

PSHE Sport and Physical Activity DVD

I'm sure you know how important it is to be physically active. The Guernsey Sports Commission and the Guernsey College of FE Media Students have made this DVD to show you some of the activities that are on offer in Guernsey. We hope the DVD inspires you to try something new and find something active that you will enjoy.

Below are some contact details from the DVD. Not all sport/physical activity is focussed on team play and being competitive. There really is something out there for everyone. The most important thing is that you enjoy it, why not get some friends together and give it a go!

Hip Hop Workshop

The sessions on the DVD were organised by the Guernsey Arts Commission.
Find out more about what the Arts Commission are currently offering at www.arts.gg

Health Promotions Unit

The Guernsey Health Promotion Unit is a resource available to you. Visit their website to find out how they may be able to help you www.guernseyhealthpromotion.com

Softball

Contact Sam Stables to find out about softball sessions available to young people in Guernsey.
ssables@lesbeaucampshigh.sch.gg or visit www.guernseysoftball.com

Gyms in Guernsey

Colin Fallaize from the Fitness Factory was shown on the DVD. You can contact the Fitness Factory by calling (01481) 722900.

There are lots of private gyms in Guernsey. Have a look around your local area for one near you. Beau Sejour Leisure Centre also offers a gym facility. To find out more about what Beau Sejour can offer you visit www.freedomzone.gg

Teen Circuits

This is run at Beau Sejour Leisure Centre. Visit www.freedomzone.gg to find out how to get involved with Teen Circuits and/or other activities

Badminton

Visit www.guernseybadminton.co.uk to find out what is currently on offer in Guernsey

Tennis

There are a number of clubs in Guernsey (see list below):
Skill Set CI run tennis coaching sessions www.skillsetci.com
Guernsey Tennis Club - www.guernseytennisclub.com
St Martins Tennis Club - www.stmartinstennisclub.org.gg
Kings Life sports and Leisure club - www.kings-life.com
La Mare Tennis Club – 252734

Yoga

There are lots of private Yoga instructors running sessions in church and community halls across the island. Search around in your local area to find a session near you.

Artistic Roller Skating

Contact Darren Dyke the Phoenix Artistic Roller Skating Club Senior Coach on 707115 or email darrendyke@cwgsy.net or Julie.roland@cwgsy.net

Football

There are plenty of local clubs on the island. To join visit a club near you. In the DVD the football session was at the Grammar School Sixth Form Centre. Ask your School PE department about setting up a casual football session at your school. You could also book a court at Beau Sejour or at the Indoor Cricket centre Guernsey and get some friends together.

Beau Sejour Leisure Centre – www.freedomzone.gg

Indoor Cricket centre Guernsey - www.icg.gg

Dance

Information on dance sessions, events and the club can be found at www.danceguernsey.co.uk

Guernsey Youth Theatre

The DVD showed some members of the Guernsey Youth Theatre in action. To find out more about the youth theatre visit www.dramastudio.org.gg

This information is provided for the interest of members of the community. The circulation of the information should not be taken as a recommendation or endorsement by the Guernsey Sports Commission and you should carry out your own enquiries to ensure that you are satisfied with the quality, suitability and safety of the product or service advertised and the identity and character of those providing it.