



Young People's Activities Timetable – Spring 2019

Monday

| Activity | Age | Time | Contact |
|------------------------------------|---------------|---------------|-------------------------|
| Tennis Coaching | 5 – 10 years | 16.00 – 19.00 | Tracey 07985 183 796 |
| Shape up Gym | 12 – 16 years | 16.30 – 17.30 | Reception 01920 487 091 |
| Gym Club | 4 - 6 years | 16.15 – 17.15 | Zoe 07903 021 490 |
| Gym Club | 8 years + | 16.45 – 17.45 | Zoe 07903 021 490 |
| Fencing | 8-16 years | 17.00 – 18.00 | Melanie 07565 470963 |
| Wodson Athletics | 5 – 8 years | 17.00 – 18.00 | Reception 01920 487 091 |
| Hertford & Ware Athletics Coaching | 11 years + | 18.00 – 19.00 | Dave 07928 566 668 |

Tuesday

| Activity | Age | Time | Contact |
|------------------------------|-------------|---------------|----------------------|
| Gym Club | 4 – 6 years | 15.45 – 16.45 | Zoe 07903 021 490 |
| Herts Phoenix Athletics Club | 9 years + | 18.00 – 21.00 | www.hertsphoenix.com |
| Karate | 6 years + | 18.00 – 19.00 | Jenny 01920 463 082 |
| Tang Soo Do | 7 years + | 20.00 – 21.30 | Steve 07540 118 427 |

Wednesday

| Activity | Age | Time | Contact |
|-------------------------------------|---------------|---------------|-------------------------|
| Shape up Gym | 12 – 16 years | 16.30 – 17.30 | Reception 01920 487 091 |
| Athletics – Hertford & Ware Academy | 11-13 years | 18.00 – 19.30 | Dave 07928 566 668 |

Thursday

| Activity | Age | Time | Contact |
|-----------------------------|---------------|---------------|-------------------------|
| Shape up Gym | 12 – 16 years | 16.30 – 17.30 | Reception 01920 487 091 |
| Wodson Athletics | 5 – 8 years | 17.00 – 18.00 | Reception 01920 487 091 |
| Junior Judo | 5 years + | 17.30 – 20.00 | Adrian 01327 706 287 |
| Herts Phoenix Athletic Club | 9 years + | 18.00 – 21.00 | www.hertsphoenix.com |

Friday

| Activity | Age | Time | Contact |
|---------------------------------|--------------|---------------|-------------------------|
| Tennis Coaching | 5 – 10 years | 16.00 – 19.00 | Tracy 07985 183 796 |
| Football – Wodson Park Youth FC | 8 years + | From 18.00 | Lee 07778 192 960 |
| Wodson Athletics | 8 – 11 years | 17.30 – 18.30 | Reception 01920 487 091 |

Saturday

| Activity | Age | Time | Contact |
|-----------------------|---------------|---------------|-------------------------|
| Gym Club (3 classes) | 5 years + | 09.15 – 12.45 | Zoe 07903 021 490 |
| Badminton - Beginners | 6 – 16 years | 10.00 – 11.00 | Reception 01920 487 091 |
| Badminton - Improvers | 6 – 16 years | 11.00 – 12.00 | Reception 01920 487 091 |
| Shape up Gym | 12 – 16 years | 12.30 – 13.30 | Reception 01920 487 091 |

Sunday

| Activity | Age | Time | Contact |
|----------|-----------|---------------|---------------------|
| Gym Club | 6 years + | 09.30 – 11.00 | Zoe 07903 021 490 |
| Karate | 6 years + | 17.00 – 19.00 | Peter 07866 374 674 |