

Milford Haven

LEISURE CENTRE

Junior Activities

ARTS & CRAFTS!

Little ones can come and create with us,
saving you from having to clear the
mess up at home!

Tuesday 0930-1030



Age 3+

COOK IT!

Come and cook up some tasty,
healthy treats to take home and enjoy!

**Monday
0930-1030 Age 3+**



Bouncy Castle & Soft Play Sessions

Let your little ones bounce and play,
a lovely afternoon out whatever the weather!
Tea and coffee available from our cafe too!

**Monday & Thursday
1430 - 1600**



**Ages
0 - 7 years**



MULTI SPORT ACTIVITY SESSIONS!

Try a range of sports including football,
netball, badminton and more!

Monday & Wednesday 1000-1155 Age 3+



FREE DRAGON SWIMS

If you are in Wave 4 or above why not top up your
swimming skills in our free Dragon Swim sessions.

Tuesday 1100-1200

Breaststroke Workshop

Wednesday 1100-1200

Frontcrawl Workshop

Thursday 1100-1200

Backstroke Workshop

