



# SPORTMALTA

SPORT & PHYSICAL ACTIVITY PROGRAMME  
FOR CHILDREN AND ADULTS



## SUMMER ON THE MOVE 2021



#BEACTIVE

**12<sup>th</sup> JULY - 11<sup>th</sup> SEPTEMBER 2021**

**BOOK ONLINE:** <http://sportmalta.mt/programmes/online-booking-form/>

**TEL:** 22036000

**EMAIL:** [info@sportmalta.org.mt](mailto:info@sportmalta.org.mt)

**WEB:** [sportmalta.mt](http://sportmalta.mt)

[servizz.gov](http://servizz.gov)

**FREEPHONE 153**

### TAL-QROQQ SPORTS COMPLEX

DAY	TIME	AGE	ACTIVITIES	TICK X	FEE
Tuesday	08.30 - 12.30	4 - 6	Swimming & Various Sports	<input type="checkbox"/>	3 days a week - €170
Wednesday					
Friday					
Tuesday	08.30 - 12.30	7 - 16	Swimming & Various Sports	<input type="checkbox"/>	3 days a week - €170
Wednesday					
Friday					
Tuesday	08.00 - 14.00	4 - 6	Swimming & Various Sports Including Extra Hours	<input type="checkbox"/>	3 days a week - €260
Wednesday					
Friday					
Tuesday	08.00 - 14.00	7 - 16	Swimming & Various Sports Including Extra Hours	<input type="checkbox"/>	3 days a week - €260
Wednesday					
Friday					
Monday	08.00 - 14.00	4 - 6	Swimming & Various Sports Including Extra Hours	<input type="checkbox"/>	5 days a week - €300
Tuesday					
Wednesday					
Thursday					
Friday					
Monday	08.00 - 14.00	7 - 16	Swimming & Various Sports Including Extra Hours	<input type="checkbox"/>	5 days a week - €300
Tuesday					
Wednesday					
Thursday					
Friday					
Monday	08.15 - 09.15	4 - 16	Swimming	<input type="checkbox"/>	2 sessions a week - €70
Thursday					
Monday	09.30 - 10.30	4 - 16	Swimming	<input type="checkbox"/>	2 sessions a week - €70
Thursday					
Monday	10.45 - 11.45	4 - 16	Swimming	<input type="checkbox"/>	3 sessions a week - €90
Wednesday					
Friday					
Tuesday	10.45 - 11.45	4 - 16	Swimming	<input type="checkbox"/>	2 sessions a week - €70
Thursday					
Tuesday	15.30 - 16.30	4 - 16	Swimming	<input type="checkbox"/>	3 sessions a week - €90
Wednesday					
Friday					
Monday	15.30 - 16.30	4 - 16	Swimming	<input type="checkbox"/>	2 sessions a week - €70
Thursday					
Tuesday	16.45 - 17.45	4 - 16	Swimming	<input type="checkbox"/>	3 sessions a week - €90
Wednesday					
Friday					
Monday	16.45 - 17.45	4 - 16	Swimming	<input type="checkbox"/>	2 sessions a week - €70
Thursday					
Tuesday	10.30 - 12.00	9 - 16	Waterpolo (Good Swimmers only)	<input type="checkbox"/>	1 session a week - €50
Friday				<input type="checkbox"/>	2 sessions a week - €70



