

Junior Activity Timetable

2nd September – 25th October 2019

Day	Time	Activity	Age
Monday	1530 - 1630	Fitness Club	11 - 12
	1630 - 1730	Fitness Club	11 - 12
	1530 - 2030	Gymnastics*	4+
	1800 - 1900	Junior Athletics	4 – 11
Tuesday	1730 – 1830	Kung Fu*	
Wednesday	1530 - 1630	Fitness Club	11 - 12
	1630 – 1730	Fitness Club	11 - 12
	1600 – 1630	Ballet 1 (course)	3+ Based on Ability
	1635 – 1705	Ballet 2(course)	
	1710 - 1755	Ballet 3 (course)	
Thursday	1015 – 1100	Splash Babies	3 – 36mths
	1530 – 1630	Fitness Club	11 - 12
	1630 – 1730	Fitness Club	11 - 12
	1700 – 1800	Badminton Coaching	8 - 16
Friday	1600 – 1630	Soccer School (course)	3 – 4
	1630 – 1715	Soccer School (course)	5 +
	1715 – 1800	Soccer School (course)	5 +
	1530 - 1630	Fitness Club	11 - 12
	1630 – 1730	Fitness Club	11 - 12
	1700 – 1800	Rookie Lifeguard (Course)	8 – 12
	1800 – 2100	Teen Friday	11-17
Saturday	0900 – 1000	Swim Fit	Wave 5+
	0900 - 1300	West Wales Academy of Dance*	
Sunday	1015 – 1500	Irish Dancing*	

Junior Induction must be completed before attending Junior Gym sessions.

***Sessions by external clubs. Please contact reception for details.**

Booking is recommended for all sessions to prevent disappointment.

Bookings can be made up to 7 days in advance except for courses. Term time only.

Version 1. Correct at the time of print. For more information contact us on:

01437 775678

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