MONDAY

GROUP	VENUE	9 10 11 12	1 2 3 4 5	6 7 8 9 10
BABY RHYME TIME	SELSEY LIBRARY	>>>>>		
DIZZY DUCKLINGS	SELSEY CENTRE	>>>>>>>>>		
CITIZENS ADVICE BUREAU	SELSEY TOWN HALL	>>>>>>>>>>>>>>>		
DANCE & TONE	SELSEY CENTRE	>>>>>		
PILATES	SELSEY CENTRE	>>>>		
MUSIC SCHOOL	ST PETER'S CHURCH HALL		>>>>>>>>>>>>>>>>>>>>>>	
ADULT TABLE TENNIS	SELSEY CENTRE		>>>>>>>>>>>	
ROYAL BRITISH LEGION WOMENS SECTION	SELSEY TOWN HALL		1st Monday of the month	
TABLE TENNIS - OVER 50'S	SELSEY CENTRE		>>>>>>>>>>>	
BASKETBALL	ACADEMY SPORTS HALL		>>>>>	>>>>>
SELSEY STRIDERS	MEET AT HILLFIELD CAR PARK –anyone who can run 3 miles or more			>>>>>>>
JUNIOR BADMINTON	SMALL GYM – THE ACADEMY		>>>>>>>>	
ATHELTICS CLUB	RECREATION GROUND		>>>>>>	
T'AI CHI CHIH	SELSEY CENTRE		>>>>>>>>>	
2nd SELSEY BROWNIES	METHODIST CHURCH HALL		>>>	>>>>>
PILATES	SELSEY CENTRE		>>>	>>>
LADIES NETBALL	ACADEMY – Small gym			>>>>>
LADIES NETBALL	ACADEMY – Games Hall			>>>>>>
KICKBOXING	SIDLESHAM SCHOOL			>>>>>>
TAI CHI	SIDLESHAM SCHOOL			>>>>>
WHIST DRIVE	SEAL HOTEL			>>>>>>>>>>>>>
SEAL ISLAND SWIMMING CLUB	OASIS POOL			>>>>>
SELSEY CAMERA CLUB	ST.WILFRIDS CHURCH HALL			>>>>>>>>>>>>
BADMINTON – HIT & MISS	ACADEMY SPORTS HALL			>>>>>>>>>>>>
SNAK SHAK – 11-17 years old	SNAK SHAK – Warehouse behind 139 High Street			>>>>>>>>>>>>>>>>
WHIST DRIVE	SEAL HOTEL			>>>>>>>>
RING CRAFT TRAINING	SELSEY CENTRE			>>>>>>>>>>>>>>>>>
PUPPY TRAINING	SCOUT HUT			>>>>>>

DOG TRAINING (7-8 YRS)	SCOUT HUT			>>>>>>
SELSEY CINEMA CLUB	TOWN HALL			>>>>>>>>> Fortnightly
SELSEY & DISTRICT LIONS	SELSEY CLUB			2nd Monday of each month

