



let's move malta

LET'S MOVE MALTA





SPORTMALTA

**Sport & Physical Activity Programme
for Children and Adults**

12th October 2026 – 30th April 2027

Tel: 2203 6000
Email: info@sportmalta.org.mt
Web: www.sportmalta.mt
Book online: <https://www.sportmalta-bookings.com>

COTTONERA SPORTSCOMPLEX

MORNING PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Monday	07:00 - 08:00	17+	Fitness (All Levels)	€60
	08:00 - 09:00	17+	Fitness (All Levels)	€60
	09:00 - 10:00	17+	Aqua Fitness	€60
	10:00 - 11:00	17+	Aqua Fitness	€60
Wednesday	07:00 - 08:00	17+	Fitness (All Levels)	€60
	08:00 - 09:00	17+	Fitness (All Levels)	€60
	09:00 - 10:00	17+	Aqua Fitness	€60
	10:00 - 11:00	17+	Aqua Fitness	€60
Thursday	07:00 - 08:00	17+	Fitness (All Levels)	€60
	08:00 - 09:00	17+	Aqua Fitness	€60
Saturday	09:00 - 12:00	7-12	Various Sports & Swimming	€120
	08:00 - 09:00	17+	Aqua Fitness	€60
	09:00 - 10:00	17+	Fitness	€60
	10:00 - 11:00	17+	Fitness	€60
	11:00 - 12:00	17+	Aqua Fitness	€60
	09:00 - 10:00	2.5 - 3	Parent & Child	€60
	10:00 - 11:00	2.5 - 3	Parent & Child	€60
	11:00 - 12:00	2.5 - 3	Parent & Child	€60
	09:00 - 10:00	4 - 5	Gymnastics	€60

	09:00 – 10:30	6 - 7	Sports Fundamentals	€60
	09:00 – 10:30	7 - 10	Football	€60
	10:00 – 11:00	6 – 7	Gymnastics	€60
Saturday	10:30 – 12:00	4 – 6	Sports Fundamentals	€60
	10:30 – 12:00	10 - 13	Football	€60
	11:00 – 12:00	8 - 10	Gymnastics	€60
	09:00 – 10:00	4 - 16	Swimming	€90
	09:00 – 10:00	17+	Swimming (Beginners)	€90
	10:00 – 11:00	4 - 16	Swimming	€90
	10:00 – 11:00	17+	Swimming (Intermediate)	€90
	11:00 – 12:00	4 - 16	Swimming	€90
	11:00 – 12:00	17+	Swimming (Advanced)	€90

AFTERNOON PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Monday	15:45 – 16:30	4 - 16	Swimming	€90
	15:45 – 16:30	17+	Swimming (Beginners)	€90
	15:45 – 16:30	17+	Aqua Fitness	€60
	16:45 – 17:30	4 - 16	Swimming	€90
	16:45 – 17:30	17+	Swimming (Intermediate)	€90
	16:30 – 17:15	17+	Aqua Fitness	€60
	16:30 - 17:30	4 - 5	Gymnastics	€60
	16:30 – 18:00	7 - 10	Sports Fundamentals	€60
	16:30 – 18:00	4 - 6	Sport Fundamentals	€60
	17:30 – 18:30	17+	Fitness	€60
	17:30 – 18:30	6 - 7	Gymnastics	€60
	18:30 – 19:30	8 - 10	Gymnastics	€60
Tuesday	15:45 – 16:30	4 - 16	Swimming	€90
	15:45 – 16:30	17+	Swimming (Beginner)	€90
	16:45 – 17:30	4 - 16	Swimming	€90
	16:45 – 17:30	17+	Swimming (Intermediate)	€90
	16:30 – 17:30	4 - 5	Gymnastics	€60
	16:30 – 17:30	17+	Fitness	€60
	16:30 – 18:00	4 - 6	Sport Fundamentals	€60
	16:30 – 18:00	7 - 10	Sport Fundamentals	€60
	17:30 – 18:30	6 – 7	Gymnastics	€60
	17:30 – 18:30	17+	Fitness	€60

