

PCYC



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**GENTLE
EXERCISE**

TUESDAY 11AM

THURSDAY 11AM

**SOCCER SKILLS
& DRILLS**

MONDAY 4PM

**SCIENCE
WORKSHOP**

MONDAY 5PM

**CREATIVE ARTS
WORKSHOP**

ACTIVITIES TIMETABLE

Gentle Exercise (50 years +)

Discover the perfect way to stay active, healthy, and social with our Active Over 50s Gentle Exercise Class. Designed specifically for those aged 50 and over, this low-impact session combines stretching, strength-building, and light cardio to improve flexibility, balance, and overall well-being.

Led by experienced instructors in a supportive and welcoming environment, this class is ideal for maintaining an active lifestyle at your own pace. Whether you're looking to ease into fitness or stay consistent with your routine, our gentle exercises cater to all fitness levels.

Soccer Skills & Drills (5 - 12 years)

Kickstart your passion for football with our Soccer Skills & Drills Class! Perfect for players of all abilities, this fun and engaging session focuses on developing key skills like passing, dribbling, shooting, and teamwork.

Led by enthusiastic coaches, our class combines dynamic drills with game-like scenarios to enhance technique, build confidence, and improve overall performance on the field. Whether you're looking to sharpen your skills or learn the basics, this is the perfect place to grow your love for the game in a supportive and energetic environment.

Science Workshop (5 years +)

Unleash your inner scientist with our Science Explorers Workshop! Dive into the wonders of the natural world through hands-on experiments, interactive activities, and exciting discoveries. Designed to inspire curiosity and creativity, this workshop is perfect for budding scientists of all ages. From exploring chemical reactions to understanding the principles of physics, our sessions make science fun, accessible, and engaging.

Led by knowledgeable facilitators, this workshop encourages critical thinking, teamwork, and a love for learning. Come explore, experiment, and ignite your imagination—science has never been so exciting!

Creative Arts Workshop (5 years +) - Expressions of Interest

Unleash your imagination in our Creative Arts Workshop! Perfect for all ages and skill levels, this hands-on session encourages self-expression through painting, drawing, sculpting, and more. Led by talented instructors, you'll explore a variety of techniques and materials to bring your artistic visions to life. Whether you're a seasoned artist or just starting out, this workshop is a fantastic way to build skills, boost creativity, and relax in a supportive environment.