

## Community Clubs

At QEGS we open our doors to the community every weekday evening and some weekends through clubs and lettings. Although they operate completely independently from our school, we are pleased to draw your attention to the following activities which are currently taking place. Contact the clubs directly if you are interested in taking part:



### BADMINTON

**Juniors: Monday 19.00-20.00**

**Seniors: Monday 20.00-22.00 and Wednesday 19.00-22.00**

We are a competitive but friendly club and players of all abilities are welcome. Horncastle Badminton Club is a place for social and competitive badminton.

Contacts:

Junior Badminton: Matthew Haslam, Tel: 07909 823423

Senior Badminton: Call 01673 857483 or visit @HorncastleBadmintonClub on Facebook to find out more.



### CLUBBERCISE

**Thursday 19.00-20.00**

Simple, fun dance fitness routines using glow sticks to music taught in a darkened room with disco lights.

Contact: Sarah Marwood, Tel: 07981 607475

Website: <https://www.clubbercise.com/>



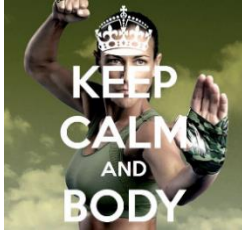
### ZUMBA

**Tuesday & Thursday 19.00-20.00**

Have fun and keep fit whilst you lose weight! Zumba dance workout is an enjoyable way to stay fit.

Contact: Sarah Marwood, Tel: 07981 607475

Website: [zumba.com](http://zumba.com)



## COMBAT

**Tuesday 18.00-19.00**

Join in this high-energy, martial arts-inspired workout that is totally non-contact.

Contact: Sarah Marwood, Tel: 07981 607475



## TAEKWONDO

**Juniors** - 5 Yrs - Under age 11: **Friday 17.30-18.30**

**Seniors** - Adults and over 12 (depending upon ability): **Friday 18.30 - 20.30**

Lincolnshire's premier Taekwondo Academy teaching the Olympic sport as a member Academy of British Taekwondo and the World Taekwondo Federation (WTF). Teaching Patterns, Sparring, Self Defence and Breaking through a combination of physical and mental teaching. Promoting self-discipline, improved fitness (cardiovascular, strength, suppleness), self-control, confidence, health and concentration (through movement and sitting meditation).

Contact the club directly on: 01526 861895 or 07870 322223

Website: [www.spartanstaekwondo.co.uk](http://www.spartanstaekwondo.co.uk)



## HORNCASTLE INDOOR FLYERS

**Sports Hall 17.30-19.30 on the fourth Thursday of the month.**

Come and meet the members and learn all about this fascinating hobby that everyone can take part in.

We cater for fixed wing, helicopters and drones and we are always happy to help beginners.

Whatever your age, all are welcome so come and have a go at getting your wings.

Contact: Jeff Williams (Club Chairman), Tel: 01526 353879

email: [jeffrey.williams@hotmail.co.uk](mailto:jeffrey.williams@hotmail.co.uk)

or

Peter Foster, Tel: 01507 527092

email: [peterfoster89@outlook.com](mailto:peterfoster89@outlook.com)