TAL-QROQQ SPORTS COMPLEX					
Wednesday	10.30 - 12.00	9 - 16	Synchronized Swimming	<input type="checkbox"/>	1 session a week - €50
Monday	15.30 - 16.30	17+	Swimming	<input type="checkbox"/>	2 sessions a week - €70
Thursday					
Monday	16.45 - 17.45	17+	Swimming	<input type="checkbox"/>	2 sessions a week - €70
Thursday					
DAY	TIME	AGE	ACTIVITIES	TICK X	FEE
Tuesday	8.30 - 10.00	9 - 16	Squash (Beginners)	<input type="checkbox"/>	1 session a week - €20
Wednesday					
Tuesday	10.00 - 11.30	9 - 16	Squash (Intermediate)	<input type="checkbox"/>	2 sessions a week - €40
Wednesday					
Monday	09.00 - 10.00	17+	Yoga & Pilates Fusion	<input type="checkbox"/>	1 session a week - €25 2 sessions a week - €30 3 sessions a week - €35 4 sessions a week - €40 5 sessions a week - €45 6 sessions a week - €50 7 sessions a week - €55 8 sessions a week - €60 9 sessions a week - €65 10 sessions a week - €70
	10.00 - 11.00		Zumba	<input type="checkbox"/>	
	11.00 - 12.00		Aqua Fitness	<input type="checkbox"/>	
	18.00 - 19.30		Fitness	<input type="checkbox"/>	
	19.30 - 18.30		Fitness	<input type="checkbox"/>	
Tuesday	09.00 - 10.00	17+	Yoga	<input type="checkbox"/>	
	10.00 - 11.00		Aqua Fitness	<input type="checkbox"/>	
	16.30 - 17.30		Line & Sequence (Beginners)	<input type="checkbox"/>	
	17.30 - 18.30		Line & Sequence (Intermediate)	<input type="checkbox"/>	
	18.30 - 19.30		Line & Sequence (Advanced)	<input type="checkbox"/>	
			Fitness	<input type="checkbox"/>	
			Fitness	<input type="checkbox"/>	
Wednesday	09.00 - 10.00	17+	Yoga & Pilates Fusion	<input type="checkbox"/>	
	10.00 - 11.00		Zumba	<input type="checkbox"/>	
	11.00 - 12.00		Aqua Fitness	<input type="checkbox"/>	
	18.00 - 19.00		Yoga (Beginners)	<input type="checkbox"/>	
	19.00 - 20.00		Yoga (Intermediate)	<input type="checkbox"/>	
Thursday	09.00 - 10.00	17+	Yoga	<input type="checkbox"/>	
	10.00 - 11.00		Aqua Fitness	<input type="checkbox"/>	
Friday	09.00 - 10.00	17+	Yoga & Pilates Fusion	<input type="checkbox"/>	
	10.00 - 11.00		Zumba	<input type="checkbox"/>	
	11.00 - 12.00		Aqua Fitness	<input type="checkbox"/>	
	16.30 - 17.30		Line & Sequence (Beginners)	<input type="checkbox"/>	
	17.30 - 18.30		Line & Sequence (Intermediate)	<input type="checkbox"/>	
	18.30 - 19.30		Line & Sequence (Advanced)	<input type="checkbox"/>	

KIRKOP SPORTS COMPLEX					
DAY	TIME	AGE	ACTIVITIES	TICK X	FEE
Monday	09.00 - 12.00	4 - 6	Swimming & Various Sports	<input type="checkbox"/>	5 days a week - €150
Tuesday					
Wednesday					
Thursday					
Friday					
Monday	09.00 - 12.00	7 - 16	Swimming & Various Sports	<input type="checkbox"/>	5 days a week - €150
Tuesday					
Wednesday					
Thursday					
Friday					
Monday	08.00 - 14.00	4 - 6	Swimming & Various Sports Including Extra Hours	<input type="checkbox"/>	5 days a week - €300
Tuesday					
Wednesday					
Thursday					
Friday					
Monday	08.00 - 14.00	7 - 16	Swimming & Various Sports Including Extra Hours	<input type="checkbox"/>	5 days a week - €300
Tuesday					
Wednesday					
Thursday					
Friday					
Tuesday	09.00 - 12.00	4 - 6	Swimming & Various Sports	<input type="checkbox"/>	2 days a week - €120
Thursday					
Tuesday	09.00 - 12.00	7 - 16	Swimming & Various Sports	<input type="checkbox"/>	2 days a week - €120
Thursday					
Tuesday	08.00 - 14.00	4 - 6	Swimming & Various Sports Including Extra Hours	<input type="checkbox"/>	2 days a week - €240
Thursday					
Tuesday	08.00 - 14.00	7 - 16	Swimming & Various Sports Including Extra Hours	<input type="checkbox"/>	2 days a week - €240
Thursday					
Monday	09.00 - 12.00	4 - 6	Swimming & Various Sports	<input type="checkbox"/>	3 days a week - €130
Wednesday					
Friday					
Monday	09.00 - 12.00	7 - 16	Swimming & Various Sports	<input type="checkbox"/>	3 days a week - €130
Wednesday					
Friday					
Monday	08.00 - 14.00	4 - 6	Swimming & Various Sports Including Extra Hours	<input type="checkbox"/>	3 days a week - €260
Wednesday					
Friday					
Monday	08.00 - 14.00	7 - 16	Swimming & Various Sports Including Extra Hours	<input type="checkbox"/>	3 days a week - €260
Wednesday					
Friday					



