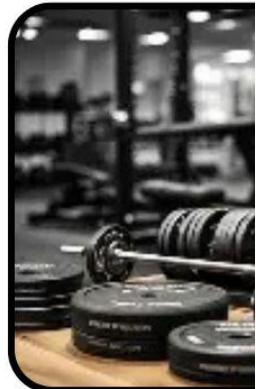




let's move malta

LET'S MOVE MALTA 2026



SPORTMALTA



SPORTMALTA

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

7th July 2026 – 4th September 2026

(No Sessions: 10th - 14th August)

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

COTTONERA SPORTSCOMPLEX

DAY	TIME	AGE	ACTIVITY	PRICE
Monday to Friday	07:30 - 12:00	4 - 16	Various Sports and Swimming	5 days a week - €270
	07:30 - 14:00	4 - 16	Various Sports and Swimming with Extra Hours	5 days a week - €400
	09:00 - 10:00	17+	Swimming	5 days a week - €110
	10:00 - 11:00	17+	Swimming	5 days a week - €110
	15:00 - 16:00	4 - 6	Swimming Beginners	5 days a week - €110
	15:00 - 16:00	17+	Swimming	5 days a week - €110
	16:15 - 17:15	7 - 16	Swimming Intermediate	5 days a week - €110
	16:15 - 17:15	17+	Swimming	5 days a week - €110
Tuesdays & Thursdays	07:30 - 12:00	4 - 16	Various Sports and Swimming	2 days a week - €210
	07:30 - 14:00	4 - 16	Various Sports and Swimming with Extra Hours	2 days a week - €300
Mondays, Wednesdays & Fridays	07:30 - 12:00	4 - 16	Various Sports and Swimming	3 days a week - €240
	07:30 - 14:00	4 - 16	Various Sports and Swimming with Extra Hours	3 days a week - €340
Monday	08:00 - 09:00	17+	Fitness	€35
	09:00 - 10:00	17+	Aqua Fitness	€45
	10:00 - 11:00	17+	Aqua Fitness	€45
Wednesday	08:00 - 09:00	17+	Fitness	€35
	09:00 - 10:00	17+	Aqua Fitness	€45
	10:00 - 11:00	17+	Aqua Fitness	€45
	08:00 - 12:00	12 - 16	Teen Adventure Programme	€80
Monday	15:00 - 16:00	2 - 3	Parent and Child Learn to Swim	€60

	16:15 – 17:15	2 - 3	Parent and Child Learn to Swim	€60
Tuesday	08:00 – 09:00	2 - 3	Parent and Child Learn to Swim	€60
	09:00 – 10:00	2 - 3	Parent and Child Learn to Swim	€60
Wednesday	15:00 – 16:00	2 - 3	Parent and Child Learn to Swim	€60
	16:15 – 17:15	2 - 3	Parent and Child Learn to Swim	€60
Thursday	08:00 – 09:00	2 - 3	Parent and Child Learn to Swim	€60
	09:00 – 10:00	2 - 3	Parent and Child Learn to Swim	€60
Friday	08:00 – 09:00	2 - 3	Parent and Child Learn to Swim	€60
	09:00 – 10:00	2 - 3	Parent and Child Learn to Swim	€60

7:30 – 8:00 – Drop-off. Latecomers will not be allowed for the sessions.



AFTERNOON PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE	
Monday	16:30 – 17:30	4 - 5	Gymnastics	1 session a week - €35 2 sessions a week - €45 3 sessions a week - €55 4 sessions a week - €65 5 sessions a week - €75	
	17:30 - 18:30	17+	Fitness		
	17:30 - 18:30	6 - 7	Gymnastics		
	17:30 – 19:00	4 - 6	Sport Fundamentals		
	17:30 – 19:00	7 - 10	Sport Fundamentals		
	18:30 – 19:30	17+	Fitness		
	18:30 – 19:30	8 - 10	Gymnastics		
Tuesdays	16:30 - 17:30	4 - 5	Gymnastics		
	17:30 - 18:30	6 - 7	Gymnastics		
	18:30 – 19:30	8 - 10	Gymnastics		
Wednesday	16:30 – 17:30	4 - 5	Gymnastics		
	16:30 – 17:30	17+	Fitness		
	16:30 – 18:00	4 - 6	Sport Fundamentals		
	16:30 – 18:00	7 - 10	Sport Fundamentals		
	17:30 – 18:30	6 - 7	Gymnastics		
	17:30 – 18:30	17+	Fitness		
	18:30 – 19:30	8 - 10	Gymnastics		
Thursday	16:30 – 17:30	4 - 5	Gymnastics		
	17:30 – 19:00	4 - 6	Sport Fundamentals		
	17:30 – 19:00	7 - 10	Sport Fundamentals		
	17:30 – 18:30	6 - 7	Gymnastics		
	18:30 – 19:30	8 - 10	Gymnastics		
Friday	17:30 – 18:30	17+	Fitness		
	17:30 - 18:30	6 - 7	Gymnastics		
	18:30 – 19:30	17+	Fitness		
	18:30 – 19:30	11 - 16	Gymnastics		

