



Junior Activity Timetable

April 29th – July 19th 2019

Day	Time	Activity	Age
Monday	1530 - 1630	Fitness Club	11 - 12
	1630 - 1730	Fitness Club	11 - 12
	1600 - 1700	Girls Multi-sport*	
	1530 - 2030	Gymnastics*	4+
	1800 - 1900	Junior Athletics	4 – 11
Tuesday	1600 - 1700	Balanceability (course)	2 ½ - 6
	1730 – 1830	Kung Fu*	
Wednesday	1530 - 1630	Fitness Club	11 - 12
	1630 – 1730	Fitness Club	11 - 12
	1600 – 1630	Ballet 1 (course)	3+ Based on Ability
	1635 – 1705	Ballet 2(course)	
	1710 - 1755	Ballet 3 (course)	
Thursday	0915 – 1000	Splash Babies	3 – 36mths
	1530 – 1630	Fitness Club	11 - 12
	1630 – 1730	Fitness Club	11 - 12
	1630 - 1700	Junior Yoga	4 - 8
	1705 – 1750	Junior Yoga	9 - 12
	1700 – 1800	Badminton Coaching	8 - 16
Friday	1600 – 1630	Mini Football (Course)	3 – 4
	1630 – 1715	Fun Football (Course)	5 – 8
	1715 – 1800	Fun Football (Course)	5 – 8
	1530 - 1630	Fitness Club	11 - 12
	1630 – 1730	Fitness Club	11 - 12
	1700 – 1800	Rookie Lifeguard (Course)	8 – 12
Saturday	0900 – 1000	Swim Fit	Wave 5+
	0900 - 1300	West Wales Academy of Dance*	
Sunday	1015 – 1500	Irish Dancing*	

Junior Induction must be completed before attending Junior Gym sessions.

***Sessions by external clubs. Please contact reception for details.**

Booking is recommended for all sessions to prevent disappointment.

Bookings can be made up to 7 days in advance except for courses. Term time only.

Version 1. Correct at the time of print. For more information contact us on:

01437 775678

For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokeshire County Council on 01437 764551.