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### KIRKOP SPORTS COMPLEX

DAY	TIME	AGE	ACTIVITIES	TICK X	FEE	
Monday	15.30 - 16.30	4 - 6	Swimming	<input type="checkbox"/>		
		4 - 8	Futsal	<input type="checkbox"/>		
	16.30 - 17.30	6 - 10	Gymnastics	<input type="checkbox"/>		
		4 - 16	Swimming	<input type="checkbox"/>		
		17+	Fitness	<input type="checkbox"/>		
		17.30 - 18.30	4 - 8	Football		<input type="checkbox"/>
			6 - 10	Gymnastics		<input type="checkbox"/>
	11 - 16		Martial Arts	<input type="checkbox"/>		
	4 - 16		Swimming	<input type="checkbox"/>		
	18.30 - 19.30	17+	Fitness	<input type="checkbox"/>		
		5 - 8	Martial Arts	<input type="checkbox"/>		
		7 - 10	Football	<input type="checkbox"/>		
		7 - 16	Badminton	<input type="checkbox"/>		
		4 - 16	Swimming	<input type="checkbox"/>		
	19.30 - 20.30	17+	Fitness	<input type="checkbox"/>		
		7 - 16	Badminton	<input type="checkbox"/>		
		9 - 16	Football	<input type="checkbox"/>		
		17+	Aqua Fitness	<input type="checkbox"/>		
			Self-Defence	<input type="checkbox"/>		
	Circuit Training		<input type="checkbox"/>			
20.30 - 21.30	17+	Badminton	<input type="checkbox"/>			
Tuesday	16.30 - 17.30	4 - 6	Dance	<input type="checkbox"/>	1 session a week - €25 2 sessions a week - €30 3 sessions a week - €35 4 sessions a week - €40 5 sessions a week - €45 6 sessions a week - €50 7 sessions a week - €55 8 sessions a week - €60 9 sessions a week - €65 10 sessions a week - €70	
		4 - 16	SportsFun	<input type="checkbox"/>		
			6 - 10	Gymnastics		<input type="checkbox"/>
			Swimming	<input type="checkbox"/>		
			17+	Fitness		<input type="checkbox"/>
	17.30 - 18.30	6 - 12	Dance	<input type="checkbox"/>		
		9 - 12	Basketball	<input type="checkbox"/>		
		11 - 16	Gymnastics	<input type="checkbox"/>		
		4 - 16	Swimming	<input type="checkbox"/>		
		17+	Yoga	<input type="checkbox"/>		
			Fitness	<input type="checkbox"/>		
	18.30 - 19.30	4 - 6	SportsFun	<input type="checkbox"/>		
		5 - 11	Judo	<input type="checkbox"/>		
		4 - 16	Swimming	<input type="checkbox"/>		
		17+	Zero to 5K Running Programme	<input type="checkbox"/>		
			Fitness	<input type="checkbox"/>		
Wednesday	15.30 - 16.30	4 - 6	Introduction to Classical Ballet	<input type="checkbox"/>		
		4 - 16	Swimming	<input type="checkbox"/>		
	16.30 - 17.30	6 - 12	Classical Ballet	<input type="checkbox"/>		
		6 - 9	Football	<input type="checkbox"/>		
		7 - 10	Gymnastics	<input type="checkbox"/>		
		4 - 10	Swimming	<input type="checkbox"/>		
		17+	Fitness (Beginners)	<input type="checkbox"/>		
	17.30 - 18.30	4 - 6	Gymnastics	<input type="checkbox"/>		
		7 - 11	Football	<input type="checkbox"/>		
		9 - 11	Table Tennis (Beginners)	<input type="checkbox"/>		
		4 - 16	Swimming	<input type="checkbox"/>		
		17+	Fitness (Intermediate)	<input type="checkbox"/>		
	18.30 - 19.30	7 - 11	Gymnastics	<input type="checkbox"/>		
		11 - 16	Table Tennis (Intermediate)	<input type="checkbox"/>		
		4 - 16	Swimming	<input type="checkbox"/>		
		17+	Fitness	<input type="checkbox"/>		