	18:30 – 19:30	8 - 10	Gymnastics	€60
	18:30 – 19:30	17+	Fitness	€60
Wednesday	15:45 – 16:30	4 - 16	Swimming	€90
	15:45 – 16:30	17+	Swimming (Beginners)	€90
	15:45 – 16:30	17+	Aqua Fitness	€60
	16:45 – 17:30	4 - 16	Swimming	€90
	16:45 – 17:30	17+	Swimming (Intermediate)	€90
	16:45 – 17:15	17+	Aqua Fitness	€60
	16:30 – 17:30	6 - 7	Gymnastics	€60
	16:30 – 18:00	4 - 6	Sport Fundamentals	€60
	16:30 – 18:00	7 - 10	Sport Fundamentals	€60
	16:30 – 18:00	7 - 10	Basketball	€60
	17:30 – 18:30	4 - 5	Gymnastics	€60
	17:30 – 18:30	17+	Fitness	€60
	18:30 – 19:30	8 - 10	Gymnastics	€60
Thursday	15:45 – 16:30	4 – 16	Swimming	€90
	15:45 – 16:30	17+	Swimming (Beginners)	€90
	16:00 – 17:00	7 - 10	Volleyball	€60
	16:45 – 17:30	4 – 16	Swimming	€90
	16:45 – 17:30	17+	Swimming (Intermediate)	€90
	16:30 – 17:30	4 – 5	Gymnastics	€60
	16:30 – 17:30	17+	Fitness	€60
	16:30 – 18:00	4 – 6	Sport Fundamentals	€60
	16:30 – 18:00	7 – 10	Sport Fundamentals	€60
	17:00 – 18:00	10 - 12	Volleyball	€60
	17:30 – 18:30	6 - 7	Gymnastics	€60
	17:30 – 18:30	17+	Fitness	€60

Thursday				
	18:30 – 19:30	8 - 10	Gymnastics	€60
	18:30 – 19:30	17+	Fitness	€60
Friday	15:45 – 16:30	4 - 16	Swimming	€90
	15:45 – 16:30	17+	Swimming (Beginners)	€90
	16:45 – 17:30	4 - 16	Swimming	€90
	16:45 – 17:30	17+	Swimming (Intermediate)	€90
	16:30 – 17:30	4 - 5	Gymnastics	€60
	16:30 – 17:30	17+	Line Dancing	€60
	16:30 – 18:00	9 - 12	Basketball	€60
	17:30 – 18:30	6 - 7	Gymnastics	€60
	17:30 – 18:30	17+	Sequence Dancing (Beginners)	€60
	18:30 – 19:30	8 - 10	Gymnastics	€60
	18:30 – 19:30	17+	Sequence Dancing (Intermediate)	€60



KIRKOP SPORTS COMPLEX

MORNING PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Saturday	09:00 – 12:00	7 - 12	Various Sports	€120
	09:00 – 10:30	4 - 6	Sport Fundamentals	€60
	10:30 – 12:00	7 - 10	Sport Fundamentals	€60
	09:00 – 10:00	2.5 - 3	Parent & Child	€60
	10:00 – 11:00	2.5 - 3	Parent & Child	€60

AFTERNOON PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Monday	16:30 - 18:00	4 - 6	Sport Fundamental	€60
	17:30 – 18:30	17+	Fitness	€60
	18:30 - 19:30	17+	Fitness	€60
Tuesday	17:00 – 18:00	17+	Fitness	€60
	16:30 – 18:00	4 - 6	Sport Fundamentals	€60
	18:00 – 19:30	7 - 10	Sport Fundamentals	€60
	18:00 – 19:00	17+	Fitness	€60
	16:30 – 17:30	17+	Fitness	€60
	16:30 – 18:00	4 – 6	Sport Fundamentals	€60

