



WEEK ONE
Abergavenny Leisure Centre
20-24/07/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Badminton	Basketball	Dodge ball	Tag Rugby	Football
Yoga	Les Mills Born to move (Dance)	Circuits	Shooting stars	Les Mills Born to move (Dance)
Aqua aerobics	Core aquatic skills/ games	Life savings	Mini Olympics	Water polo
Daily Mile	Daily Mile	Daily Mile	Daily Mile	Daily Mile
Netball	Rounders	Tennis	Cricket	Hockey
Circle games	Circle games	Circle games	Circle games	Circle games



WEEK TWO

Abergavenny Leisure Centre

27-31/07/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Football	Rounders	Netball	Cricket	Hockey
Les Mills Born to move (Dance)	Circuits	Yoga	Circle games / Sprint start continuous relay	Les Mills Born to move (Dance)
Aqua aerobics	Mini Olympics	Aqua aerobics Water polo	Core aquatic skills/ games	Aqua aerobics
Daily Mile	Daily Mile	Daily Mile	Daily Mile	Daily Mile
Tennis	Badminton	Football	Basketball	Netball
Circle games	Circle games	Circle games	Circle games	Circle games



WEEK THREE

Abergavenny Leisure Centre

3-7/08/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Badminton	Basketball	Dodge ball	Tag Rugby	Football
Shooting stars	Les Mills Born to move (Dance)	Circuits	Yoga	Les Mills Born to move (Dance)
Aqua aerobics	Core aquatic skills/ games	Life savings	Mini Olympics	Water polo
Daily Mile	Daily Mile	Daily Mile	Daily Mile	Daily Mile
Athletics	Rounders	Tennis	Cricket	Hockey
Circle games	Circle games	Circle games	Circle games	Circle games



WEEK FOUR

Abergavenny Leisure Centre
10-14/08/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Badminton	Basketball	Football	Tag Rugby	Football
Yoga	Circuits	Les Mills Born to move (Dance)	Circle games / Sprint start continuous relay	Les Mills Born to move (Dance)
Water polo	Aqua aerobics	Mini Olympics	Life saving	Core aquatic skills/ games
Daily Mile	Daily Mile	Daily Mile	Daily Mile	Daily Mile
Tennis	Hockey	Badminton	Cricket	Rounders
Circle games	Circle games	Circle games	Circle games	Circle games



WEEK FIVE

Abergavenny Leisure Centre

17-21/08/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Badminton	Basketball	Dodge ball	Tag Rugby	Football
Yoga	Les Mills Born to move (Dance)	Circuits	Shooting stars	Les Mills Born to move (Dance)
Aqua aerobics	Core aquatic skills/ games	Life savings	Mini Olympics	Water polo
Daily Mile	Daily Mile	Daily Mile	Daily Mile	Daily Mile
Athletics	Rounders	Tennis	Cricket	Hockey
Circle games	Circle games	Circle games	Circle games	Circle games



WEEK SIX
Abergavenny Leisure Centre
24-28/08/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Tag Rugby	Basketball	Football	Tag Rugby	Football
Shooting stars	Les Mills Born to move (Dance)	Circuits	Shooting stars	Les Mills Born to move (Dance)
Mini Olympics	Life saving	Core aquatic skills/ games	Mini Olympics	Water polo
Daily Mile	Daily Mile	Daily Mile	Daily Mile	Daily Mile
Cricket	Rounders	Tag Rugby	Athletics	Hockey
Circle games	Circle games	Circle games	Circle games	Circle games