



# Young People's Activities Timetable – Winter 2019

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## 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	Adrian – 01920 461 629
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	Adrian – 01920 461 629

## 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