KIRKOP SPORTS COMPLEX					
DAY	TIME	AGE	ACTIVITIES	TICK X	FEE
Thursday	16.30 - 17.30	5 - 8	Gymnastics	<input type="checkbox"/>	
		4 - 16	Swimming	<input type="checkbox"/>	
	17.30 - 18.30	4 - 6	SportsFun	<input type="checkbox"/>	
			Athletics	<input type="checkbox"/>	
		9 - 16	Gymnastics	<input type="checkbox"/>	
		4 - 16	Swimming	<input type="checkbox"/>	
		17+	Fitness	<input type="checkbox"/>	
	18.30 - 19.30	4 - 16	Swimming	<input type="checkbox"/>	
		7 - 11	Athletics	<input type="checkbox"/>	
		9 - 16	Basketball	<input type="checkbox"/>	
		17+	Fitness	<input type="checkbox"/>	
	19.30 - 20.30	17+	Aqua Fitness	<input type="checkbox"/>	
Friday	16.30 - 17.30	7 - 10	Gymnastics	<input type="checkbox"/>	1 session a week - €25
		4 - 16	Swimming	<input type="checkbox"/>	2 sessions a week - €30
	17.30 - 19.30	4 - 10	Gymnastics	<input type="checkbox"/>	3 sessions a week - €35
		9 - 13	Dance	<input type="checkbox"/>	4 sessions a week - €40
		4 - 16	Swimming	<input type="checkbox"/>	5 sessions a week - €45
		17+	Line Dancing (Advanced)	<input type="checkbox"/>	6 sessions a week - €50
			Fitness	<input type="checkbox"/>	7 sessions a week - €55
	18.30 - 19.30	7 - 10	Athletics	<input type="checkbox"/>	8 sessions a week - €60
		4 - 16	Swimming	<input type="checkbox"/>	9 sessions a week - €65
		17+	Badminton	<input type="checkbox"/>	10 sessions a week - €70
			Circuit Training	<input type="checkbox"/>	
			Sequence Dancing (Advanced)	<input type="checkbox"/>	
Zero to 5K Running Programme			<input type="checkbox"/>		
Saturday	08.00 - 09.00	4 - 16	Swimming	<input type="checkbox"/>	
	09.00 - 10.00	4 - 16	Swimming	<input type="checkbox"/>	
		17+	Fitness	<input type="checkbox"/>	
	09.00 - 11.00	12 - 16	Judo	<input type="checkbox"/>	
	10.00 - 11.00	4 - 16	Swimming	<input type="checkbox"/>	
		17+	Fitness	<input type="checkbox"/>	
	11.00 - 12.00	4 - 16	Swimming	<input type="checkbox"/>	

Badminton Academy - Kirkop Sports Complex					
DAY	TIME	AGE	ACTIVITIES	TICK X	FEE
Saturday	08.30 - 11.30	7 - 16	Badminton - Cadets & Foundation	<input type="checkbox"/>	€60
Sunday	08.30 - 11.00			<input type="checkbox"/>	
Wednesday	19.30 - 20.30	10 - 16	Badminton Elite Squad	<input type="checkbox"/>	€95
Thursday	19.45 - 21.15			<input type="checkbox"/>	
Saturday	08.30 - 11.30			<input type="checkbox"/>	
Sunday	08.30 - 11.00			<input type="checkbox"/>	
Wednesday	19.30 - 20.30	17+	Badminton Elite Squad	<input type="checkbox"/>	€95
Thursday	19.45 - 21.15			<input type="checkbox"/>	
Saturday	08.30 - 11.30			<input type="checkbox"/>	
Sunday	08.30 - 11.00			<input type="checkbox"/>	