TUESDAY

GROUP	VENUE	9 10 11 12	1 2 3 4 5	6 7 8 9 10
SELSEY WALKERS	BUDGENS	8am		
KEEP FIT	ST PETER'S CHURCH HALL	>>>>>>>>>>>>		
SEAL ISLAND ARTISTS	ST.WILFRIDS CHURCH HALL	>>>>>>>>>		
SELSEY & DISTRICT CARERS SUPPORT GROUP – coffee morning	CARERS SHOP – corner of East Street	>>>>>>>>>>>		
YOGA	SELSEY CENTRE – DROP IN	>>>>>>>>		
FIBROMYALGIA SUPPORT GROUP	FISHERMANS JOY	>>>>>>>> 2nd Tuesday of the month		
BABY BALLET	SELSEY CENTRE	>>>>>>>>>>>>>		
PARENT & TODDLER GROUP	METHODIST CHURCH HALL		>>>>>>>> Term time	
HATHA YOGA HIGH INTENSITY YOGA	SELSEY CENTRE " "	>>>>>>>>>>>>		
PILATES	SELSEY CENTRE		>>>>>	
ST PETER'S FELLOWSHIP	ST PETER'S CHURCH HALL		>>>>>>>>>> 3rd Tuesday of the month	
VISUAL IMPAIRED CLUB	HANOVER CLOSE LOUNGE		>>>>>>>>>> 2nd & 4th Tuesday of the month	
THE WRITERS CIRCLE	SELSEY CLUB		>>>>>>>>>>>>> 1st Tuesday of the month	
TUMBLING GYMNASTICS	SELSEY CENTRE		>>>>>>>	
BADMINTON	SELSEY CENTRE		>>>>>>	>>>>>>>>>
TABLE TENNIS (ADULT)	SELSEY CENTRE			>>>>>>>>
GYMNASTICS CLUB	SELSEY CENTRE		>>>>>>>>>	>
SELSEY STRIDERS	HILLFIELD CAR PARK			>>>
STRICTLY DANCING	TOWN HALL			>>>>>>>>>>>>>
SELSEY CHRISTIAN SPIRITUALIST CHURCH	TOWN HALL			>>>>>>>>>>>> 1st Tuesday of the month

KICKBOXING – 6-12 year olds	SELSEY CENTRE		>>>>>>>	>
WEIGHT WATCHERS	ST.PETER'S CHURCH HALL			>>>>>>>>>>>>>>
ROSEMARY CONLEY – DIET & FITNESS - ZUMBA	THE ACADEMY		>	>>>>>>>>>
WEIGHT WATCHERS	ST PETERS CHURCH HALL			>>>>>>>>
CUBS – 8-10½ YRS	SCOUT HUT			>>>>>
SCOUTS – 10½ -14 YRS	SCOUT HUT			>>>>>>>>
EXPLORERS 14-18 YRS	SCOUT HUT			>>>>>>>>
CRICKET u8	RECREATION GROUND			>>>>>
CRICKET u16	RECREATION GROUND		>>	>>>>>
SEALS TRAINING u6	THE ACADEMY - SPORTS HALL		>>>	>>
SEALS TRAINING u7	THE ACADEMY/SPORTS HALL			>>>>>
SEALS TRAINING u15/16	THE ACADEMY/ ASTRO TURF			>>>>>
YOUTH DREAM DRAMA	THE ACADEMY – YOUTH WING			>>>>>>>
SELSEY FOOTBALL CLUB	THE ACADEMY - SENIOR TEAMS – ASTRO TURF			>>>>>>>>
SNAK SHAK – 11-17 years old	SNAK SHAK – Warehouse behind 139 High Street			>>>>>>>>>>>>>>>>
BASTKETBALL	THE ACADEMY, SELSEY SPORTS HALL		>>>>	>>>>
ZUMBA	SELSEY CENTRE			>>>>
ZUMBA FITNESS PARTY DANCING	SELSEY CENTRE			>>>
SELSEY WRITERS CIRCLE	THE SEAL			1st Tuesday of the month
ROYAL NAVAL ASSOCIATION – SELSEY BRANCH	THE SEAL			2nd Tuesday of the month 8pm
SELSEY SINGERS	34 PARK LANE 01243 603186 Joan Flood			>>>>>>>>>>

WEDNESDAY

GROUP	VENUE	9 10 11 12	1 2 3 4 5	6 7 8 9 10
BADMINTON	SELSEY CENTRE – BOOK OR DROP IN	>>>>>>>>>>>>>>>>	>>>>>>>>>>>>>>>	>>>>>>>>

