



Canolfan Hamdden y Fenni - Abergavenny Leisure Centre

30 th March	31 st March	1 st April	2 nd April
<ul style="list-style-type: none"> • Badminton • Yoga • Aqua aerobics • Netball • Daily Mile • Circle games 	<ul style="list-style-type: none"> • Basketball • Les Mills Born to move (Dance) • Core aquatic skills/ games • Daily Mile • Rounders • Circle games 	<ul style="list-style-type: none"> • Dodge ball • Circuits • Life saving • Daily Mile • Tennis • Circle games 	<ul style="list-style-type: none"> • Tag Rugby • Shooting stars • Mini Olympics • Daily Mile • Cricket • Circle games

8 th Apr	9 th Apr	10 th Apr
<ul style="list-style-type: none"> • Netball • Toga • Aqua aerobics • Water polo • Daily Mile • Football • Circle games 	<ul style="list-style-type: none"> • Cricket • Circle games / Sprint start continuous relay • Core aquatic skills/ games • Daily Mile • Basketball • Circle games 	<ul style="list-style-type: none"> • Hockey • Les Mills Born to move (Dance) • Aqua aerobics • Daily Mile • Netball • Circle games