



Penglais Sports Clubs



January 2018

MONDAYS

Cricket (Years 9 - 10) - Sports hall @ 12.20pm

Wheelchair Basketball (Yrs 7 - 13) - Sports Hall @ 3.45 - 4.45pm

Young Gyms (Yrs 9 - 13) - Plascrug LC @ 3.45 - 4.45pm £2

TUESDAYS



Hip-hop (Yrs 7 - 10) - School gym @ 12.20pm



Girl's Rugby (Years 7 - 10) - Sports Hall / Fields @ 3.15pm

**** Please bring trainers and boots as it will depend on weather ****

WEDNESDAYS

Lidl: Play More Football (Year 7 ONLY) - Sports Hall @ 12.20pm

FRIDAYS

Fun Games (Years 7+8) - Sports hall @ 12.20pm



Girl's Bench Ball (Years 7 - 11) - Gym @ 12.20pm

**** We will be organising Fitness Sessions in the Gym in the next few weeks = keep an eye out for them! ****