

Junior Activity Timetable

January 7th – April 14th 2019

Day	Time	Activity	Age
Monday	1545 - 1800	Swimming Lessons	3+
	1600 - 1700	Junior Fit	11 – 13
	1600 - 1645	Sport Start	4 – 6
	1700 - 1745	Athletics	6 – 11
Tuesday	1515 – 1730	Swimming Lessons	3+
	1600 – 1700	Junior Fit	11 – 13
	1600 – 1700	Tennis Coaching	10+
	1700 – 1900	Karate (External Club)	-
Wednesday	1540 – 1815	Swimming Lessons	3+
	1600 – 1700	Junior Fit	11 – 13
	1600 – 1700	Tennis Coaching	6 – 9
Thursday	1550 – 1730	Swimming Lessons	3+
	1600 – 1700	Junior Fit	11 – 13
	1600 – 1645	Soccer School	4 – 5
	1645 – 1730	Soccer School	6 – 8
	1600 – 1700	Squash Coaching - Intermediate	8+
	1700 – 1800	Squash Coaching - Beginners	8+
Friday	1600 – 1700	Junior Fit	11 – 13
	1545 – 1615	Rookie Lifesaving - Bronze	8+
	1615 - 1700	Rookie lifesaving – Silver/Gold	8+
	1700 – 1830	Swimming Lessons	3+
Saturday	0900 - 1045	Swimming Lessons	3+
	1000 – 1200	Junior Fit	11 – 13
	1100 - 1300	Free Swimming	0-16
Sunday	0900 - 1115	Swimming Lessons	3+

Booking and Cancellation policy applies.

For a copy in large print, Braille, audio tape or an alternative language, please call 01437 764551.

Timetable correct at the time of print. Version 1.

Tel: 01437 775959

www.pembrokeshire.gov.uk/leisure