

Activity Key:

September 2nd – October 26th 2019

Tiddlers 2-3 Years	Tots 4-5 Years	Mini 6-8 Years	Junior 9+ Years	Child 11-12 Years	Mixed	External Club
-----------------------	-------------------	-------------------	--------------------	----------------------	-------	---------------

Day	Time	Activity	Age
Monday	0900-1030	Tea & Tots Playtime	0-4 Years
	1300-1445	*Under 1's	0-1 Years
	1530-1700	Fitness Club	11-12 Years
	1600-1630	Junior Spring Fit	8-12 Years
	1630-1830	*Gymnastics Club	5+ Years
	1715-1800	Kids Dance (Course)	6-8 Years
	1900-2100	*Under 15's Netball Club	11-15 Years
Tuesday	1600-1700	Rookie Lifesaving Club	Wave 5+ (pre-assessment needed)
	1615-1645	Tiddlers Flexercise (Course)	2-3 Years
	1645-1715	Tots Flexercise (Course)	4-5 Years
	1715-1800	Mini's Flexercise (Course)	6-8 Years
Wednesday	1600-1700	Fitness Club	11-12 years
	1700-1745	NEW!! Tiddlers & Tots Balanceability (Course)	2-5 years
Thursday	1600-1730	Fitness Club	11-12 years
	1600-1645	Mini's Cheerleading (Course)	6-8 Years
	1645-1730	Junior Cheerleading (Course)	9+ Years
	1700-1730	Tots Tag Rugby (Course)	4-5 Years
	1730-1815	Mini's Tag Rugby (Course)	6-8 Years
Friday	1600-1630	Tots Soccer Fun	4-5 Years
	1630-1715	Mini's Soccer School	6-8 Years
	1700-1800	*Kung Fu	7-11 Years
	1745-1845	Rookie Lifesaving Club	Wave 5+ pre-assessment needed
	1800-1900	**GOGA Multisport Session	11+ Years
Saturday	1000-1200	Kids Zone	0-8 Years
	1000-1130	Fitness Club	11-12 Years

For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact
Pembrokeshire County Council on 01437 764551

Booking is essential for all activities – Please call us to book on 01437 775504

*External Club **Suitable for children with a learning disability

Version 1

Correct at time of print