### COTTONERA SPORTS COMPLEX

DAY	TIME	AGE	ACTIVITIES	TICK X	FEE
Monday	09.00 - 12.00	4 - 6	Various Sports	<input type="checkbox"/>	5 days a week - €150
Tuesday					
Wednesday					
Thursday					
Friday					
Monday	09.00 - 12.00	7 - 16	Various Sports	<input type="checkbox"/>	5 days a week - €150
Tuesday					
Wednesday					
Thursday					
Friday					
Monday	08.00 - 14.00	4 - 6	Various Sports Including Extra Hours	<input type="checkbox"/>	5 days a week - €300
Tuesday					
Wednesday					
Thursday					
Friday					
Monday	08.00 - 14.00	7 - 16	Various Sports Including Extra Hours	<input type="checkbox"/>	5 days a week - €300
Tuesday					
Wednesday					
Thursday					
Friday					
Tuesday	09.00 - 12.00	4 - 6	Various Sports	<input type="checkbox"/>	2 days a week - €120
Thursday					
Tuesday	09.00 - 12.00	7 - 16	Various Sports	<input type="checkbox"/>	2 days a week - €120
Thursday					
Tuesday	08.00 - 14.00	4 - 6	Various Sports Including Extra Hours	<input type="checkbox"/>	2 days a week - €240
Thursday					
Tuesday	08.00 - 14.00	7 - 16	Various Sports Including Extra Hours	<input type="checkbox"/>	2 days a week - €240
Thursday					
Monday	09.00 - 12.00	4 - 6	Various Sports	<input type="checkbox"/>	3 days a week - €130
Wednesday					
Friday					
Monday	09.00 - 12.00	7 - 16	Various Sports	<input type="checkbox"/>	3 days a week - €130
Wednesday					
Friday					
Monday	08.00 - 14.00	4 - 6	Various Sports Including Extra Hours	<input type="checkbox"/>	3 days a week - €260
Wednesday					
Friday					
Monday	08.00 - 14.00	7 - 16	Various Sports Including Extra Hours	<input type="checkbox"/>	3 days a week - €260
Wednesday					
Friday					



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### COTTONERA SPORTS COMPLEX

DAY	TIME	AGE	ACTIVITIES	TICK X	FEE
Monday	16.30 - 17.30	4 - 7	Gymnastics	<input type="checkbox"/>	
		9 - 16	Weightlifting (Beginners)	<input type="checkbox"/>	
	16.30 - 18.00	17	Line & Sequence (Beginners)	<input type="checkbox"/>	
	17.30 - 18.30	4 - 6	SportsFun	<input type="checkbox"/>	
		9 - 12	Gymnastics	<input type="checkbox"/>	
		9 - 16	Weightlifting (Intermediate)	<input type="checkbox"/>	
	18.00 - 19.30	17+	Line & Sequence (Intermediate)	<input type="checkbox"/>	
	18.30 - 19.30	4 - 6	SportsFun	<input type="checkbox"/>	
		9 - 16	Basketball	<input type="checkbox"/>	
17+		Fitness	<input type="checkbox"/>		
Tuesday	17.30 - 18.30	4 - 6	Gymnastics	<input type="checkbox"/>	
		7 - 16	Badminton	<input type="checkbox"/>	
			* Football	<input type="checkbox"/>	
	18.30 - 19.30	4 - 8	* Athletics	<input type="checkbox"/>	
		6 - 8	Gymnastics	<input type="checkbox"/>	
		17+	Fitness	<input type="checkbox"/>	
Wednesday	17.30 - 18.30	4 - 6	SportsFun	<input type="checkbox"/>	1 session a week - €25 2 sessions a week - €30 3 sessions a week - €35 4 sessions a week - €40 5 sessions a week - €45 6 sessions a week - €50 7 sessions a week - €55 8 sessions a week - €60 9 sessions a week - €65 10 sessions a week - €70
		6 - 8	Gymnastics	<input type="checkbox"/>	
	18.30 - 19.30	4 - 6	Gymnastics	<input type="checkbox"/>	
		7 - 10	SportStart	<input type="checkbox"/>	
		9 - 16	Basketball	<input type="checkbox"/>	
17+	Fitness	<input type="checkbox"/>			
Thursday	17.30 - 18.30	7 - 10	Gymnastics	<input type="checkbox"/>	
		6 - 12	Dance	<input type="checkbox"/>	
		17+	Fitness	<input type="checkbox"/>	
	18.30 - 19.30	4 - 6	SportsFun	<input type="checkbox"/>	
		6 - 12	Gymnastics	<input type="checkbox"/>	
		17+	Fitness	<input type="checkbox"/>	
Friday	16.30 - 17.30	9 - 16	Weightlifting (Beginners)	<input type="checkbox"/>	
	17.30 - 18.30	4 - 10	Gymnastics	<input type="checkbox"/>	
		7 - 10	* Football	<input type="checkbox"/>	
		9 - 16	Weightlifting (Intermediate)	<input type="checkbox"/>	
		17+	Fitness	<input type="checkbox"/>	
	18.30 - 19.30	4 - 7	* Athletics	<input type="checkbox"/>	
		6 - 8	Karate	<input type="checkbox"/>	
		7 - 10	SportStart	<input type="checkbox"/>	
		9 - 16	* Football	<input type="checkbox"/>	
17+		Fitness	<input type="checkbox"/>		

