

# EXERCISE BUDDIES SUMMER PROVISION!



PEMBROKESHIRE  
LEISURE  
HAMDDEN SIR  
BENFRO



Exercise buddies summer provision starts on Monday 26th July 2021 and will run every week until 19th August 2021. Some of these sessions will continue after the 19th August.

- Our sessions are specifically for adults with learning disabilities
- Fully inclusive
- Qualified instructor

DAY	ACTIVITY	LOCATION	TIME
Monday	Multisport Fun	Tenby Leisure Centre	9.30-10.30am
	Basketball	Pembroke Leisure Centre	2-3pm

DAY	ACTIVITY	LOCATION	TIME
Tuesday	*Let's Get Active	Pembroke Leisure Centre	12.30-1.30pm
	Walking Football	Haverfordwest, Bridge Meadow	3-4pm

DAY	ACTIVITY	LOCATION	TIME
Wednesday	Complete A Mile	The Race Course, Haverfordwest	10-11am
	Multisport Fun	Fishguard Leisure Centre	1-2pm

DAY	ACTIVITY	LOCATION	TIME
Thursday	Bowls And Squash	Milford Leisure Centre	9.30-11.30am
	*Let's Get Active	Haverfordwest Leisure Centre	1-2pm

\*There is a charge for let's get active. Contact the leisure centre it is held at to book and pay. These sessions run all year round.

To book onto our other sessions email [sarah.owens@pembrokeshire.gov.uk](mailto:sarah.owens@pembrokeshire.gov.uk) or [emily.payne@pembrokeshire.gov.uk](mailto:emily.payne@pembrokeshire.gov.uk)

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