



let's move malta

# LET'S MOVE MALTA





# **SPORTMALTA**

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

**12<sup>th</sup> October 2026 – 30<sup>th</sup> April 2027**

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# COTTONERA SPORTSCOMPLEX

## MORNING PROGRAMMES

| DAY       | TIME          | AGE     | ACTIVITY                  | PRICE |
|-----------|---------------|---------|---------------------------|-------|
| Monday    | 07:00 - 08:00 | 17+     | Fitness<br>(All Levels)   | €60   |
|           | 08:00 - 09:00 | 17+     | Fitness<br>(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<br>(All Levels)   | €60   |
|           | 08:00 - 09:00 | 17+     | Fitness<br>(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<br>(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     | <b>€60</b> |
|                 | 09:00 – 10:30 | 7 - 10  | Football                | <b>€60</b> |
|                 |               |         |                         |            |
|                 | 10:00 – 11:00 | 6 – 7   | Gymnastics              | <b>€60</b> |
| <b>Saturday</b> | 10:30 – 12:00 | 4 – 6   | Sports Fundamentals     | <b>€60</b> |
|                 | 10:30 – 12:00 | 10 - 13 | Football                | <b>€60</b> |
|                 | 11:00 – 12:00 | 8 - 10  | Gymnastics              | <b>€60</b> |
|                 |               |         |                         |            |
|                 | 09:00 – 10:00 | 4 - 16  | Swimming                | <b>€90</b> |
|                 | 09:00 – 10:00 | 17+     | Swimming (Beginners)    | <b>€90</b> |
|                 |               |         |                         |            |
|                 | 10:00 – 11:00 | 4 - 16  | Swimming                | <b>€90</b> |
|                 | 10:00 – 11:00 | 17+     | Swimming (Intermediate) | <b>€90</b> |
|                 |               |         |                         |            |
|                 | 11:00 – 12:00 | 4 - 16  | Swimming                | <b>€90</b> |
|                 | 11:00 – 12:00 | 17+     | Swimming (Advanced)     | <b>€90</b> |
|                 |               |         |                         |            |
|                 |               |         |                         |            |

## AFTERNOON PROGRAMMES

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

|           |               |         |                            |     |
|-----------|---------------|---------|----------------------------|-----|
|           | 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<br>(Beginners)    | €90 |
|           | 15:45 – 16:30 | 17+     | Aqua Fitness               | €60 |
|           |               |         |                            |     |
|           | 16:45 – 17:30 | 4 - 16  | Swimming                   | €90 |
|           | 16:45 – 17:30 | 17+     | Swimming<br>(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<br>(Beginners)    | €90 |
|           |               |         |                            |     |
|           | 16:00 – 17:00 | 7 - 10  | Volleyball                 | €60 |
|           | 16:45 – 17:30 | 4 - 16  | Swimming                   | €90 |
|           | 16:45 – 17:30 | 17+     | Swimming<br>(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 |



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



# 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   |



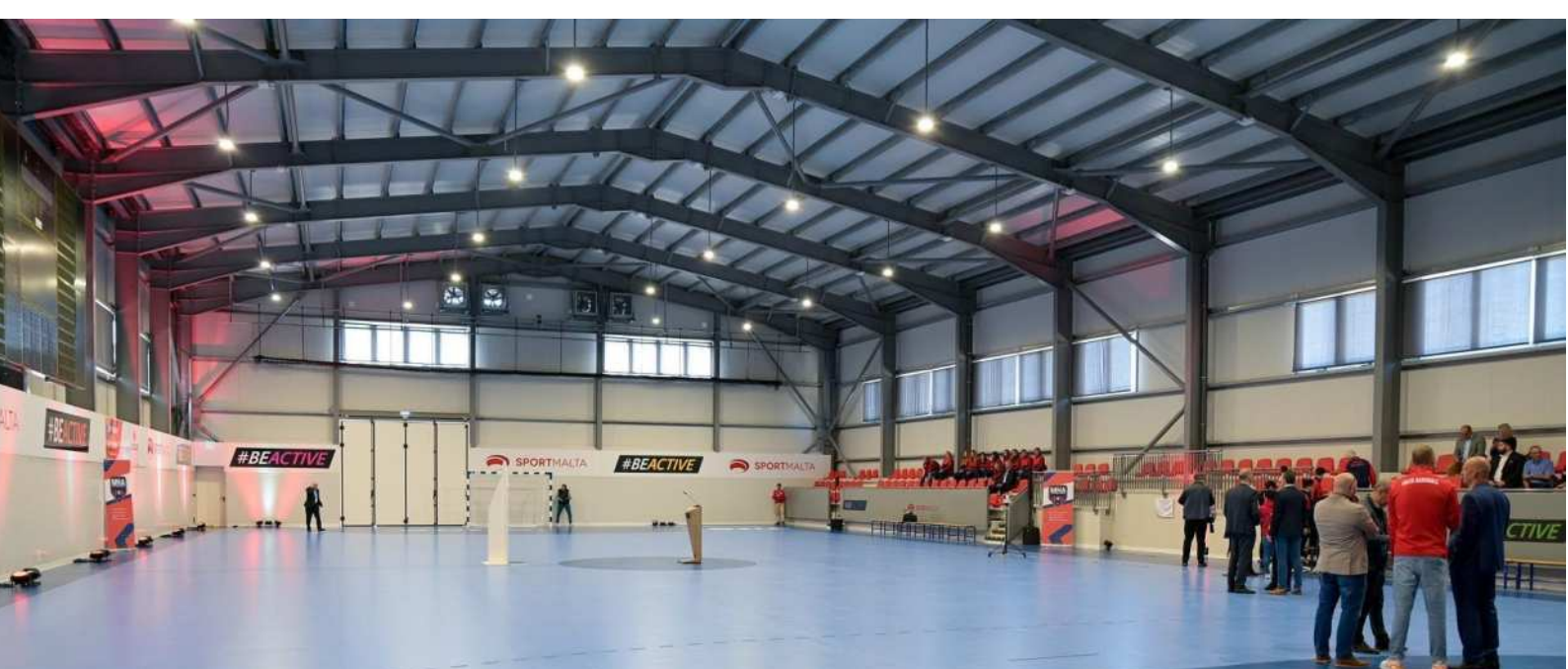
|                  |               |        |                    |            |
|------------------|---------------|--------|--------------------|------------|
| <b>Wednesday</b> |               |        |                    |            |
|                  | 16:30 – 17:30 | 6 - 8  | Basketball    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