\* sessions held at Santa Margherita College, Cospicua (ex-Verdala)



MARIA REGINA COLLEGE, ŽOKRIJA, MOSTA

DAY	TIME	AGE	ACTIVITIES	TICK X	FEE
Monday	09.00 - 12.00	4 - 6	Various Sports	<input type="checkbox"/>	5 days a week - €150
Tuesday					
Wednesday					
Thursday					
Friday					
Monday	09.00 - 12.00	7 - 16	Various Sports	<input type="checkbox"/>	5 days a week - €150
Tuesday					
Wednesday					
Thursday					
Friday					
Monday	08.00 - 14.00	4 - 6	Various Sports Including Extra Hours	<input type="checkbox"/>	5 days a week - €300
Tuesday					
Wednesday					
Thursday					
Friday					
Monday	08.00 - 14.00	7 - 16	Various Sports Including Extra Hours	<input type="checkbox"/>	5 days a week - €300
Tuesday					
Wednesday					
Thursday					
Friday					
Tuesday	09.00 - 12.00	4 - 6	Various Sports	<input type="checkbox"/>	2 days a week - €120
Thursday					
Tuesday	09.00 - 12.00	7 - 16	Various Sports	<input type="checkbox"/>	2 days a week - €120
Thursday					
Tuesday	08.00 - 14.00	4 - 6	Various Sports Including Extra Hours	<input type="checkbox"/>	2 days a week - €240
Thursday					
Tuesday	08.00 - 14.00	7 - 16	Various Sports Including Extra Hours	<input type="checkbox"/>	2 days a week - €240
Thursday					
Monday	09.00 - 12.00	4 - 6	Various Sports	<input type="checkbox"/>	3 days a week - €130
Wednesday					
Friday					
Monday	09.00 - 12.00	7 - 16	Various Sports	<input type="checkbox"/>	3 days a week - €130
Wednesday					
Friday					
Monday	08.00 - 14.00	4 - 6	Various Sports Including Extra Hours	<input type="checkbox"/>	3 days a week - €260
Wednesday					
Friday					
Monday	08.00 - 14.00	7 - 16	Various Sports Including Extra Hours	<input type="checkbox"/>	3 days a week - €260
Wednesday					
Friday					



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MARIA REGINA COLLEGE, ŽOKRIJA, MOSTA

