

# Rugby Junior Activities



	0 to 7's			8 to 12's	13 to 15's
<b>Monday</b>	Crèche 9-1pm 4-7pm			Junior Fit 5-6pm	
<b>Tuesday</b>	Crèche 9-1pm 4-7pm	Beginner Gymnastics 4:15-5:15pm (4+ys)		Intermediate Gymnastics 5:15-6:15pm	
<b>Wednesday</b>	Crèche 9-1pm 4-7pm	Street Dance 5-6pm (7+yrs)	TKD 5:15-6pm (5+yrs)		
			Street Dance 6-7pm (11+yrs)		
<b>Thursday</b>	Crèche 9-1pm 4-6pm	Movement & Music 9:30-10am (1-3yrs)	Beginner Gymnastics 4:15-5:15pm (4+yrs)	Intermediate Gymnastics 5:15-6:15pm	Advanced Gymnastics 6:15-7:15pm
<b>Friday</b>	Crèche 9-1pm 4-6pm	TKD 6:30-7:30pm (5+yrs)	Football Skills 5-6pm		
			TKD 6:30-7:30pm		
<b>Saturday</b>	Crèche 9-1pm	TKD 11:15-12:15pm 12:15-1:15pm (5+yrs)	Junior Fit 9:30-10:30am		
			TKD 11:15-12:15pm 12:15-1:15pm (5+yrs)		
		Street Dance 10:30-11:30am (4-6yrs)	Street Dance 11:30-12:30pm (7+yrs)		
			Circuits 5-6pm		
<b>Sunday</b>	Crèche Closed			Circuits 5-6pm	Circuits 5-6pm

\*During our crèche opening times we offer many creative activities such as; Arts + Crafts, Messy Morning, Biscuit Decorating, Mini Movers, Wordsearchs + Puzzles, Super Sports and Free Play.