Activities

Haverfordwest
LEISURE CENTRE
Junior Activities

Pembrokeshire Leisure
Hamdden Sir Benfro

January 8th - February 16th 2018

Activity	Day	Time	Age range	Location
SportStart	Monday	1545-1630	4-6 years	HLC
SportStart	Monday	1630-1715	4-6 years	HLC
Junior Spinning	Tuesday	1600-1630	Min height 1m 30cm	HLC
Junior Dance	Tuesday	1700-1800	6+	HLC
Rookies	Tuesday	1915-2015	8+	HLC
Athletics	Wednesday	1700-1800	4-8 years	STP
Junior Spinning	Thursday	1600-1630	Min height 1m 30cm	HLC
Junior Swimfit	Thursday	1915-2000	Stage 5 and above	HLC
Gym Tots	Friday	1115-1200	0-walking	HLC
Gym Tots	Friday	1200-1300	walking-3yrs	HLC
Rookies	Saturday	0900-1000	8+	HLC
Rookies	Saturday	1000-1100	6+	HLC
Fun Football	Saturday	1000-1200	4 - 11 yrs	STP
Girls Fun Football	Saturday	1000-1200	4 - 11 yrs	STP
Pembs Tri Stars	Saturday	0930-1030	8 - 16 yrs (Competency test on first session)	STP
Beginners Ballet	Saturday	1000-1030	3 - 4 yrs (studio 2)	HLC
Fun Tap and Jazz for Beginners	Saturday	1045-1115	4 - 6 yrs	HLC
Pre Primary Ballet	Saturday	1115-1145	5 - 6 yrs	HLC
Primary Ballet	Saturday	1145-1230	7 yrs +*	HLC
Primary Tap	Saturday	1230-1300	7 yrs +*	HLC
Grade 1 Ballet	Saturday	1300-1400	7 yrs +	HLC
Junior Jazz	Saturday	1400-1445	7 yrs +	HLC
Grade 2 Tap	Saturday	1445-1515	7 yrs +	HLC
Grade 2 Ballet	Saturday	1515-1600	7 yrs +	HLC
Junior Fitness	Monday-Friday	1600-1700	11+	HLC

*pre assessment required

Swimming Lessons	**Swimming Lessons** - Swimming lessons are booked on a termly basis, please see reception for more Information regarding enrolment dates. Minimum age 3 years
Family Gym	**Family Gym** - Saturday & Sunday 9am-1pm 11+ years (parent/guardian must accompany) **Induction needed for parents**

Junior Activities — Why not take out a Junior Multi Activity Membership, all of these activities are Included. **Parents/guardians of children under 8 taking part in activities must stay in the building at all times**.

01437 776676

For a copy in large print, Braille, audio tape or an alternative language, please call (01437) 776613

www.pembrokeshire.gov.uk/leisure