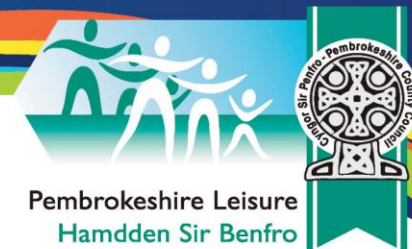


Fishguard Leisure Centre Junior Activity Timetable April 16th to May 26th 2018



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	*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 (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
	1815-1915	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
	1630-1730	NEW! Junior Athletics 10 week course April 20 th to June 29 th	7-11 years
	1700-1800	*Kung Fu	7-11 years
	1745-1845	Rookie Lifesaving Club	7-11 years (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

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

