

## Dance In The Park

### Dance Groups

Urban Nation	<a href="mailto:urbanationdance@live.co.uk">urbanationdance@live.co.uk</a>
Ceroc Devon	<a href="mailto:contact@cerocdevon.com">contact@cerocdevon.com</a>
Urban X	<a href="mailto:urbanx@hotmail.co.uk">urbanx@hotmail.co.uk</a>
Plymouth Leanders	<a href="mailto:ruddjon@hotmail.com">ruddjon@hotmail.com</a>
Attik Youth Dance	<a href="mailto:info@attik.org.uk">info@attik.org.uk</a>
Band of Lads	<a href="mailto:info@attik.org.uk">info@attik.org.uk</a>
PYDC (Plymouth Youth Dance Company)	<a href="mailto:info@barbicantheatre.co.uk">info@barbicantheatre.co.uk</a>
Exim Dance Company	<a href="mailto:admin@eximdance.org.uk">admin@eximdance.org.uk</a>

### Organisations

**Active for Life** is a Plymouth Guild service which aims to run inclusive activities open for all community members including weekly walks which can be adapted to suit all abilities. For more information please contact Gemma Gowan on 01752 201766 or 07791682777 or visit [www.plymouthguild.org.uk/active-for-life](http://www.plymouthguild.org.uk/active-for-life).

**Friends of Central Park** meet in the Hyde Park Pub (upper room) at 7.30 every 2nd Tuesday of the month - **We welcome everyone who is interested in Central Park!**

Home to Argyle Football Club, Central Park in Plymouth also contains a bowling green, the Mayflower Leisure Centre, Pitch and putting green, playgrounds, allotments, sports pitches, wildflower meadows, a skate park and the historic Pounds House and Gardens. [www.friendsofcentralpark.org.uk](http://www.friendsofcentralpark.org.uk)

**St John Ambulance** For further details please contact our County Office 01392 824445 or [www.sja.org.uk/devon](http://www.sja.org.uk/devon)

**Goals Soccer Centres** feature the very latest 3G rubber-crumb artificial grass on all its pitches....the same as that used by the top European clubs! It looks, feels and plays just like grass! Ancillary facilities include changing rooms, with showers and lockers, for both male and female customers. If it's a kickabout with friend's or work colleagues, alternatively a more competitive edge by joining one of the leagues that run throughout the week, whether men, women or juniors, Goals Plymouth can cater for everyone. We have junior coaching activities for children aged between 3 years and 12 years of age, all run by FA qualified coaches. Why not celebrate your child's birthday with a Big Match Football party? Not forgetting the adults, we have a function/bar area that can cater for up to 120 guests for special birthday, anniversary or engagement.

**Goals Soccer Centres.....five aside the way it should be!**

**Goals Soccer Centres plc**, Central Park, Outland Road, Plymouth, PL2 3DE

01752 562266 Customer: [www.goalsfootball.co.uk](http://www.goalsfootball.co.uk) Corporate: [www.goalsplc.com](http://www.goalsplc.com)