REGULAR ACTIVITIES – MAIN HALL & COMMITTEE ROOM - from 14TH JANUARY 2023

For individual activities please contact the named people, where given.

| **DAY** | **TIME** | **GROUP** | **CONTACT** | **EMAIL** |
| --- | --- | --- | --- | --- |
| **Monday** | 10am to 11am | Extend/Fit For Fun | Currently Full | sec.lpca.gmail.com |
|  | 1pm to 2:30pm | Tai-Chi – Adults | VACANCIES | sec.lpca.gmail.com |
|  | 5pm to 6pm | Rainbows | Carol Emary | sec.lpca.gmail.com |
|  | 6:15 to 7:30pm | Brownies | Janet Mathias | sec.lpca.gmail.com |
|  | | | | |
| **Tuesday** | 8:30am to 4:30pm | Baby Sensory classes | Baby Sensory | cardiffwest@babysensory.co.uk |
|  | 3:15 to 6:00pm | Spanish (children) | Total Spanish  tuition | totalspanishtuition@gmail.com |
|  | 8pm to 9:30pm | GA(Community Support group) |  | sec.lpca@gmail.com |
|  |  |  |  |  |
| **Wednesday** | 10am to 11am | Extend/Fit For Fun | Currently Full | sec.lpca@gmail.com |
|  | 11:30 to 12:00 | Mind Matters | Currently Full | sec.lpca@gmail.com |
|  | 18:30 to 19:30 | Puppy Training course | Emma Taylor | info@ratpackdogservices.co.uk |
| **AFTERNOONS CURRENTLY FREE AND EVENINGS 8:00PM to 10:00PM** | | | | |
|  | | | | |
| **Thursday** | 10:30 – 12:00 | Coffee Club (1st & 3rdThursdays) | Elizabeth Mainwaring | sec.lpca@gmail.com |
| **AFTERNOONS CURRENTLY FREE 1:00PM to 5:00PM** | | | | |
|  | 6pm to 7pm | Dog Sports Training | Emma Taylor | info@ratpackdogservices.co.uk |
|  | | | | |
| **Friday** | 09:30 – 11:00 | Eden Church Parents  & Toddlers | Helen Dyer  07791101587 | hdyer17@icloud.com |
| **AFTERNOONS CURRENTLY FREE NOON to 5PM** | | | | |
|  | 6pm to 7pm | Dog Training Classes | Emma Taylor | info@ratpackdogservices.co.uk |
|  | | | | |
| SATURDAY | **CURRENTLY FREE FROM 9AM TO 10PM** | | | |
| SUNDAY | CURRENTLY FREE FROM 9AM TO 10PM | | | |