KIRKOP SPORTS COMPLEX

DAY	TIME	AGE	ACTIVITY	PRICE
Monday to Friday	07:30 - 12:00	4 - 16	Various Sports and Swimming	5 days a week - €270
	07:30 - 14:00	4 - 16	Various Sports and Swimming with Extra Hours	5 days a week - €400
Tuesdays & Thursdays	07:30 - 12:00	4 - 16	Various Sports and Swimming	2 days a week - €210
	07:30 - 14:00	4 - 16	Various Sports and Swimming with Extra Hours	2 days a week - €300
Mondays Wednesdays & Fridays	07:30 - 12:00	4 - 16	Various Sports and Swimming	3 days a week - €240
	07:30 - 14:00	4 - 16	Various Sports and Swimming with Extra Hours	3 days a week - €340

7:30 – 8:00 – Drop-off. Latecomers will not be allowed for the sessions.



AFTERNOON PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Monday	16:30 - 17:30	4 - 16	Swimming	1 session a week - €35 2 sessions a week - €45 3 sessions a week - €55 4 sessions a week - €65 5 sessions a week - €75
	16:30 - 18:00	4 - 6	Sport Fundamentals	
	16:30 - 18:00	7 - 10	Sport Fundamentals	
	17:30 - 18:30	4 - 16	Swimming	
	18:00 - 19:00	13 - 17	Badminton	
	18:30 - 19:30	4 - 16	Swimming	
	19:00 - 20:00	17+	Badminton	
	19:30 - 20:30	17+	Aqua Fitness	
Tuesday	16:30 - 18:00	6 - 8	Football	
	16:30 - 17:30	4 - 16	Swimming	
	17:30 - 18:30	17+	Fitness	
		4 - 16	Swimming	
	17:30 - 18:30	8 - 11	Judo Hub	
	18:30 - 19:30	17+	Fitness	
	18:00 - 19:30	12 - 16	Football	
	18:30 - 19:30	4 - 7	Judo Hub	
	18:30 - 19:30	4 - 16	Swimming	
19:30 - 20:30	17+	Adult Beginners Swimming		
Wednesday	16:30 - 17:30	2 - 3	Parent and Child Learn to Swim	
	16:30 - 18:00	4 - 6	Sport Fundamentals	
	16:30 - 17:30	17+	Fitness	
	17:30 - 18:30	17+	Fitness	
	17:30 - 18:30	4 - 16	Swimming	
	18:00 - 19:30	7 - 10	Sport Fundamentals	
	18:30 - 19:30	17+	Fitness	
18:30 - 19:30	4 - 16	Swimming		

DAY	TIME	AGE	ACTIVITY	PRICE
Thursday	16:30 – 17:30	4 - 16	Swimming	1 session a week - €35 2 sessions a week - €45 3 sessions a week - €55 4 sessions a week - €65 5 sessions a week - €75
	16:30 – 18:00	4 - 6	Sport Fundamentals	
	16:30 – 18:00	7 - 10	Basketball	
	17:30 – 18:30	17+	Fitness	
	17:30 – 18:30	4 - 16	Swimming	
	18:00 – 19:30	7 - 10	Sport Fundamentals	
	18:00 – 19:30	10 - 13	Basketball	
	18:30 – 19:30	17+	Fitness	
	18:30 – 19:30	4 - 16	Swimming	
	19:30 – 20:30	17+	Aqua Fitness	
Friday	16:30 – 17:30	13 - 17	Badminton	
	16:30 – 17:30	2 - 3	Parent and Child Learn to Swim	
	17:30 – 18:30	17+	Badminton	
	17:30 – 18:30	4 - 16	Swimming	
	18:30 – 19:30	17+	Badminton	
	18:30 – 19:30	4 - 16	Swimming	
Saturday	08:00 – 09:00	4 - 16	Swimming	
	09:00 – 10:00	4 - 16	Swimming	
	10:00 – 11:00	4 - 16	Swimming	