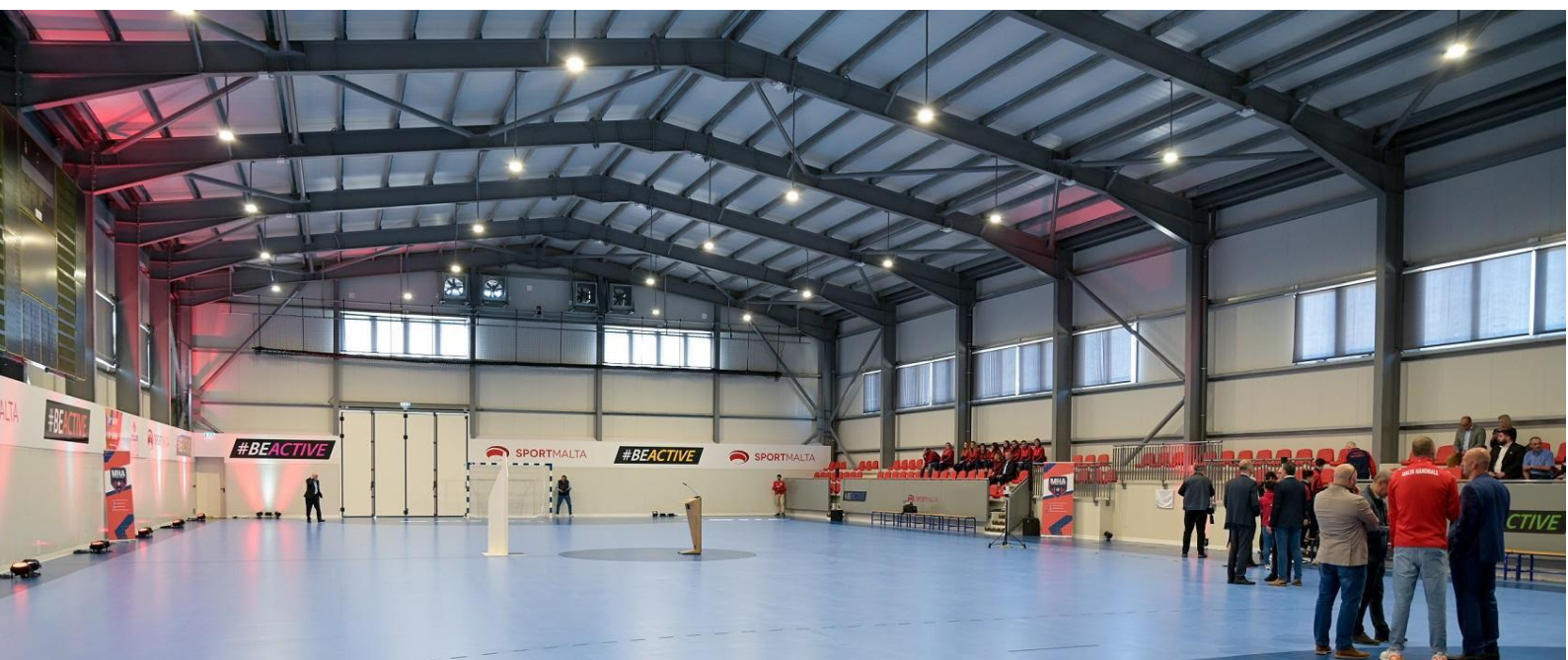
Wednesday				
	16:30 – 17:30	6 - 8	Basketball	€60
	17:30 – 18:30	8 - 12	Basketball	€60
	17:30 – 18:30	17+	Fitness	€60
	18:00 – 19:30	7 - 10	Sport Fundamentals	€60
	18:30 – 19:30	17+	Fitness	€60

DAY	TIME	AGE	ACTIVITY	PRICE
Thursday		17+	Fitness	€60
	16:30 – 17:30			
	16:30 – 18:00	4 - 6	Sport Fundamentals	€60
	17:30 – 18:30	17+	Fitness	€60
	18:00 – 19:30	7 - 10	Sport Fundamentals	€60
	18:30 – 19:30	17+	Fitness	€60
Friday	17:00 – 18:00	9 - 16	Badminton	€60
	17:00 – 18:00	17+	Fitness	€60
	18:00 – 19:00	17+	Badminton	€60
	18:00 – 19:00	17+	Fitness	€60

