






PE and 5X60 Extra-Curricular Time Table



Monday	Tuesday	<u>Wellness</u> <u>Wednesday</u>	Thursday	Friday
<u>Lunch Time</u>	<u>Lunch Time</u>	<u>Lunch Time</u>	<u>Lunch Time</u>	<u>Lunch Time</u>
<p><u>NEW SESSION</u> <u>Summer Sports</u> <u>Club</u> Cricket, rounder's, tennis, football Outside <u>Yrs 7,8&9 only</u></p> <p><u>Cheerleading</u> <u>Practice</u> in preparation for cheerfest Competition</p> <p>Sunday 12th May 2019 @ Deeside Leisure Centre</p>	<p><u>NEW SESSION</u> <u>Summer Sports</u> <u>Club</u> Cricket, rounder's, tennis, football Outside <u>Yrs 10&11 only</u></p> <p><u>Cheerleading</u> <u>Additional</u> <u>practice</u> <u>In the theatre</u></p>	<p>Box Fit/Aerobics For ks4 only With Christina instructor from Jade Jones Pavilion in the gymnasium</p> <div style="text-align: center;">  </div>	<p><u>Tennis Club</u> 12.45 till 1.15pm For all years With Harry</p>	<p><u>Cheerleading</u> <u>additional practice</u> <u>In the theatre</u></p> <p><u>NEW SESSION</u> <u>Summer Sports Club</u> <u>Cricket, rounders,</u> <u>tennis, football</u> <u>Outside</u> <u>Girls only</u></p> <div style="text-align: center;">  </div>
<u>After School</u>	<u>After School</u>	<u>After School</u>	<u>After School</u>	<u>After School</u>
<p><u>Hockey Club</u> With Mrs Heaton @ Flint High School till 5.00pm</p>	<p><u>Gymnastics Club</u> At flint High School All years & abilities welcome 3.45pm till 4.45pm</p> <div style="text-align: center;">  </div>	<p><u>NEW SESSION</u> Girls Football all years with Hayden Baines Hughes</p> <p><u>Games Night</u> With PE staff Football, netball & more</p>	<p><u>Delyn</u> <u>Gymnastics</u> <u>Club</u> <u>@Flint High</u> <u>School</u> session 3.45pm till 4.45pm</p> <p>Evening Community football all years welcome Flint high astro turf 7pm till 8pm Free session</p>	<p><u>5x60 Leisure Club</u> <u>@ Jade Jones</u> <u>Pavilion Flint</u></p> <p>Gym usage & teen class @ 4.00pm- 4.30pm <u>£2.00</u></p> <p>Ten pin Bowling £2.00 (min 8 people)</p> <p>£2.00 swimming from 3.30pm till 5.00pm</p>



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