

# Winter of Wellbeing

**FREE Activities  
for Ages 4-25**



**08000 43 43 43**  
**www.celticleisure.org**



Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**



**Children & Families Team**  
Neath Port Talbot  
**Tim Plant a Theuluoedd**  
Castell-nedd a Phori Talbot

Gaeaf Llawn Lles

Winter of Wellbeing



# Winter of Wellbeing

After the success of the Summer of Fun, we are proud to launch the Winter of Wellbeing!

Funded by the Welsh Government, join us from January to take part in a whole range of FREE, fun activities to help you stay active during the winter months.

All activities will run for 12 weeks

## Mind & Body Yoga

Pontardawe Leisure Centre

Monday  
4.30pm - 5.30pm

Ages 11-16

Starts Mon 10th Jan



## Tag Rugby

Neath Sports Centre

Monday  
4pm - 5pm

Ages 5 - 9

Starts Mon 10th Jan

## Baby Aqua Tots

Pontardawe Swimming Pool

Monday  
4pm - 4.30pm

Ages 0 - 18mths

Starts Mon 17th Jan



## Gymnastics Fitness

Aberavon Leisure & Fitness Centre

Tuesday  
5.15pm - 6pm

Ages 8-11

Starts Tue 18th Jan

## Indoor Cycling

Pontardawe Leisure Centre

Tuesday  
4.15pm - 5pm

Ages 14+

Starts Tue 11th Jan

## Junior Fight Fitness

Pontardawe Leisure Centre

Thursday  
4.30pm - 5.30pm

Ages 11-16

Starts Thu 13th Jan