MARIA ASSUMPTA (HAMRUN) SPORTS COMPLEX

MORNING PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Saturday	09:00 – 12:00	7 - 12	Various Sports	€60
	09:00 – 10:30	4 - 7	Sport Fundamentals	€60
	10:30 – 12:00	7 - 10	Sport Fundamentals	€60



MOSTA MARIA REGINA COLLEGE, SECONDARY SCHOOL (ŽOKRIJA)

MORNING PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Saturday	09:00 – 12:00	7 - 12	Various Sports	€120
	09:00 – 12:00	All Ages	Let's Move Malta Together	This programme is FREE for the entire programme if you book during September 2026 ONLY!
	09:00 – 10:00	4 - 5	Gymnastics	€60
	09:00 – 10:00	17+	Fitness	€60
	09:00 – 10:30	4 - 6	Sport Fundamentals	€60
	09:00 – 10:30	7 - 10	Basketball	€60
	09:00 – 10:30	11 - 16	Athletics	€60
	09:00 – 10:30	7 - 10	Football	€60
	10:00 – 11:00	6 - 7	Gymnastics	€60
	10:00 – 11:00	17+	Fitness	€60
	10:30 – 12:00	7 - 10	Sport Fundamentals	€60
	10:30 – 12:00	11 - 16	Basketball	€60
	10:30 – 12:00	7 - 10	Athletics	€60
	10:30 – 12:00	11 - 16	Football	€60
	11:00 – 12:00	8 - 12	Gymnastics	€60
	11:00 – 12:00	17+	Fitness	€60

AFTERNOON PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Monday	16:30 - 17:30	6 - 7	Gymnastics	€60
	16:30 - 17:30	17+	Fitness	€60
	16:30 - 18:00	4 - 6	Sport Fundamentals	€60
	16:30 - 19:30	All Ages	Let's Move Malta Together	This programme is FREE for the entire programme if you book during September 2026 ONLY!
	17:30 - 18:30	4 - 5	Gymnastics	€60
	17:30 - 18:30	17+	Fitness	€60
	18:00 - 19:30	7 - 10	Sports Fundamentals	€60
	18:30 - 19:30	8 - 12	Gymnastics	€60
	18:30 - 19:30	17+	Fitness	€60
Tuesdays	16:30 - 17:30	17+	Fitness	€60
	16:30 - 17:30	6 - 7	Gymnastics	€60
	16:30 - 18:00	4 - 6	Sport Fundamentals	€60
	16:30 - 18:00	7 - 10	Athletics	€60
	16:30 - 19:30	All Ages	Let's Move Malta Together	This programme is FREE for the entire programme if you book during September 2026 ONLY!
	17:30 - 18:30	17+	Fitness	€60
	17:30 - 18:30	4 - 5	Gymnastics	€60

	18:00 – 19:30	11 - 14	Athletics	€60
	18:00 – 19:30	7 - 10	Sport Fundamentals	€60
	18:30 – 19:30	8 - 12	Gymnastics	€60
	18:30 – 19:30	17+	Fitness	€60
	18:30 – 19:30	17+	Zero to 5K Running Programme	€60
Wednesday	16:30 – 17:30	6 - 7	Gymnastics	€60
	16:30 – 17:30	17+	Fitness	€60
	16:30 – 18:00	6 - 7	Sport Fundamentals	€60
	16:30 – 18:00	7 - 10	Athletics	€60
	16:30 – 19:30	All Ages	Let's Move Malta Together	This programme is FREE for the entire programme if you book during September 2026 ONLY!
	17:30 – 18:30	4 - 5	Gymnastics	€60
	17:30 – 18:30	17+	Fitness	€60
	18:00 – 19:30	11 - 14	Athletics	€60
	18:00 – 19:30	7 - 10	Sports Fundamentals	€60
	18:30 – 19:30	8 - 12	Gymnastics	€60
	18:30 – 19:30	17+	Fitness	€60
Thursday	16:30 – 17:30	4 - 5	Gymnastics	€60
	16:30 – 17:30	17+	Fitness	€60
	16:30 – 18:00	7 - 10	Athletics	€60
	16:30 – 19:30	All Ages	Let's Move Malta Together	This programme is FREE for the entire programme if you book during September 2026 ONLY!
	17:30 – 18:30	6 - 7	Gymnastics	€60

