SWANSEA / ABERTAWE

FREE ACTIVITIES FOR EVERYONE! GWEITHGAREDDAU AM DDIM-I BAWB!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:30-18:30 **Skate, Scooters & BMX Bikes** Parc Melyn Mynach (meet at the skate ramps)	12:15 – 13:00 **Circuits** Victoria Park (meet by the children's play area)	10:00-12:00 **Companion Cycling** Dunvant Rugby Club (meet at the shipping containers) **BOOKING REQUIRED**	06:45-07:45 Sunrise Beach **Yoga** Swansea Bay Foreshore (meet in front of the 360 Café)	10:30 – 14:30 **Taste of Gower Walk**	10:00 – 12:00 **Tai Chi** Brynmill Park (meet at the Discovery Centre)	10:00 – 11:15 **Mountain Boarding** Locations include: Parc Llewelyn Clyne Gardens Dunvant Park Ravenhill Park
18:00-19:00 **Traditional Chinese Kung Fu** Museum Green (outside the front of the National Waterfront Museum)	17:00-19:00 **Skate & Multi skills** Paradise Park Townhill Phoenix Centre (meet at the skate ramps)	12:30-13:15 **Yoga** Alternates between Victoria Park & Civic Centre (beachfront)	09:00 – 09:45 **Yoga** Brynmill Park (meet at the Discovery Centre) 12:15 – 13:00 **Circuits** Victoria Park (meet by the children's play area)		10:00-11:00 **Beach Yoga** Swansea Bay (outside 360 Café)	11:15 – 12:30 **Mountain Boarding** Locations include: Parc Llewelyn Clyne Gardens Dunvant Park Ravenhill Park

Cyngor Abertawe
Swansea Council