



Junior Activities Timetable

Carmarthen Leisure Centre

MONDAY

Time	Activity	Coach	Age	Location	Cost
4.15 – 4:45pm	Skills Check	Ffion	-	Dance Studio	FREE*
5 – 5:45pm	Mini Netball	Ffion	-	Sports Hall	£15 a month

TUESDAY

Time	Activity	Coach	Age	Location	Cost
4 – 4.45pm	Skills for Sport	Ffion	-	Dance Studio	£15 a month
5 – 5:45pm	Mini Hockey	Ffion	-	Sports Hall	£15 a month
6.30 – 7.15pm	Junior Synrgy	Huw	11-13yrs	Synrgy Room	£3.50

THURSDAY

Time	Activity	Coach	Age	Location	Cost
4.30 – 5:15pm	Athletics	Nicole	-	Dance Studio	£15 a month

FRIDAY

Time	Activity	Coach	Age	Location	Cost
4:00-4:45pm	Soccer Tots	Courtney	3-4yrs	Sports Hall	£3.60
5:00-5:45p.m	Mini Football	Courtney	5-8yrs	Sports Hall	£3.60

SATURDAY

Time	Activity	Coach	Age	Location	Cost
10am-10:45am	Cycling	Nicole	-	Sports Hall	£15 a month
9.30 – 10.30am	Squash (Beginners)	Jenny	7-16 yrs	Squash Courts	£3.50
10.30 – 12.30am	Squash (Improvers)	Jenny	7-16 yrs	Squash Courts	£3.50

* **Skills check:** All children wishing to be part of one of our passport programmes will need to attend a Skills check session first so that we can assess your child and signpost them to the correct passport programme.

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