





CHRISTMAS HOLIDAY CAMPS

Softball £15, 20th Dec, 10am to 3pm for school years 1 to 4.

https://booking.ecb.co.uk/d/zpqdnw

Hardball £20, 21st Dec, 10am to 3pm for school years 4 to 8.

https://booking.ecb.co.uk/d/hpqdnx





HARDBAL

www.cornwallcricket.co.uk



In association with Active Cornwall and the Time2Move Holiday programme, our Xmas SuperCamps are free of charge for eligible free school meal children and their families (this does not include children eligible for EY FSM funding). Those eligible for FSM codes can obtain them by visiting - cornwall.gov.uk/time2move. Free school meal pupils will be provided with a meal on the day of their activity. Parent/carer(s) wishing to use childcare vouchers, please select 'Childcare Voucher' option at checkout.



FOR MORE DETAILS & TO BOOK:

WWW.MYEDVENTURE.CO.UK











YOUTH CLUB

Mondays in Term Time, 4pm - 5.30pm

Free

Free

For young people aged 9 - 14 years old

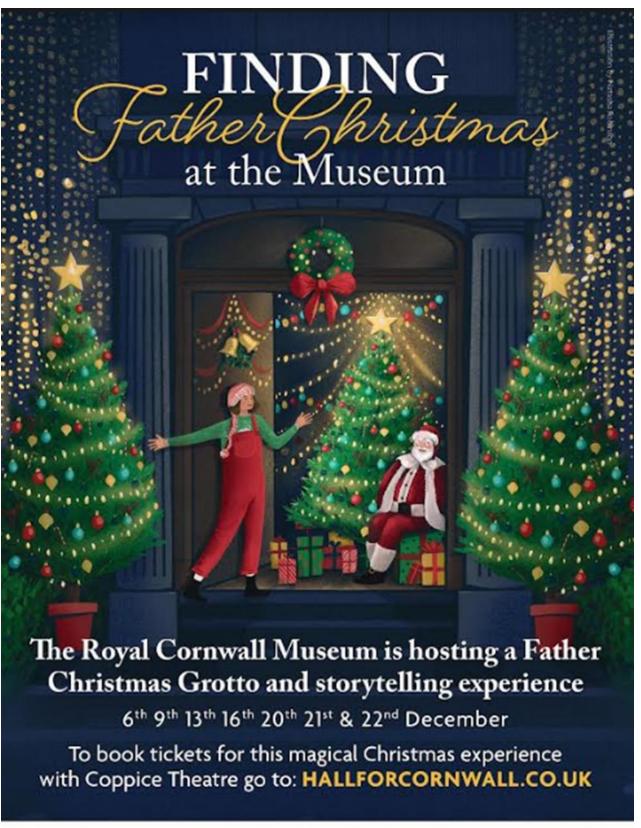
Hot drinks

Games

Contact us if you would like more details

Adrian: CarnonHubPastor@truromethodist.org.uk Victoria (Mid Cornwall Circuit Youth Worker): 07842 278 983













Pendennis Community Centre



OUR VOLUNTEER RUN CAFE IS OPEN: 9AM-1PM MONDAY -SATURDAY SERVING HOT AND COLD DRINKS AND CAKES



WE ARE DOG FRIENDLY TOO



WE HAVE A COMMUNITY BOOK LIBRARY DONATIONS IN GOOD QUALITY BOOKS WELCOME



MONDAY

CIRCUITS-9:15AM **BOOTYLIFT 9:30AM** CORE CLASS 10:15AM DRUM N' BLITZ 10:30AM STRETCH 11:30AM HIIT 6:00PM VINYASA FLOW 6:15PM CORE CLASS 7:00PM SLOW FLOW YOGA 7:30PM

FRENCH CONVERSATION WITH CECILE-11:00AM- DONATION WELCOME

TUESDAY

PRE-SCHOOL YOGA - 9:15AM **BOXFIT 9:30AM** STRETCH 10:30AM **ZUMBA 10:30AM** ZUMBA GOLD 11:30AM

> BOOTYLIFT 6:00PM DRUM N BLITZ 7:00PM STRETCH 8:00PM

WEDNESDAY

FIT 4 ALL 9:30AM STRETCH 10:30AM VINYASA FLOW YOGA 8:00PM

THURSDAY

CIRCUITS 9:15AM CORE CLASS 10:15AM ZUMBA 6:30PM STRETCH FLOW 7:30PM

FRIDAY

YOGA FLOW 9:30AM PILATES 10:30AM

PUPPY PLAY/SOCIALISATION CLASS BOOKING WITH RUTH

PENDENNIS

SATURDAY

ZUMBA 8:30AM STRETCH FLOW 9:30AM VINYASA FLOW 10:00AM

ALL FITNESS CLASSES £6:50 TO BOOK CLASSES VISIT: HTTPS://APP.CLASSFIT.COM/BUSINESSPROFILE/120726

WE ALSO TAKE BOOKINGS/PAYMENTS AS DROP INS ON THE DAY!



We look forward to seeing you! 01326 653249







SATURDAYS 10AM IN TERM TIME

Every Saturday during term time Truro City Youth FC run a fun football session for all children from Reception age to year 6. Its pay as you play so no contract. We are all about inclusivity regardless of ability at TCYFC; it's all about having FUN!!!!!

We rely on volunteers, so if a parent can help, fantastic!!! We can always do with a spare pair of hands on and off the pitch.

It's of course weather dependent, so 'like' our Facebook page and keep an eye out for updates. There's a helpful FAQ section at the bottom of the about tab

All the children need is suitable footwear, shinpads and a drink.

More details on our website and Facebook page Truro city youth

Football club community football programme.

TCYFC COMMUNITY
FOOTBALL
PROGRAMME

PAY AS YOU GO £3.50 A SESSION

FA QUALIFIED, FIRST AID TRAINED AND DBS CHECKED COACHES

> 10AM-11AM REC YR & YR 1. 10AM-11:30AM YR2 TO YR6

CHANCE FOR PARENTS TO HELP COACH

TRURO CITY YOUTH FC

Penair School Astro Truro TR1 1TN

www.trurocityyouthfootball club.co.uk

Saturdays 10am -1130am



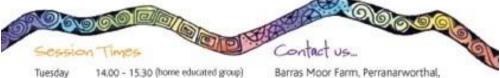
sessions



An art club for children that...

- Provides a safe artistic space where children aged 6 16 have time to do long-term projects.
- Uses professional materials and delivers an in-depth art education.
- Builds children's confidence and self-esteem.
- Advises students studying GCSE how to build-up their sketchbook.

Mediums explored include: watercolours, acrylics, pastels, pencil, clay, papier maché. All materials are provided. Adults classes and private tuition also available.



Tuesday

16,30 - 17,45

10,30 - 12,00 (home educated group) Wednesday

16.30 - 17.45

16.30 - 17.45 Thursday

9.30 - 11, 11.30 - 13.00 & 14.00 - 15.30 Saturday

Truro, Cornwall TR3 7PE

If you are interested in joining art-K

please contact Sara on 07852 674316,

email her at sara@art-k.co.uk

or visit us online at www.art-k.co.uk

watercolour mixed media modelling collage day