FITTER SITTERS	SELSEY CENTRE	>>>>>>>		
THE WEDNESDAY WORKOUT	SELSEY CENTRE	>>>>		
SEAL ISLAND SWIMMING CLUB	OASIS POOL	>>>>>>>>		
VENTURE CLUB CHARITY SHOP	VENTURE CLUB – ADJACENT TO THE CO-OP	>>>>>>>>>>>>>>>		
TIME BANK	TOWN HALL	>>>>>>>>>>> 1st & 3rd Wed mornings		
SMART – Art group	CHURCH HALL, CHURCH ROAD	>>>>>>>>>>>>>>>		
CRAFTY NATTER CLUB	METHODIST CHURCH		>>>>>>>>>>>>	1st & 3rd Wednesday
SELSEY STRIDERS	HILLFIELD CAR PARK 9 am – run 3 miles			
RAINBOWS, BROWNIES, GUIDES	ST PETER'S CHURCH HALL		>>>>>>>>>>>>>>	>>>>>>>>>>>>>>>>>>
SELSEY WOMENS INSTITUTE	TOWN HALL		>>>>>>>>>>> 2ND Wednesday of the month	
SELSEY WALKERS	HILLFIELD ROAD CAR PARK	>>>>>>		
DANCE – *Funk & Hip Hop with Urban Dynamics* – all ages 7+	SELSEY CENTRE		>>>>>>>>>	>>
MODEL BOAT CLUB	EAST BEACH POND			
DANCE – 6-15 years old	SELSEY CENTRE		>>>>>>>>>	>>
YOGA	SELSEY CENTRE			>>>AND >>>
AEROBICS	METHODIST HALL			>>>>>>
TEEN ZONE – youth club 12-16 years	CRICKET PAVILION			>>>>>>>>>>
SEAL TRAINING	THE ACADEMY - ASTRO PITCH			>>>>>>
SELSEY BASKETBALL	THE ACADEMY – SPORTS HALL			>>>>>>
SELSEY NETBALL	THE ACADEMY			>>>>>>>>>
FOOTBALL TRAINING	THE ACADEMY – ASTRO PITCH			>>>>>>>
SELSEY POWER RANGERS	HILLFIELD CAR PARK		>>>>>>>>>	
CRICKET TRAINING – GIRLS/WOMEN	THE ACADEMY – OLD SPORTS HALL			>>>>>>>
CHEERLEADING	SELSEY CENTRE			>>>>>>>>>>

AEROBICS	METHODIST CHURCH HALL			>>>>
BODY TONE	SELSEY CENTRE			>>>>>
BOXERCISE	METHODIST CHURCH HALL			>>>>>>
SEALS TRAINING u13	BUDGENS FIELD			>>>>>
SEALS TRAINING u13	THE ACADEMY – ASTRO PITCH			>>>>>
SELSEY ADULT FOOTBALL	THE ACADEMY – ASTRO PITCH			>>>>>>>>
STOOLBALL – All ages	THE RECREATION GROUND			>>>>>
SELSEY TOWN COUNCIL MEETINGS	TOWN HALL			>>>>>>>
NETBALL	THE ACADEMY			>>>>>>
OPEN YOUTH CLUB	THE CRICKET PAVILION			>>>>>>>
SELSEY CARPET BOWLS	MEDMERRY SCHOOL			>>>>>>>>>
ROYAL NAVY ASSOCIATION	SEAL PUBLIC HOUSE			>>>>>>>>> 2ND Tuesday of the month
CRABLANDS BOWLS	CRABLANDS BOWLS & TENNIS CLUB			>>>>>>>
TEEN ZONE	CRICKET PAVILION			>>>>>>>>>>>
YOGA	SELSEY CENTRE			>>>>>>>>>>>>

THURSDAY

GROUP	**VENUE**	**9 10 11 12**	**1 2 3 4 5**	**6 7 8 9 10**
ART CLASS	SELSEY CENTRE	>>>>>>>>>>>>>>>		
CHICHESTER VOLUNTEER CENTRE	TOWN HALL	>>>>>>>>>>>>>>>> 4TH THURSDAY OF MONTH		
CHICHESTER DISTRICT WELLBEING WEIGHT LOSS CLASS	SELSEY CENTRE	>>>>>>>>		
TABLE TENNIS - ADULT	SELSEY CENTRE	>>>>>>>>>>>>>>		
SELSEY NETBALL	THE ACADEMY, SELSEY	8 a.m.		
JIGSAW PUZZLE CLUB	14 GREEN LANE, SELSEY	>>>>>>>>>>>>>>>>>>	>>>>>>>>>>>>>>	2nd Thursday of the month
SELSEY & DISTRICT CARERS SUPPORT GROUP – Coffee morning	HIGH STREET SHOP – corner of East Street	>>>>>>>>		1st Thursday of the month

