you, why not join us for a lively evening of fun and friendship

1st Tuesday of each month, 7:30pm - Burstwick Village Hall

The WI is everything you want it to be!

Why not come along and give us a try.



cubs
8-10½ years

Learn practical skills while
having adventures with friends

Burstwick All Saints Cub Scouts are young people aged between 8 and 10 ½, who make up the second section of the Scouting family, between Beavers and Scouts.

When you join Cubs, you'll be introduced to lots of new activities, try new things, have fun and go on adventures, make friends and help others make a difference.

Your local Cub Pack meet every Wednesday 7pm until 8.30pm at Burstwick Village Hall. Do you have a child who may be interested in joining? Pop along to our next meet and have some fun!
For more information please email cubs@burstwickscoutgroup.co.uk

Adult volunteers are also required to help to run Beavers, Cubs, Scouts and Explorers.

No experience necessary. A DBS check will be required before starting.

Burstwick Village Hall - What's On Supplement

A nice friendly atmosphere and welcome is given at the Over 55s Club every Friday in the Village Hall, 1.30pm - 4pm. **Re-opening Friday 3rd September, anyone who would like to join us will be most welcome.**

Come and join us and have a natter, play whist, dominoes, a cup of tea and biscuits. Days out and parties.

Raffle 20p, Bingo 25p, Subscription £1



Burstwick Bowls Club

Burstwick Bowls Club play short mat bowls throughout the year at the village hall.

It is a social activity where players get the chance to meet new people and join in some friendly competition.

New members welcome. Our sessions are:

Tuesday	10am to 12pm
Tuesday	1pm to 3pm
Thursday	1pm to 3pm

£2 per session. Suitable for all ages and abilities, including complete beginners. Bowls are provided. It's friendly, it's fun and it will help keep you fit!

For more information please contact: Geoff on 01964 622076 or Chris on 01964 622571.



BEAVERS

Burstwick All Saints Beavers are young people aged between 6 and 8. Being a Beaver is all about growing and learning in small but mighty ways.

Beavers are guaranteed to have plenty fun and adventures on your own doorstep, because being a Beaver is all about making the most of what you have, wherever and whoever you are. Your local Beaver Colony meet every Wednesday 5.45pm until 6.45pm at Burstwick Village Hall. Do you have a child who may be interested in joining? Pop along to our next meet and have some fun!
For more information please email beavers@burstwickscoutgroup.co.uk

VILLAGE HALL CONTACT DETAILS

Please direct all enquiries to the Village Hall Clerk: Andy James

T: 07938 289363 E: villagehall@burstwickpc.co.uk www.burstwickpc.co.uk/village-hall