

Summer  
Holidays

# JUNIOR ACTIVITIES HOLIDAY TIMETABLE

MILFORD HAVEN  
LEISURE CENTRE  
CANOLFAN HAMDDEN  
ABERDAUGLEDDAU

	ACTIVITY	TIME	AGE
MONDAY	Family Fitness Junior Fitness Floats and Fun Play Session (Exc 11th Aug)	9.00am - 4.00pm 3.30pm - 5.00pm 3.00pm - 4.55pm 1.00pm - 2.30pm	11+ 11+ 0-8 0-8
TUESDAY	Family Fitness Junior Fitness Floats and Fun Play Session (Exc 12 <sup>th</sup> Aug)  ALN Play Session (5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> Aug) ALN Family Swimming	9.00am - 4.00pm 3.30pm - 5.00pm 10.00am - 10.55am 3.00pm - 4.55pm 1.00pm - 2.30pm  3.00pm - 4.00pm 5.00pm - 5.55pm	11+ 11+ All Ages 0-8 0-8  0-8 All Ages
WEDNESDAY	Family Fitness Junior Fitness Floats and Fun Play Session (Exc 13 <sup>th</sup> Aug)	9.00am - 4.00pm 3.30pm - 5.00pm 10.00am - 10.55am 3.00pm - 4.55pm 1.00pm - 2.30pm	11+ 11+ All Ages 0-8
THURSDAY	Family Fitness Junior Fitness Floats and Fun Play Session	9.00am - 4.00pm 3.30pm - 5.00pm 10.00am - 10.55am 3.00pm - 4.55pm 1.00pm - 2.30pm	11+ 11+ All Ages 0-8
FRIDAY	Family Fitness Junior Fitness Floats and Fun Disco Floats and Fun  Free Play Session Design Squad	9.00am - 4.00pm 3.00pm - 5.00pm 10.00am - 10.55am 3.00pm - 4.55pm  1.00pm - 2.30pm 3.15pm - 4.15pm	11+ 11+ All Ages All Ages  0-8 4-10
SATURDAY	Floats and Fun Family Floats and Fun	9.00am - 10.55am 11.00am - 12.00pm	All Ages All Ages