EAST BEACH CHURCH – LUNCH CLUB	CHURCH HALL	>>>>>		3rd Thursday of the month
EAST BEACH CHURCH – TEA AND A CHAT	CHURCH HALL		>>>>>>>>	1st Thursday of the month
BRIDGE CLUB	SELSEY CLUB		>>>>>>>>>>>>>>>	
VOLUNTARY HEARING AID UNIT	SELSEY MEDICAL CENTRE		>>>>>>>>>>>> 1st & 3rd Thursday in the month	
BADMINTON	SELSEY CENTRE		>>>>>>>>>>>>>>>>>>>	>>>>>>>>
NHS BARIATRIC CONSULTANCY – WHY WEIGHT	SELSEY CENTRE	>>>>>	>>	
SOUTHBOURNE GYM CLUB			>>>>>	
SELSEY DEADBEAT'S WALKING FOOTBALL TEAM	SELSEY CENTRE			>>>>>
SELSEY VOLUNTARY HEARING-AID UNIT	SELSEY MEDICAL CENTRE		>>>>>>>>>>	1ST & 3RD Thursday of the month
LINC (LADIES IN CONTACT)	ST PETERS CHURCH HALL			>>>>>>>>>>>>> 3RD Thursday of the month
SELSEY STRIDERS	HILLFIELD CAR PARK – beginners group		>>>	
SLIMMING WORLD	TOWN HALL		>>	>>>>>>>>>>>
BEAVERS – 6-8 YRS	SCOUT HUT		>>	>>>
CRICKET u9/10/12/13	RECREATION GROUND			>>>>>>
SEAL TRAINING u9	THE ACADEMY – OLD SPORTS HALL			>>>>>>
SEAL TRAINING u10	BUNN LEISURE SPORTS FIELD			>>>>>>
SEAL TRAINING u10	THE ACADEMY – LARGE SPORTS HALL			>>>>>>
SEAL TRAINING u11	THE ACADEMY – ASTRO PITCH & SPORTS HALL			>>>>>>
SEAL TRAINING u14	THE ACADEMY – ASTRO PITCH			>>>>>>
SEAL TRAINING u15/16	THE ACADEMY – ASTRO TURF			>>>>>>
SEAL TRAINING u18	THE ACADEMY – ASTRO PITCH			>>>>>>>

BODY TONE	SELSEY CENTRE			>>>>>
LEGS, BUMS & TUMS	TOWN HALL			>>>>>>>
ZUMBA FITNESS	TOWN HALL			>>>>>>>
SELSEY FOOTBALL CLUB	THE ACADEMY – ASTRO TURF			>>>>>>>
SELSEY LABOUR PARTY	TOWN HALL			>>>>>>>>>>> 4TH Thursday of the month
THE SELSEY SOCIETY	ST PETER'S CHURCH HALL			>>>>>>>>> 2ND Thursday of the month
BADMINTON – ABC	THE ACADEMY – SPORTS HALL			>>>>>>>>>>
JUNIOR BADMINTON	THE ACADEMY – SPORTS HALL			>>>>>>
SELSEY CARPET BOWLS	MEDMERRY SCHOOL			>>>>>>>
CRABLANDS BOWLS	CRABLANDS BOWLS & TENNIS CLUB			>>>>>>>
LADIES THURSDAY GROUP	EAST WITTERING VILLAGE HALL			>>>>>>>>>
SEAL ISLAND WOMEN'S INSTITUTE	SELSEY CENTRE			>>>>>>>> 1st Thursday of the month