	17:30 – 18:30	17+	Fitness	€60
	18:00 – 19:30	11 - 14	Athletics	€60
	18:30 – 19:30	8 - 12	Gymnastics	€60
	18:30 – 19:30	17+	Zero to 5K Running Programme	€60
Friday	16:30 – 17:30	6 - 7	Gymnastics	€60
	16:30 – 18:00	4 - 6	Sport Fundamentals	€60
	16:30 – 19:30	All Ages	Let's Move Malta Together	€60
Friday	17:30 – 18:30	4 - 5	Gymnastics	€60
	17:30 – 18:30	17+	Fitness	€60
	18:00 – 19:30	7 - 10	Sport Fundamentals	€60
	18:30 – 19:30	8 - 12	Gymnastics	€60
	18:30 – 19:30	17+	Fitness	€60



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LET'S MOVE **MALTA** TOGETHER

#BEACTIVE



REGISTER NOW TO JOIN OUR SOCIAL WALKING CLUB

<https://sportmalta.mt>

MARSA SPORTS COMPLEX

MORNING PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Saturday	09:00 – 10:00	4 - 5	Gymnastics	€60
	10:00 – 11:00	6 - 7	Gymnastics	€60
	11:00 – 12:00	8 - 10	Gymnastics	€60

AFTERNOON PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Monday	16:30 – 17:30	4 - 5	Gymnastics	€60
	17:30 – 18:30	6 - 7	Gymnastics	€60
	18:30 – 19:30	8 - 10	Gymnastics	€60
Tuesday	16:30 - 17:30	4 - 5	Gymnastics	€60
	17:30 – 18:30	6 - 7	Gymnastics	€60
	18:30 – 19:30	8 - 10	Gymnastics	€60
Wednesday	16:30 – 17:30	4 - 5	Gymnastics	€60
	17:30 – 18:30	6 - 7	Gymnastics	€60
	18:30 – 19:30	8 - 10	Gymnastics	€60
Thursday	16:30 - 17:30	4 - 5	Gymnastics	€60
	17:30 – 18:30	6 - 7	Gymnastics	€60
	18:30 – 19:30	8 - 10	Gymnastics	€60
Friday	16:30 – 17:30	4 - 5	Gymnastics	€60
	17:30 – 18:30	6 - 7	Gymnastics	€60
	18:30 – 19:30	8 - 10	Gymnastics	€60

TAL-QROQQ SPORTS COMPLEX

DAY	TIME	AGE	ACTIVITY	PRICE
Monday	09:00 – 10:00	17+	Pilates	€60
	10:00 – 11:00	17+	Dance Fitness	€60
	11:00 – 12:00	17+	Aqua Fitness	€60
Tuesdays	07:00 – 08:00	17+	Yoga Morning Flow	€60
	08:00 – 09:00	17+	Yoga & Pilates Fusion	€60
	09:00 – 10:00	17+	Yoga	€60
	10:00 – 11:00	17+	Aqua Fitness	€60
Wednesdays	09:00 – 10:00	17+	Pilates	€60
	10:00 – 11:00	17+	Dance Fitness	€60
	11:00 – 12:00	17+	Aqua Fitness	€60
Thursday	07:00 – 08:00	17+	Yoga Morning Flow	€60
	08:00 – 09:00	17+	Yoga & Pilates Fusion	€60
	09:00 – 10:00	17+	Yoga	€60
	10:00 – 11:00	17+	Aqua Fitness	€60
Saturday	09:00 – 12:00	7 - 12	Various Sport & Swimming	€120
	09:00 – 10:00	6 - 7	Gymnastics	€60
	09:00 – 10:00	4 - 16	Swimming	€90
	09:00 – 10:00	17+	Swimming (Beginners)	€90
	09:00 – 10:00	17+	Pilates	€60
	09:00 – 10:00	2.5 - 3	Parent & Child	€60
	09:00 – 10:30	4 - 6	Sport Fundamentals	€60
	10:00 – 11:00	4 - 5	Gymnastics	€60

