

BARRY ACTIVITIES MENU

Bring your Golden Pass to these activities and join them for FREE

Activity	Venue	Day/time	Provider	How to register
Boombox Bowls	Barry Athletic Bowls Club	Tuesday 6pm Other timeslots are available, email for further information	Barry Athletic Bowls Club	Email babc1911@gmail.com or Call 07794123897
Creative Movement	YMCA Barry	Monday 11:45am	Motion Control Dance	Email info@motioncontroldance.com
Dance for Parkinsons	YMCA Barry	Monday 2:15pm	Motion Control Dance	Email info@motioncontroldance.com
Gentle group exercise	Margaret Alexander Community Centre (Barry)	Fridays 2:30pm-4:00pm	With Music in Mind	Call 07500 776295 Email: info@withmusicinmind.co.uk
Lawn Bowls	Millwood Bowling Club	Anytime	Millwood Bowling Club	Email markwilliams675@btinternet.com
Pilates	St Francis Millennium Hall Barry	Sunday 9am	Pontypridd Pilates	Email pontypriddpilates22@gmail.com or Call 07853671055
Freestyle Karate (60+ only session)	St Nicholas Hall Community Centre	Monday 7-8pm Wednesday 7-8pm	Taiju Karate School	Email jeffreybraithwaite370@gmail.com
Tai Chi	YMCA Barry	Tuesdays 11.30am	Motion Control Dance	Email info@motioncontroldance.com
Yoga	St Francis Millennium Hall, Barry	Tuesdays 1.30pm or 6.20pm	Yogabond	Email sheilasyogacourse@gmail.com or Call 07791 510112
Chair Yoga	All Saints Church Hall (Park Rd, Barry CF62 3NU)	Thursday 11am-12pm	Hazel Lily Yoga	Email: hazel@hazellilyyoga.co.uk or call 07791 608314 to book
Yoga	St Nicholas Hall Community Centre, CF62 6QX	Thursdays 6:45pm	Hazel Lily Yoga	Email: hazel@hazellilyyoga.co.uk or call 07791 608314 to book

If you have any questions then please email goldenpass@valeofglamorgan.gov.uk

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Activity	Venue	Day/time	Provider	How to register
Zumba Gold	Barry Island community hall Highlight community centre	Monday 10:15am Wednesday 11:30am	Zumba with Tracey Raikes	Call 07966 242933
Zumba Gold Seated	Barry Island community hall Highlight community centre	Monday 11:15am Wednesday 12:30pm	Zumba with Tracey Raikes	Call 07966 242933
55+ Ballet	St Nicholas Hall Community Centre	Wednesday 10.30 - 11.30am	Ballet Academy	Email nicolaperos@me.com
Strength and Balance classes	Highlight Park, Barry	Monday 1:30pm	Elderfit	Contat Gareth 07731382224 gareth.elderfit@gmail.com
Chair Pilates (Monthly Bingo last Wednesday of month)	Margaret Alexander Hall, Barry	Wednesday 1:15-2:15pm	Kath Sweeney Pilates	Email kathpilates@hotmail.com or call 07738957638
Traditional Pilates	Millwood Bowls Club (Pontypridd Road, Barry)	Tuesdays 6-7pm	Emma Gholamhossein	Call 07811366298 Email: info@emmaghohamhossein.com
Remedial Pilates	Millwood Bowls Club (Pontypridd Road, Barry)	Fridays 10:15-11:15am	Emma Gholamhossein	Call 07811366298 Email: info@emmaghohamhossein.com
Cadoxton Bowling Club	Cadoxton Bowling Club Bowling Green Victoria Park Victoria Park Road, Barry CF63 2JS	Monday 5pm-7pm	Cadoxton Bowling Club	Email Andrew: andrewseccadoxton@gmail.com

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