FRIDAY

GROUP	VENUE	9 10 11 12	1 2 3 4 5	6 7 8 9 10
SELSEY WALKERS	EAST BEACH SWINGS	8 a.m.		
EARLY MORNING PILATES BEGINNERS PILATES	SELSEY CENTRE SELSEY CENTRE	8.30 >>>>>		
AQUAROBICS	PRIVATE POOL	Contact Glenda Baum	01243 601090 or 0798 577848	
SUNBEAMS PARENT & TODDLER GROUP	EAST BEACH CHURCH	>>>>>>> Term time		
MIND	SELSEY CENTRE	>>>>>>>>>>>>>> One Friday a month		
SEAL ISLAND SWIMMING CLUB	OASIS POOL	>>>>>>>		
KEEP FIT - FITTER SITTERS	TOWN HALL	>>>>>>		
GINGERBREAD	CHILDREN & FAMILY CENTRE, EAST STREET	>>>>>>>>>>		
DARBY & JOAN	ST PETER'S CHURCH HALL		>>>>>>>>>>>>>>>	
MUSIC FOR u5'S	ST PETER'S CHURCH HALL	>>>>>>>>>>>>>>>>		
ROSEMARY CONLEY – DIET	SELSEY CENTRE	>>> >>>>>>>		

& FITNESS CLASS - ZUMBA				
TEA DANCES	BRITISH LEGION		>>>>>>>>>>	
BODY TONING	METHODIST CHURCH HALL			>>>>>
PILATES TO MUSIC	SELSEY CENTRE	>>>>	>>>	
SELSEY SPECIALS	THE ACADEMY – LARGE SPORTS HALL			>>>>>>
GIRL'S FOOTBALL	THE ACADEMY – OLD SPORTS HALL			>>>>
SELSEY U3A	TOWN HALL		>>>>>>	4th Friday
KARATE	THE ACADEMY		>>>>>>	>>
GIRLS FOOTBALL	THE ACADEMY – SMALL ASTRO PITCH			>>>>
FOOD BANK	METHODIST CHURCH HALL		>>>>>>>>>>>	>>
CHICHESTER FENCING CLUB				>>>>>>>>>>>>>>>
SELSEY HORTICULTURAL SOCIETY	SELSEY CENTRE			>>>>>>>>>>
DANCE CLUB – *Modern/ Ballroom/Latin American*	SELSEY CENTRE			>>>>>>>>
SELSEY HORTICULTURAL SOCIETY	SELSEY CENTRE			>>>>>>>>>> 2nd Friday in the month
ZUMBA	SELSEY CENTRE			>>>>>

SATURDAY

GROUP	VENUE	9 10 11 12	1 2 3 4 5	6 7 8 9 10
SELSEY STRIDERS	HILLFIELD CAR PARK – suitable for all	8.00 a.m.		
AQUAROBICS	PRIVATE POOL	Contact Glenda Baum	01243 601090 or 07958 577848	
BALLET & TAP LESSONS	SELSEY CENTRE	>>>>>>>>>>>>>>>>>	>>	
KICKBOXING – FAMILY	SELSEY CENTRE	>>>>>>>		
SEALS u8	BUNN LEISURE SPORTS FIELD	>>>>>>>>		
SELSEY SCOUTS CHARITY SHOP	SCOUTS HUT	>>>>>>>>>>>		
VENTURE CLUB CHARITY	VENTURE CLUB –	>>>>>>>>>>>>>>>		

SHOP	ADJACENT TO THE CO-OP			
MODERN LINE DANCING	THE VIKING LODGE GREEN LAWNS CARAVAN PARK		>>>>>>>>>>>>>>>	

SUNDAY

GROUP	VENUE	9 10 11 12	1 2 3 4 5	6 7 8 9 10
SELSEY POWER RANGERS	HILLFIELD ROAD CAR PARK – SWINGS	9 a.m. 5 miles		
BRANCHING OUT CLUB	WESTGATE LEISURE CENTRE (children with disabilities & their families)		>>>>>>>>>>>	
MODEL BOAT CLUB	EAST BEACH POND			
SELSEY CARPET BOWLS	MEDMERRY SCHOOL	>>>>>>	>>>>>	
CRABLANDS BOWLS	CRABLANDS BOWLS & TENNIS CLUB	>>>>>>	>>>>>>	