Monday	17.30 - 18.30	4 - 6	Gymnastics	<input type="checkbox"/>
		7 - 10	Basketball	<input type="checkbox"/>
		17+	Fitness	<input type="checkbox"/>
	18.30 - 19.30	4 - 6	SportsFun	<input type="checkbox"/>
			Gymnastics	<input type="checkbox"/>
		7 - 10	Athletics	<input type="checkbox"/>
			Volleyball	<input type="checkbox"/>
		7 - 16	Football	<input type="checkbox"/>
		9 - 16	Non-Contact Boxing	<input type="checkbox"/>
	19.30 - 20.30	7 - 16	Football	<input type="checkbox"/>
			Athletics	<input type="checkbox"/>
		17+	Fitness	<input type="checkbox"/>
Non-Contact Boxing			<input type="checkbox"/>	
Tuesday	17.30 - 18.30	4 - 6	Athletics	<input type="checkbox"/>
			Gymnastics	<input type="checkbox"/>
		4 - 7	Football	<input type="checkbox"/>
		9 - 16	Handball	<input type="checkbox"/>
			Dance	<input type="checkbox"/>
	17+	Fitness	<input type="checkbox"/>	
	18.30 - 19.30	7 - 10	Gymnastics	<input type="checkbox"/>
			Football	<input type="checkbox"/>
		9 - 16	Karate	<input type="checkbox"/>
			Fitness	<input type="checkbox"/>
	19.30 - 20.30	9 - 16	Hip Hop	<input type="checkbox"/>
		17+	Zero to 5k Running Programme	<input type="checkbox"/>
Wednesday	17.30 - 18.30	4 - 6	SportsFun	<input type="checkbox"/>
			Dance Fundamentals	<input type="checkbox"/>
		7 - 10	Football	<input type="checkbox"/>
			17+	Fitness
	18.30 - 19.30	11 - 16	Volleyball	<input type="checkbox"/>
			Football	<input type="checkbox"/>
		17+	Fitness	<input type="checkbox"/>
Thursday	17.30 - 18.30	4 - 6	Athletics	<input type="checkbox"/>
			Gymnastics	<input type="checkbox"/>
		7 - 10	Football	<input type="checkbox"/>
			17+	Tai Chi (Beginners)
	18.30 - 19.30	4 - 6	SportsFun	<input type="checkbox"/>
			Football	<input type="checkbox"/>
		4 - 16	Gymnastics	<input type="checkbox"/>
			Athletics	<input type="checkbox"/>
		17+	Fitness	<input type="checkbox"/>
			Tai Chi (Intermediate)	<input type="checkbox"/>
	19.30 - 20.30	7 - 16	Gymnastics	<input type="checkbox"/>
			Athletics	<input type="checkbox"/>
		17+	Fitness	<input type="checkbox"/>
Friday	17.30 - 18.30	4 - 6	SportsFun	<input type="checkbox"/>
			Football	<input type="checkbox"/>
		7 - 10	Athletics	<input type="checkbox"/>
			17+	Fitness
	18.30 - 19.30	4 - 7	SportsFun	<input type="checkbox"/>
			Gymnastics	<input type="checkbox"/>
		7 - 10	Football	<input type="checkbox"/>
			11 - 16	Athletics
		17+	Fitness	<input type="checkbox"/>
	19.30 - 20.30	11 - 16	Football	<input type="checkbox"/>
			17+	Zero to 5k Running Programme

- 1 session a week - €25
- 2 sessions a week - €30
- 3 sessions a week - €35
- 4 sessions a week - €40
- 5 sessions a week - €45
- 6 sessions a week - €50
- 7 sessions a week - €55
- 8 sessions a week - €60
- 9 sessions a week - €65
- 10 sessions a week - €70

Triathlon Academy					
DAY	TIME	ACTIVITIES	TICK X	FEE	
Cadets 5 - 10 years					
Tuesday	17.30 - 18.45	Running	<input type="checkbox"/>	3 sessions a week €90	
Thursday	17.30 - 18.30	Cycling			
Saturday	10.00 - 11.30	Swimming			
Minors 11 - 13 years					
Tuesday	18.00 - 19.15	Cycling & Running	<input type="checkbox"/>	3 sessions a week €90	
Thursday	17.00 - 18.30	Cycling			
Saturday	08.30 - 10.00	Swimming			
Youths 14 - 16 years & Juniors 17 - 20 years					
Tuesday	19.00 - 20.30	Cycling & Running	<input type="checkbox"/>	3 sessions a week €90	
Thursday	18.30 - 20.30	Cycling			
Saturday	07.00 - 08.30	Swimming			
Morning Swims for All Groups					
Tuesday	07.00 - 08.30	Swimming	<input type="checkbox"/>	3 sessions a week €70	
Wednesday					
Saturday					
Extra Programme for Youths & Juniors					
Wednesday	17.30 - 19.30	Gym & Rec. Bike	<input type="checkbox"/>	3 sessions a week €100	
Friday	17.30 - 19.30				
Sunday	07.00 - 10.00				