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

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

|           |               |          |                              |                                                                                                |
|-----------|---------------|----------|------------------------------|------------------------------------------------------------------------------------------------|
|           | 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 <b>FREE</b> 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 <b>FREE</b> 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 |
|        |               |          |                              |     |



let's move malta



# 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   |

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

## 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**



**let's move malta**

## COTTONERA SPORTSCOMPLEX

| DAY      | TIME          | AGE    | ACTIVITY                                               | PRICE |
|----------|---------------|--------|--------------------------------------------------------|-------|
| Saturday | 09:00 – 10:00 | 8 - 12 | Waterpolo Hub<br><small>*must know how to swim</small> | €60   |
|          | 10:00 – 11:00 | 8 - 12 | Waterpolo Hub<br><small>*must know how to swim</small> | €60   |
|          | 11:00 – 12:00 | 8 - 12 | Waterpolo Hub<br><small>*must know how to swim</small> | €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<br>Beginners | €30   |
|          | 10:30 – 12:00 | 12 - 17 | Badminton Hub<br>Advanced  | €30   |

# SANTA LUCIJA

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

|                                                 |                                                 |        |                             |             |
|-------------------------------------------------|-------------------------------------------------|--------|-----------------------------|-------------|
| <b>Monday,<br/>Wednesday &amp;<br/>Friday</b>   | 16:00 – 20:00                                   | 6 – 16 | Gymnastics Intermediate Hub | <b>€145</b> |
| <b>Tuesday,<br/>Thursday &amp;<br/>Saturday</b> | 16:00 – 20:00<br><br>*Saturday:<br>8:00 – 13:00 | 6 – 16 | Gymnastics Advanced Hub     | <b>€145</b> |
|                                                 |                                                 |        |                             |             |
| <b>Tuesday</b>                                  | 16:00 – 17:00                                   | 8 – 16 | Weightlifting Hub           | <b>€60</b>  |
| <b>Thursday</b>                                 | 16:00 – 17:00                                   | 8 – 16 | Weightlifting Hub           | <b>€60</b>  |
|                                                 |                                                 |        |                             |             |
| <b>Saturday</b>                                 | 09:00 – 10:00                                   | 9 – 16 | Squash Beginners Hub        | <b>€60</b>  |
|                                                 | 10:00 – 11:00                                   | 9 – 16 | Squash Intermediate Hub     | <b>€60</b>  |

## THE EDEN SUPERBOWL

| DAY             | TIME          | AGE    | ACTIVITY    | PRICE      |
|-----------------|---------------|--------|-------------|------------|
| <b>Saturday</b> | 08:30 – 10:30 | 8 – 14 | Bowling Hub | <b>€60</b> |

## TEEN ADVENTURE PROGRAMME

| DAY             | TIME          | AGE     | ACTIVITY       | PRICE       |
|-----------------|---------------|---------|----------------|-------------|
| <b>Saturday</b> | 09:00 – 12:00 | 12 – 16 | Teen Programme | <b>€120</b> |

## Terms and Conditions

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

Monday 12<sup>th</sup> October 2026 – Friday 30<sup>th</sup> 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.