

## Active Group Fitness

### Monday

6:45pm - 7:30pm Kettlebells Adult £6.00

### Tuesday

6:00pm - 7:00pm Pilates Adult £6.00

### Wednesday

5:30pm - 6:30pm Pilates Adult £6.00

6:00pm - 7:00pm Circuits Adult £6.00

### Thursday

6:30pm - 7:30pm Box-a-cise Adult £6.00

## Activity & Class Information

All activities / classes within the Centre programme will be charged separately and users must provide a relevant receipt for each class or activity upon request. Low impact classes are indicated on the programme with an (L).

## Activity Guidelines

The activity is run on an Open Access basis which means that children can only be supervised whilst they participate in the activity. We cannot stop children from coming and going as they please.

Our service aims to be child centred, friendly, safe and fun so that children can undertake activities regardless of race, sex, religion, cultural background, physical and mental abilities.

## Open Access

Cardiff Council recognises that children have the right to have access to good quality play and recreational opportunities, and is committed to taking positive steps to ensure that this is the case.

The activities are provided by qualified staff who will be organising a programme of activities as well as providing relevant materials and equipment.

## Under 5 Years of Age

We welcome children under the age of 5 years if they are accompanied at all times by a parent, guardian, carer or a responsible adult.

If you would like further information or have any problems please speak to one of the facility staff.

## Active Kids

### Monday

9:30am - 11:30am Little Tiddlers Under 5 £3.60

1:30pm - 3:30pm Parent & Toddler Under 5 £3.60

4:00pm - 6:00pm Children's Birthday Parties Junior £125.00

### Tuesday

9:30am - 11:30am Little Tiddlers Under 5 £3.60

1:30pm - 3:30pm Parent & Toddler Under 5 £3.60

4:00pm - 5:15pm Junior Football Coaching 8 - 13 yrs £2.50

### Wednesday

1:00pm - 3:00pm Parent & Toddler Under 5 £3.60

4:15pm - 5:15pm Futsal 7-13yrs £1.50

### Thursday

9:30am - 11:30am Tina A Ti Play Group Under 5 £3.60

1:30pm - 3:30pm Parent & Toddler Under 5 £3.60

4:15pm - 5:45pm Table Tennis 7-13yrs £1.50

4:15pm - 6:00pm Archery Junior £3.60

### Friday

9:30am - 11:30am Parent & Toddler Under 5 £3.60

1:00pm - 3:00pm Parent & Toddler Under 5 £3.60

4:15pm - 6:15pm Children's Birthday Parties Junior £125.00

7:00pm - 9:00pm Children's Birthday Parties Junior £125.00

### Saturday

10:30am - 12:30pm Children's Birthday Parties Junior £150.00

1:00pm - 3:00pm Children's Birthday Parties Junior £150.00

3:30pm - 5:30pm Children's Birthday Parties Junior £150.00

### Sunday

11:00am - 1:00pm Children's Birthday Parties Junior £150.00

1:30pm - 3:30pm Children's Birthday Parties Junior £150.00

## Adult Sports

### Monday

7:30pm - 9:30pm Badminton Court - Casual Bookings Adult £12.10

### Tuesday

6:30pm - 9:30pm Badminton Court - Casual Bookings Adult £12.10

### Wednesday

7:30pm - 9:30pm Badminton Court - Casual Bookings Adult £12.10

### Thursday

7:30pm - 9:30pm Badminton Court - Casual Bookings Adult £12.10