

## WHATS ON IN CROESYCEILIOG & LLANYRAFON?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<p>Tai Chi 10.15-11.30 Woodland Road Sports &amp; Social Centre Adults £3 Ring Barbara 07830250538</p> <p>Happy Hands Club (for pre-school children 0-5 years) Croesyceiliog Cricket Club at 10am or baby only session at 11.10am £5 per session – pre-book only <a href="#">(4) Happy Hands Club Cwmbran   Facebook</a></p> <p>(Summer holidays) World Heritage Youth Ambassadors Woodland Road Sports and Social Centre 9am to 3pm Children aged 8-12 £5 per day <a href="http://www.whyam.org">www.whyam.org</a> <a href="mailto:ashleigh.taylor@thehwb.org">ashleigh.taylor@thehwb.org</a></p>	<p>Tai Chi 10.15-11.30 Woodland Road Sports &amp; Social Centre Adults £3 Ring Barbara 07830250538</p> <p>(Summer holiday) World Heritage Youth Ambassadors Woodland Road Sports and Social Centre 9am to 3pm Children aged 8-12 £5 per day <a href="http://www.whyam.org">www.whyam.org</a> <a href="mailto:ashleigh.taylor@thehwb.org">ashleigh.taylor@thehwb.org</a></p>		<p>Happy Hands Club (for pre-school children 0-5 years) Croesyceiliog Cricket Club at 10am £5 per session – pre-book only <a href="#">(4) Happy Hands Club Cwmbran   Facebook</a></p> <p>Gwent Mini Musicians 9.30am Llanyrafon Methodist Church For children £5 per adult (children are free) <a href="#">(4) Gwent Mini musicians   Facebook</a></p>	<p>Monthly starting 30<sup>th</sup> July 'In Our Nature, online coffee morning 10-11am (supported by Bron Afon) Will be face to face when restrictions ease For all adults including those with disabilities No charge For more information contact Linda Brooks on 07814 786033 <a href="mailto:Linda.brooks@bronafon.org.uk">Linda.brooks@bronafon.org.uk</a></p> <p>Happy Hands Club (for pre-school children 0-5 years) at 1pm or baby only session at 11.40am Croesyceiliog Cricket Club £5 per session – pre-book only <a href="#">(4) Happy Hands Club Cwmbran   Facebook</a></p>	<p>Zumba and Zumba toning Woodland Road Sports &amp; Social Centre 10-11am Adults 14 plus £4 Facebook Nicole Gregory email <a href="mailto:nicole.gregory45.ng@gmail.com">nicole.gregory45.ng@gmail.com</a> Mobile 07784942574</p>	<p>Zumba toning 11.15am Woodland Road Sports &amp; Social Centre Age 12 plus £3.50</p>
PM	<p>Line dancing 1.30-3pm Woodland Road Sports &amp; Social Centre Adults £3 Class is full and there is a waiting list</p>		<p>Line dancing 1.30-3pm Woodland Road Sports &amp; Social Centre Adults £3 Class is full and there is a waiting list</p>	<p>Line dancing 1.30-3pm Woodland Road Sports &amp; Social Centre Adults £3 Class is full and there is a waiting list</p>			
Eve	<p>Slimming World Woodland Sports and Social Centre</p>	<p>Ladies wellbeing / de-stress class</p>	<p>Zumba and Zumba toning Woodland Road Sports &amp; Social Centre</p>		<p>Vibes Kids Dance fitness</p>		<p>Team Kotecha dance fitness</p>

<p>5pm All welcome £5.95 per session standard fee, £5.65 for over 60s Call Ginny on 07562 234266 for more information</p> <p>Zumba toning 7.30pm Woodland Road Sports &amp; Social Centre Age 12 plus £3.50</p>	<p>Croesyceiliog Cricket and Rugby Club 5.30-6.30pm For adult ladies £5 per session For more information contact Andrea Jones (number to be confirmed)</p>	<p>6-7pm Adults 14 plus £4 Facebook Nicole Gregory email <a href="mailto:nicole.gregory45.ng@gmail.com">nicole.gregory45.ng@gmail.com</a> Mobile 07784942574</p> <p>Girl Guides at Croesyceiliog Primary School £10 per term For more information see <a href="#">Find your nearest unit   Girlguiding</a></p>		<p>Woodland Road Sports &amp; social Centre 5pm – 5.45pm For children aged 4 to 12 £4 <a href="#">(3) VIBES KIDS DANCE fitness   Facebook</a> contact <a href="mailto:rebeccaforrest123@gmail.com">rebeccaforrest123@gmail.com</a> 07786498568</p>		<p>Woodland Road Sports &amp; Social Centre 5.30pm Adults and children £5 See Facebook page <a href="#">(3) Team Kotecha - Dance Fitness   Facebook</a></p>
<p>Llanyrafon Nursery and Playgroup at Llanyrafon Social Club Monday to Friday</p> <p><a href="#">(2) Llanyrafon Nursery &amp; Playgroup   Facebook</a> or <a href="mailto:Llanyrafonplaygroup@outlook.com">Llanyrafonplaygroup@outlook.com</a></p> <p>9:30am-12pm Nursery - 3 years + 9am-3pm wraparound - 3 years + 12:45-3pm playgroup - 2.5 years+</p> <p>£1.10 for education funded children (9:30-12). £9 for playgroup aged children. We are also part of 30 hours free childcare offer.</p>						