



Junior Activities Timetable

Ammanford Leisure Centre

MONDAY

Time	Activity	Coach	Age	Location	Cost
4.00 – 4.30pm	Skills check	Cath	-	Sports Hall	FREE*
4.30 – 5.15pm	Mini Netball	Cath	-	Sports Hall	£15 a month

TUESDAY

Time	Activity	Coach	Age	Location	Cost
4.00 – 4.30pm	Skills Check	Emily	-	Sports Hall	FREE*
4.30 – 5.15pm	Mini Hockey	Emily	-	Sports Hall	£15 a month

THURSDAY

Time	Activity	Coach	Age	Location	Cost
4.30 – 5.00pm	Skills Check		-	Sports Hall	FREE*
5 – 6pm	Skills for Sport			Sports Hall	£15 a month

FRIDAY

Time	Activity	Coach	Age	Location	Cost
4 – 4:45pm	Soccer Tots	Keanu	-	Sports Hall	£3.50

SATURDAY

Time	Activity	Coach	Age	Location	Cost
09.15 – 09:30am	Skills Check	Dan / Rhydian		Sports Hall	FREE*
09:30 – 10:30am	Balance Bikes	Rhydian / Dan		Sports Hall	£15 a month
10:30 – 11:30	Athletics	Rhydian / Dan		Sports Hall	£15 a month

* **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.