

# SUMMER ACTIVITES

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## P.M.F YOUTH CLUB

FOR 8 – 14 yr olds

**FROM 30 JULY TO 26 AUG 2007**

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| <b>Monday</b>    | <b>Youth Club open from 1 to 2:30 pm</b><br><b>Running Club 4pm – 5 pm</b>   |
| <b>Tuesday</b>   | <b>Youth Club open from 1 to 2:30 pm</b><br><b>Skipping Club 4pm – 5pm</b><br><b>Self Defence session – 7 :15 – 8:45pm</b> |
| <b>Wednesday</b> | <b>ACTIVITY / TRIP DAY (TBA)</b><br><b>Youth Club from 7.30 pm – 8.30 pm</b>   |
| <b>Thursday</b>  | <b>Multi-Sports 1pm – 3pm</b><br><b>Basketball Session 4pm – 5 pm</b>  |
| <b>Friday</b>    | <b>Youth Club from 7.30 pm – 8.30 pm</b>   |
| <b>Saturday</b>  |  |
| <b>Sunday</b>    | <b>ACTIVITY DAY</b>  |

For more information please contact Faz Khan or ring 01772 889000