VIKING SAILING CLUB, FLORIANA					
DAY	TIME	AGE	ACTIVITIES	TICK X	FEE
Monday	08.30 - 10.30	9 - 16	Sailing	<input type="checkbox"/>	1 session a week €120 2 sessions a week €240
	10.30 - 12.30			<input type="checkbox"/>	
Tuesday	08.30 - 10.30			<input type="checkbox"/>	
	10.30 - 12.30			<input type="checkbox"/>	
Wednesday	08.30 - 10.30			<input type="checkbox"/>	
	10.30 - 12.30			<input type="checkbox"/>	
Wednesday	18.00 - 20.00	17+	Sailing for Adults	<input type="checkbox"/>	1 session a week €140

# SUMMER ON THE MOVE 2021

Monday 12<sup>th</sup> July 2021 – Saturday 11<sup>th</sup> September 2021

(No sessions from 9<sup>th</sup> August to the 14<sup>th</sup> August)

## **SportMalta Programmes Terms & Conditions**

### **A. Booking, confirmation, data and communication**

1. Bookings and payments are only accepted only through <http://sportmalta.mt/programmes/online-booking-form/>. Confirmation of acceptance of booking is sent immediately by email. Kindly check spam/junk folder and if you do not receive it call 22036000 to confirm payment . Bookings in person at any SportMalta's office or by post will not be accepted.
2. All requested personal data is to be provided. This information will be treated with the strictest confidence. You are responsible to provide correct data and to update us if any changes take place. Activities may be photographed and filmed to be used for media coverage, TV, magazines, newspapers, billboards, websites and social media. Personal data provided will be included in the SportMalta's database and may be used to provide information about future activities and programmes through email, post or SMS. This data will not be disclosed to third-parties.
3. SportMalta collects and processes information to carry out this function in accordance with the Data Protection Act 2000. Any information could be passed to other departments involved in processing this application. You are not obliged to give this information however, the department might not be able to process your application if not provided.
4. SportMalta will pass required information to the Inland Revenue Department for tax rebate purposes.

### **B. Changes, cancelled programmes**

1. SportMalta reserves the right to cancel and /or change any programme, as it deems necessary. No refunds will be made, unless any programme is changed or cancelled by SportMalta.
2. SportMalta will not issue any refunds if sessions are cancelled on Health Authority directives.
3. Programme may be cancelled if minimum number of applicants is not reached.

### **C. Medical, health, injuries, fit to take part.**

1. Participants are to ensure that they are fit to take part in sport that includes vigorous physical activity. In case of children parents/guardians are to ensure that their child is fit.
2. We will take all necessary precautions to avoid accidents that can lead to injury however, accidents still happen. SportMalta is not responsible for any injuries incurred during the sessions.
3. No refunds apply in cases where a participant cannot continue the programmes due to an injury or change in health condition.

### **D. Before and after the session, attendance, behavior**

1. Parents are to bring/collect their children from inside the venues concerned or as indicated by the Head Coach. Parents may be requested to drop and pick-up children from a point outside venue. This will be indicated by the Head Coach via email.
2. Failing to attend for three consecutive sessions without notifying the Head Coach means they you are no longer interested in participation. We reserve the right to give your place to another applicant.
3. Any misbehavior will lead to a child dismissed from the programme. Dismissal can be immediate and notified on the same day. SportMalta's decision is final.

### **E. Additional requirement to prevent transmission of COVID-19**

1. All participants will have their body temperature measure with an infrared thermometer by a member of staff. Any applicant with a body temperature over 37.2°C will not be allowed in the session.
2. Children and participating adults are to wear masks on their way in and out of the sessions.
3. All participants are to carry a hand disinfectant and sanitized wipes tissues and other personal hygiene products. These are to be used any time indicated by the coach.
4. Social distancing to be maintained as much as possible, before, during and after the sessions.
5. A high level of hygiene, including personal hygiene, is expected from all.

### **F. General**

1. No transport is provided for any of these activities.
2. Children must be able to change/wear clothes and footwear without assistance.
3. Children must be within the age bracket listed by the starting date of the programme.
4. Information in the brochure as well as guidelines for participants in SportMalta programme may change from time to time.
5. Parent's/guardians applying declare that they have cura custodia of the children they are applying for.
6. For any assistance contact servizz.gov on freephone 153 or call on 22036000.
7. Closing date for Summer on the Move is 26<sup>th</sup> June 2021 or before if all places are taken.