MARIA ASSUMPTA (HAMRUN) SPORTS COMPLEX

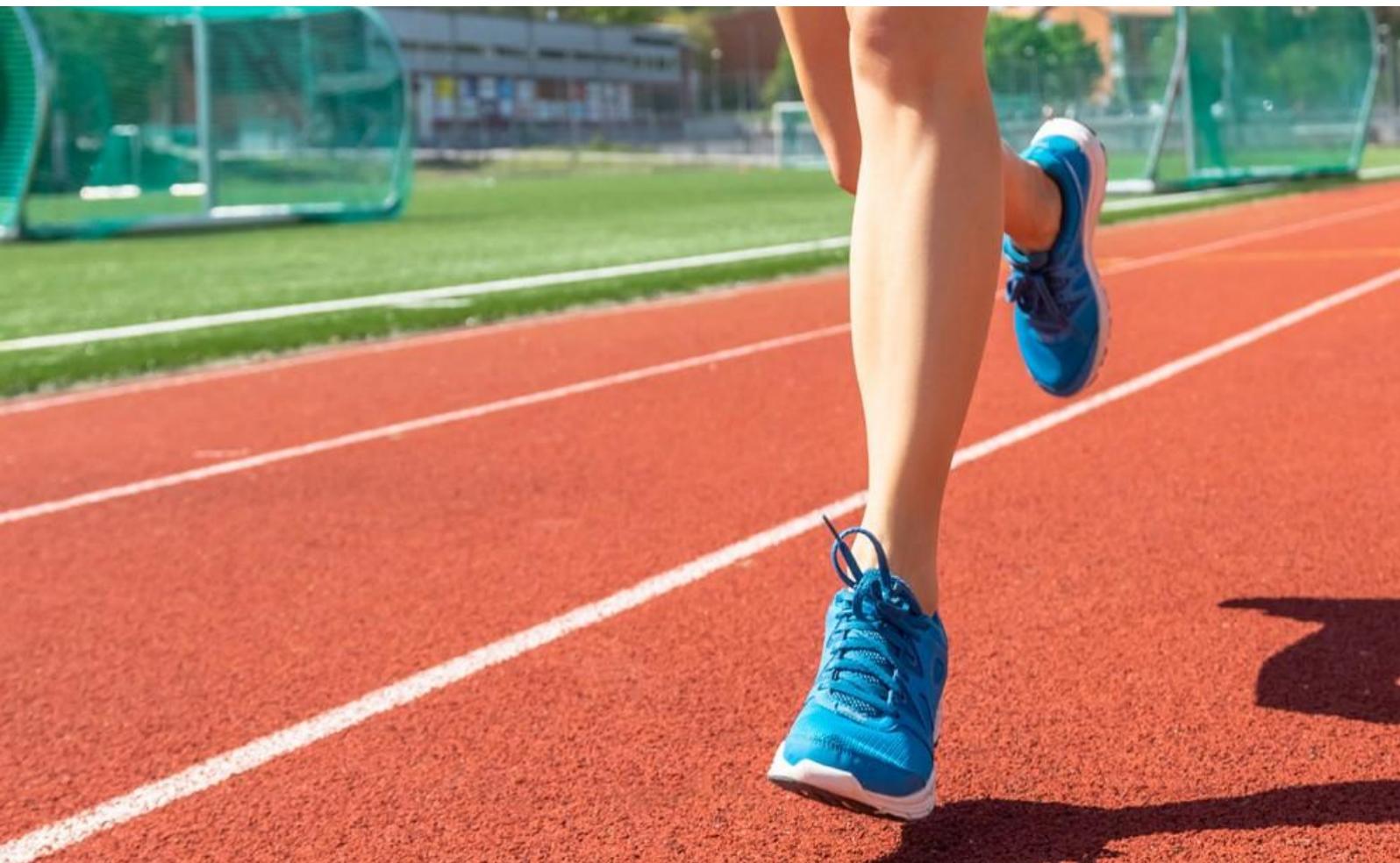
DAY	TIME	AGE	ACTIVITY	PRICE
Monday to Friday	07:30 - 12:00	7 - 12	Various Sports	5 days a week - €270
	07:30 - 14:00	7 - 12	Various Sports with Extra Hours	5 days a week - €400
Tuesdays & Thursdays	07:30 - 12:00	7 - 12	Various Sports	2 days a week - €210
	07:30 - 14:00	7 - 12	Various Sports with Extra Hours	2 days a week - €300
Mondays, Wednesdays & Fridays	07:30 - 12:00	7 - 12	Various Sports	3 days a week - €240
	07:30 - 14:00	7 - 12	Various Sports with Extra Hours	3 days a week - €340
Wednesday	16:00 - 17:00	6 - 10	Snooker	€30
	17:00 - 18:00	11 - 16		€30
Saturday	09:00 - 10:00	6 - 10	Snooker	€30
	10:00 - 11:00	11 - 16		€30



