

### Fishguard Leisure Centre Junior Activity Timetable February 26<sup>th</sup> to April 1<sup>st</sup> 2018

| Day       | Time      | Activity                  | Age                                   |
|-----------|-----------|---------------------------|---------------------------------------|
| Monday    | 0930-1100 | Tea & Tots Playtime       | 0-4 years                             |
|           | 1000-1030 | Parent & Child Lessons    | 0-3 years                             |
|           | 1030-1100 | Parent & Child Lessons    | 0-3 years                             |
|           | 1330-1415 | NEW *Musical Bumps        | 0-4 years                             |
|           | 1530-1700 | Fitness Club              | 11-12 years                           |
|           | 1600-1730 | Swimming Lessons          | 3+ years                              |
|           | 1600-1630 | Junior Synrgy             | 11-12 years                           |
|           | 1630-1830 | *Gymnastics Club          | 5+ years                              |
|           | 1715-1800 | Kids Dance (Course)       | 6-10 years                            |
|           | 1900-2000 | *Under 15's Netball Club  | 11-15 years                           |
| Tuesday   | 1600-1730 | Swimming Lessons          | 3+ years                              |
|           | 1600-1700 | Rookie Lifesaving Club    | 7-11 years<br>(pre-assessment needed) |
|           | 1600-1645 | Flexercise (course)       | 3-5 years                             |
|           | 1645-1730 | Flexercise (course)       | 6-10 years                            |
| Wednesday | 0915-1100 | Tea & Tots Playtime       | 0-4 years                             |
|           | 1600-1740 | Swimming Lessons          | 3+ years                              |
|           | 1800-1900 | Sports Start              | 5+ years                              |
| Thursday  | 1600-1740 | Swimming Lessons          | 4+ years                              |
|           | 1600-1730 | Fitness Club              | 11-12 years                           |
|           | 1600-1645 | Cheerleading (Course)     | 5-10 years                            |
|           | 1645-1730 | Cheerleading (Course)     | 5-10 years                            |
|           | 1700-1745 | Tag Rugby (Course)        | 4-8 years                             |
| Friday    | 1600-1740 | Swimming Lessons          | 3+ years                              |
|           | 1700-1800 | *Kung Fu                  | 7-11 years                            |
|           | 1745-1845 | Rookie Lifesaving Club    | 7-11 years<br>(pre-assessment needed) |
|           | 1800-1900 | **GOGA Multisport Session | 11+                                   |
| Saturday  | 0930-1155 | Swimming Lessons          | 4+ years                              |
|           | 1000-1200 | Kids Zone                 | 0-8 years                             |
|           | 1030-1200 | Fitness Club              | 11-12 years                           |
| Sunday    | 1000-1400 | Drop in & Play            | 0-8 years                             |

For a copy in large print, Braille, audio tape or an alternative language,  
Please call 01437 776613. Booking is essential for all activities – Please call us to book on 01437 775504

\*External Club

\*\*This class is suitable for children with a learning disability