Saturday	10:00 – 11:00	4 - 16	Swimming	€90
	10:00 – 11:00	17+	Swimming (Intermediate)	€90
	10:00 – 11:00	17+	Dance Fitness	€60
	10:00 – 11:00	2.5 - 3	Parent & Child	€60
	10:30 – 12:00	7 – 10	Sport Fundamentals	€60
	11:00 – 12:00	8 - 10	Gymnastics	€60
	11:00 – 12:00	4 - 16	Swimming	€90
	11:00 – 12:00	17+	Swimming (Advanced)	€90
	11:00 – 12:00	17+	Aqua Fitness	€60
	11:00 – 12:00	2.5 - 3	Parent & Child	€60

AFTERNOON PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Monday	17:00 – 18:00	17+	Fitness	€60
	18:00 – 19:00	17+	Fitness	€60
	19:00 – 20:00	17+	Fitness	€60
Tuesday	17:00 – 18:00	17+	Line Dancing (Beginners)	€60
	18:00 – 19:00	17+	Sequence Dancing (Beginners)	€60
	19:00 – 20:00	17+	Sequence Dancing (Intermediate)	€60
Wednesday	17:00 – 18:00	17+	Fitness	€60
	18:00 – 19:00	17+	Fitness	€60
	19:00 – 20:00	17+	Fitness	€60





SPORTMALTA

HUBS



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COTTONERA SPORTSCOMPLEX

DAY	TIME	AGE	ACTIVITY	PRICE
Saturday	09:00 – 10:00	8 - 12	Waterpolo Hub *must know how to swim	€60
	10:00 – 11:00	8 - 12	Waterpolo Hub *must know how to swim	€60
	11:00 – 12:00	8 - 12	Waterpolo Hub *must know how to swim	€60

KIRKOP SPORTS COMPLEX

DAY	TIME	AGE	ACTIVITY	PRICE
Monday	17:30 – 18:30	8 - 11	Judo Hub	€60
Tuesday	17:30 – 18:30	8 - 11	Judo Hub	€60
	18:30 – 19:30	4 - 7	Judo Hub	€60
Friday	17:30 – 18:30	8 - 11	Judo Hub	€60
Saturday	09:00 – 10:00	4 - 7	Judo Hub	€60
	10:00 – 11:00	8 - 11	Judo Hub	€60
Saturday	09:00 – 10:30	7 - 12	Badminton Hub Beginners	€30
	10:30 – 12:00	12 - 17	Badminton Hub Advanced	€30

SANTA LUCIJA

DAY	TIME	AGE	ACTIVITY	PRICE
Monday	17:00 – 18:30	7 - 12	Badminton Hub Beginners	€30
Friday	17:00 – 18:30	7 - 12	Badminton Hub Beginners	€30
Wednesday	17:00 – 18:30	12 - 17	Badminton Hub Advanced	€30

MARIA ASSUMPTA (HAMRUN) SPORTS COMPLEX

DAY	TIME	AGE	ACTIVITY	PRICE
Saturday	09:00 – 10:00	9 - 12	Snooker Hub	€60
	10:00 – 11:00	13 - 16	Snooker Hub	€60

MARSA SPORTS COMPLEX

Monday, Wednesday & Friday	16:00 – 20:00	6 – 16	Gymnastics Intermediate Hub	€145
Tuesday, Thursday & Saturday	16:00 – 20:00 *Saturday: 8:00 – 13:00	6 – 16	Gymnastics Advanced Hub	€145
Tuesday	16:00 – 17:00	8 – 16	Weightlifting Hub	€60
Thursday	16:00 – 17:00	8 – 16	Weightlifting Hub	€60
Saturday	09:00 – 10:00	9 – 16	Squash Beginners Hub	€60
	10:00 – 11:00	9 – 16	Squash Intermediate Hub	€60