MOSTA MARIA REGINA COLLEGE, SECONDARY SCHOOL (ŽOKRIJA)

DAY	TIME	AGE	ACTIVITY	PRICE
Monday to Friday	07:30 - 12:00	4 - 16	Various Sports	5 days a week - €270
	07:30 - 14:00	4 - 16	Various Sports with Extra Hours	5 days a week - €400
Tuesdays & Thursdays	07:30 - 12:00	4 - 16	Various Sports	2 days a week - €210
	07:30 - 14:00	4 - 16	Various Sports with Extra Hours	2 days a week - €300
Mondays, Wednesdays & Fridays	07:30 - 12:00	4 - 16	Various Sports	3 days a week - €240
	07:30 - 14:00	4 - 16	Various Sports with Extra Hours	3 days a week - €340

7:30 – 8:00 – Drop-off. Latecomers will not be allowed for the sessions.



AFTERNOON PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Monday	17:00 - 18:00	17+	Fitness	
	17:00 - 18:00	4 - 6	Gymnastics	
	17:00 - 18:30	4 - 6	Athletics	
	17:00 - 18:30	7 - 10	Basketball	
	17:00 - 18:30	11 - 14	Football	
	18:00 - 19:00	4 - 6	Gymnastics	
	18:00 - 19:00	17+	Fitness	
	18:30 - 20:00	7 - 10	Athletics	
	18:30 - 20:00	11 - 14	Basketball	
	18:30 - 20:00	7 - 10	Football	
	19:00 - 20:00	17+	Fitness	
	19:00 - 20:00	7 - 10	Gymnastics	
Tuesdays	17:00 - 18:00	17+	Fitness	
	17:00 - 18:00	4 - 6	Gymnastics	
	17:00 - 18:00	7 - 10	Football	
	17:00 - 18:30	4 - 6	Sport Fundamentals	
	18:00 - 19:00	17+	Fitness	
	18:00 - 19:00	4 - 6	Gymnastics	
	18:00 - 19:00	7 - 10	Karate	
	18:30 - 20:00	11 - 14	Football	
	18:30 - 20:00	7 - 10	Sport Fundamentals	
	19:00 - 20:00	11 - 16	Karate	
	19:00 - 20:00	17+	Zero to 5k Running Programme	
	17:00 - 18:00	17+	Fitness	
	17:00 - 18:00	4 - 6	Gymnastics	
	17:00 - 18:30	7 - 10	Athletics	

1 session a week - €35
2 sessions a week - €45
3 sessions a week - €55
4 sessions a week - €65
5 sessions a week - €75

