


PE and 5X60 Extra-Curricular Time Table

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Lunch Time</u>	<u>Lunch Time</u>	<u>Lunch Time</u>	<u>Lunch Time</u>	<u>Lunch Time</u>
<p style="text-align: center;"><u>Dodgeball/</u> <u>Wheelchair</u> <u>Basketball</u> in the sports hall for Years 10&11 Bethan & Ana Gold YA</p> <p><u>Footballs</u> will be given out give planner to Bethan to secure the ball</p>	<p><u>Basketball/</u> <u>Dodgeball</u> in the sports hall for years 7,8,& 9 with Bethan</p> <p><u>Cheerleading</u> <u>Club</u></p> <p>BUCKLEY CHEERLEADING CLUB Coach Cheryl in the Theatre Years 7&8/12.45-1.15pm</p>	<p><u>Boxercise</u> with Christina in G5</p> <p>Futsal 5@ Side on the tennis courts with Hayden Aura Coach</p> <p><u>US GIRLS!</u> Year 11 Us Girls Event @Deeside LC Friday 27th September</p>	<p><u>Badminton Club</u> All Years Welcome 6th Form Assistant coach Rebecca</p> <p><u>Competitive Opportunities:</u> Top schools comp for club players Shuttle Time 5x60 comp for non-club players</p>	<p><u>Girls Only Club</u> <u>Wheelchair</u> <u>Basketball/</u> <u>Indoor football</u> All years welcome in the gymnasium With Ana Gold YA</p>
<u>After School</u>	<u>After School</u>	<u>After School</u>	<u>After School</u>	<u>After School</u>
<p><u>KS 3 Netball</u> <u>Club</u> 3.30pm till 4.30pm With Year 10 Level 2 Sports Leaders</p>	<p><u>Community Hub</u> PARKOUR(free running Gymnast session) 7.30 till 8.30pm year 8 upwards @flint high</p> <p><u>New Session/</u> <u>Sesiwn Newydd</u> <u>Teen Fitness</u> <u>Class</u> @Jade Jones Pavilion 4.00pm till 4.30pm £2.00</p>	<p><u>Girls Football</u> with Hayden Aura Coach 3.30pm till 4.30pm</p> <p><u>Boys Football</u> With Dylan Aura Coach 3.30pm till 4.30pm</p> <p><u>Hockey Club</u> With Mrs Heaton till 5.00PM</p>	<p><u>High School</u> <u>Session</u> 3.45pm 4.45pm @ flint high school gymnasium £2.00 per session</p> <p><u>Community Hub</u> football session @ Flint high NEW 3G Pitch 7pm till 8pm Free session</p>	<p><u>5x60 Leisure Club @ Jade Jones Pavilion</u></p> <p>Gym usage £2.00 Teen Fitness Class £2.00 Ten pin Bowling £2.00 (min 8 people)</p>



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	<u>Gymnastics</u> <u>Club</u> At flint High School Free Session All years welcome till 4.45pm			