

FISHGUARD LEISURE CENTRE

Junior Activity Timetable



Commencing Monday September 6th 2021

Day	Time	Activity	Age
Monday	1530 - 1710	Swimming Lessons	4+
	1530 - 1640	Fitness Club	11 – 13
	1520 - 1550	Move & Groove	2 – 3
	1555 - 1625	Move & Groove	4 – 5
	1630 - 1715	Move & Groove	6 – 8
	1905 - 2105	Under 15's Netball Club*	11 - 15
Tuesday	1530 - 1710	Swimming Lessons	4+
	1620 - 1650	Rookie Lifesaving Club	Wave 5+
	1545 - 1615	Fun Fitness	4 – 5
	1620 - 1700	Fun Fitness	6 – 8
	1710 - 1750	Fun Fitness	9 – 11
Wednesday	1530 - 1710	Swimming Lessons	4+
	1530 - 1640	Fitness Club	11 – 13
Thursday	0915 - 0945	Adult & Child Lesson	Under 3's
	0950 - 1020	Adult & Child Lesson	Under 3's
	1025 - 1055	Adult & Child Lesson	Under 3's
	1530 - 1710	Swimming Lessons	4+
	1630 - 1700	Multi-Sports	4 – 5
	1710 - 1755	Multi-Sports	6 – 8
Friday	1530 - 1820	Swimming Lessons	4+
	1700 - 1800	Kung Fu*	6 – 11
	1745 - 1845	GOGA**	11+
Saturday	0935 - 1200	Swimming Lessons	4+
	1000 - 1200	Kids Zone	0 – 9
	1130 - 1255	Fitness Club	11 – 13

Parents/guardians of children under 8 taking part in activities must stay in the building at all times and remain with their child if under 4 years.

Booking and Cancellation policy applies.
Kickstart required to attend Fitness Club

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

* External Club **suitable for children with Additional Learning Needs

For a copy in large print, Braille, audio tape or an alternative language, please call 01437 764551.

Timetable correct at the time of print. Version 1.