THE EDEN SUPERBOWL

DAY	TIME	AGE	ACTIVITY	PRICE
Saturday	08:30 – 10:30	8 – 14	Bowling Hub	€60

TEEN ADVENTURE PROGRAMME

DAY	TIME	AGE	ACTIVITY	PRICE
Saturday	09:00 – 12:00	12 – 16	Teen Programme	€120

Terms and Conditions

Let's Move Malta – TERMS & CONDITIONS Let's Move Malta Sports and Physical Activity Programme

Monday 12th October 2026 – Friday 30th April 2027

A. Booking, Confirmation, Data, and Communication

Q1: How do I book a programme?

A1: All bookings and payments must be completed through the official SportMalta website: <https://www.sportmalta-bookings.com/> . Bookings in person or by post are not accepted.

Q2: How will I know my booking is confirmed?

A2: Once your booking is confirmed, an email will be sent immediately. If you do not receive it, check your spam/junk folder or contact SportMalta at 22036000.

Q3: What personal data do I need to provide?

A3: All required personal information must be accurately provided. This includes any details necessary for participation and communication about the programme.

Q4: How will my personal data be used?

A4: Personal data will be treated confidentially according to GDPR per legislation, stored in SportMalta's database, and may be used to inform you about future activities via email, post, or SMS. Activities may also be photographed or filmed for media purposes.

Q5: Will my data be shared with third parties?

A5: SportMalta will not disclose your personal data to third parties except as required for programme processing or for tax rebate purposes.

Q6: What about tax rebate information?

A6: The tax rebate will be processed automatically. SportMalta will share the necessary information directly with the Inland Revenue Department.

B. Programme Changes and Cancellations

Q7: Can SportMalta change or cancel a programme?

A7: Yes. SportMalta reserves the right to modify or cancel programmes as necessary. Refunds are issued only for cancellations or significant changes initiated by SportMalta.

Q8: Can session times, venues, or days change?

A8: Yes. SportMalta may adjust session times, days, or venues. No replacement sessions or compensation will be provided for these changes.

Q9: What if the programme does not reach the minimum number of participants?

A9: The programme may be cancelled if the minimum participant requirement is not met.

Q10: Will I get a refund if sessions are cancelled due to health authority directives?

A10: No. No refunds will be issued in this case.

Q11: Is there a fee to change a booking?

A11: Yes. An administrative fee of **€10 applies** for any changes requested by the participant.

C. Medical Fitness, Health, and Injuries

Q12: Do I need to be physically fit to participate?

A12: Yes. Participants must ensure they are physically fit for energetic activity. Parents/guardians are responsible for confirming this for children.

Q13: Who is responsible for injuries during the programme?

A13: SportMalta is not responsible for injuries sustained during sessions, though every effort will be made to prevent accidents.

Q14: Can I get a refund if I cannot continue due to injury or health issues?

A14: No refunds will be issued for inability to continue due to injury or a change in health condition.

D. Attendance, Behaviour, and Session Procedures

Q15: How should children be dropped off and picked up?

A15: Parents/guardians must drop off and collect children inside the designated venue or as directed by the Head Coach. Occasionally, a designated outside point may be used.

Q16: What happens if my child misses sessions?

A16: Missing three consecutive sessions without notifying the Head Coach will be considered withdrawal, and the spot may be given to another participant.

E. General Conditions

Q17: Is transport provided?

A17: No. Transport is not provided for any activities.

Q18: Can children get dressed and change footwear independently?

A18: Yes. Children must be able to dress and change footwear without assistance.

Q19: Are there age requirements?

A19: Yes. Children must fall within the specified age range by the programme start date.

Q20: Can programme information change?

A20: Yes. Programme details in brochures or guidelines may change from time to time.

Q21: What do parents/guardians confirm by applying?

A21: Parents/guardians confirm that they have legal custody and care responsibilities (“cura custodia”) for the child.

Q22: Who can I contact for assistance?

A22: Contact servizz.gov on Freephone 153 or call SportMalta at 22036000.