

April 29th - July 21st 2019

Activity	Day	Time	Age range	Location
SportStart	Monday	1600-1645	4-6 years	HLC
Junior Spin	Monday	1600-1645	Min Height of 145cm	HLC
Junior Dance	Tuesday	1700-1800	6+	HLC
Rookies	Tuesday	1915-2015	8+	HLC
Athletics	Wednesday	1700-1800	4-8 years	STP
Junior Spin	Wednesday	1600-1645	Min Height of 145cm	HLC
NEW Junior Yoga	Thursday	1715-1800	7 - 11yrs	HLC
Junior Swimfit	Thursday	1915-2000	Wave 5+	HLC
Rookies	Saturday	0900-1000	8+	HLC
Pembs Tri Stars	Saturday	0930-1030	8 - 16 yrs (Competency test on first session)	STP
Rookies	Saturday	1000-1100	6+	HLC
Tots Soccer School	Saturday	1000-1030	3 - 4 yrs	STP
Junior Soccer School	Saturday	1030-1115	5 - 11yrs	STP
Junior Soccer School	Saturday	1115-1200	5 - 11yrs	STP
Balance Ability*	Saturday	1300-1345	2 - 4yrs	HLC
Balance Ability*	Saturday	1345-1430	5 - 7yrs	HLC
Junior Fitness	Monday-Friday	1600-1700	11 - 13yrs	HLC

*course - pre-booking essential



Junior Activities — Why not take out a Junior Multi Activity Membership, all of these activities are included.

Parents/guardians of children under 8 taking part in activities must stay in the building at all times.

01437 776676

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language, please contact Pembrokeshire
County Council on 01437 764551