

1

# 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 <a href="mailto:babc1911@gmail.com">babc1911@gmail.com</a> or Call 07794123897
Creative Movement	YMCA Barry	Monday 11:45am	Motion Control Dance	Email <a href="mailto:info@motioncontroldance.com">info@motioncontroldance.com</a>
Dance for Parkinsons	YMCA Barry	Monday 2:15pm	Motion Control Dance	Email <a href="mailto:info@motioncontroldance.com">info@motioncontroldance.com</a>
Gentle group exercise	Margaret Alexander Community Centre (Barry)	Fridays 2:30pm-4:00pm	With Music in Mind	Call 07500 776295 Email: <a href="mailto:info@withmusicinmind.co.uk">info@withmusicinmind.co.uk</a>
Lawn Bowls	Millwood Bowling Club	Anytime	Millwood Bowling Club	Email <a href="mailto:markwilliams675@btinternet.com">markwilliams675@btinternet.com</a>
Pilates	St Francis Millennium Hall Barry	Sunday 9am	Pontypridd Pilates	Email <a href="mailto:pontypriddpilates22@gmail.com">pontypriddpilates22@gmail.com</a> or Call 07853671055
Freestyle Karate (60+ only session)	St Nicholas Hall Community Centre	Monday 7-8pm Wednesday 7-8pm	Taiju Karate School	Email <a href="mailto:jeffreybraithwaite370@gmail.com">jeffreybraithwaite370@gmail.com</a>
Tai Chi	YMCA Barry	Tuesdays 11.30am	Motion Control Dance	Email <a href="mailto:info@motioncontroldance.com">info@motioncontroldance.com</a>
Yoga	St Francis Millennium Hall, Barry	Tuesdays 1.30pm or 6.20pm	Yogabond	Email <a href="mailto:sheilasyogacourse@gmail.com">sheilasyogacourse@gmail.com</a> or Call 07791 510112
Chair Yoga	All Saints Church Hall (Park Rd, Barry CF62 3NU)	Tuesdays 11am	Hazel Lily Yoga	Call 07791 608314 to book
Yoga	The Bridge Between Community Centre	Thursdays 6:45pm	Hazel Lily Yoga	Call 07791 608314 to book

If you have any questions then please email [goldenpass@valeofglamorgan.gov.uk](mailto:goldenpass@valeofglamorgan.gov.uk)



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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	Text or call Tom 07540806437
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@emmagholamhossein.com
Remedial Pilates	Millwood Bowls Club (Pontypridd Road, Barry)	Fridays 10:15-11:15am	Emma Gholamhossein	Call 07811366298 Email: info@emmagholamhossein.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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