

GEMS in Winchester

At June 2026

GEMS is a friendly and relaxed dance class for over 60s, which includes a mixture of seated and standing movements with a focus on everyone going at their own pace and, above all, having fun!

GEMS is more than a dance class. It's about being part of a community, building friendships, and everyone enjoying themselves. We cover a wide range of styles and facilitate the exploration of creative movement with an option to stay after the class for tea/coffee.

- **Mondays 10:15 – 11:15am**

The Nutshell, Kings Walk, Winchester SO23 8AF

- **Mondays 1:30 – 2:30pm (Class Full – WAITING LIST)** – (Live Longer Better session in partnership with Winchester City Council)

The Carroll Centre, Somers Close, Stanmore, Winchester, SO22 4EJ

- **Mondays 3:00 – 4:00pm (Class Full – WAITING LIST)** – (Live Longer Better session in partnership with Winchester City Council)

The Carroll Centre, Somers Close, Stanmore, Winchester, SO22 4EJ

- **Tuesdays 10:00 – 11:00am**

Unit 12, Winnall Valley Road Winchester, SO23 0LD

- **Thursdays 10:00 – 11:00am**

St Barnabas Church, Fromond Road, Winchester, SO22 6EF

£3.50 drop-in fee per class (plus £15 termly membership fee)

“The class has introduced some fun into our lives. I really look forward to it, and even if I don't feel very well, I don't want to miss it. It is not competitive, you feel accepted and encouraged to be yourself.” – GEMS participant

Book a FREE Taster Session