Wednesday	17:00 – 18:30	4 - 6	Sports Fundamentals	1 session a week - €35 2 sessions a week - €45 3 sessions a week - €55 4 sessions a week - €65 5 sessions a week - €75
	18:00 – 19:00	17+	Fitness	
	18:00 – 19:00	7 - 10	Gymnastics	
	18:30 – 20:00	11 - 14	Athletics	
	18:30 – 20:00	7 - 10	Sports Fundamentals	
	19:00 – 20:00	11 - 13	Gymnastics	
	19:00 – 20:00	17+	Fitness	
Thursday	17:00 – 18:00	17+	Fitness	
	17:00 – 18:00	4 - 6	Gymnastics	
	17:00 - 18:30	4 - 6	Sports Fundamentals	
	17:00 – 18:30	7 - 10	Football	
	18:00 – 19:00	17+	Fitness	
	18:00 – 19:00	7 - 10	Gymnastics	
	18:30 – 20:00	7 - 10	Sport Fundamentals	
	18:30 – 20:00	11 - 14	Football	
	19:00 – 20:00	17+	Fitness	
	19:00 – 20:00	17+	Zero to 5k Running Programme	
Friday	17:00 – 18:00	17+	Fitness	
	17:00 – 18:00	4 - 6	Gymnastics	
	17:00 – 18:30	4 - 6	Athletics	
	17:00 – 18:30	7 - 10	Football	
	18:00 – 19:00	17+	Fitness	
	18:00 – 19:00	7 - 10	Gymnastics	
	18:30 – 20:00	7 - 10	Athletics	
	18:30 – 20:00	11 - 14	Football	
	19:00 – 20:00	11 - 13	Gymnastics	
	19:00 – 20:00	17+	Fitness	
	19:00 – 20:00	17+	Zero to 5k Running Programme	

MARSA SPORTS COMPLEX

DAY	TIME	AGE	ACTIVITY	PRICE
Monday to Friday	07:30 - 12:00	4 - 12	Gymnastics Camp	5 days a week - €270
Monday	08:30 - 10:00	9 - 16	Squash (Beginners)	1 session a week - €35 2 sessions a week - €45 3 sessions a week - €55 4 sessions a week - €65 5 sessions a week - €75
	10:00 - 11:30	9 - 16	Squash (Intermediate)	
	8:30 - 10:00	6-9	Educational Dance Hub	
	9:30 - 11:00	6 - 9	Educational Dance Hub	

7:30 – 8:00 – Drop-off. Latecomers will not be allowed for the sessions.

Monday	16:30 - 17:30	17+	Fitness	1 session a week - €35 2 sessions a week - €45 3 sessions a week - €55 4 sessions a week - €65 5 sessions a week - €75
	17:30 - 18:30	17+	Fitness	
Tuesday	16:00 - 17:00	9 - 16	Weightlifting	
Wednesday	17:00 - 18:30	7 - 10	Netball	
	16:30 - 17:30	17+	Fitness	
	18:30 - 20:00	11 - 16	Netball	
	17:30 - 18:30	17+	Fitness	
Thursday	16:00 - 17:30	9 - 16	Weightlifting	
	16:30 - 17:30	17+	Fitness	
	17:30 - 18:30	17+	Fitness	



TAL-QROQQ SPORTS COMPLEX

DAY	TIME	AGE	ACTIVITY	PRICE
Monday to Friday	07:30 - 12:00	4 - 16	Various Sports and Swimming	5 days a week - €270
	07:30 - 14:00	4 - 16	Various Sports and Swimming with Extra Hours	5 days a week - €400
Tuesdays & Thursdays	07:30 - 12:00	4 - 16	Various Sports and Swimming	2 days a week - €210
	07:30 - 14:00	4 - 16	Various Sports and Swimming with Extra Hours	2 days a week - €300
Mondays, Wednesdays & Fridays	07:30 - 12:00	4 - 16	Various Sports and Swimming	3 days a week - €240
	07:30 - 14:00	4 - 16	Various Sports and Swimming with Extra Hours	3 days a week - €340
Monday	08:00 – 09:00	2-3	Parent and Child Learn to Swim	€60
	09:00 – 10:00	2-3	Parent and Child Learn to Swim	€60
Wednesday	08:00 – 09:00	2-3	Parent and Child Learn to Swim	€60
	09:00 – 10:00	2-3	Parent and Child Learn to Swim	€60
Friday	08:00 – 09:00	2-3	Parent and Child Learn to Swim	€60
	09:00 – 10:00	2-3	Parent and Child Learn to Swim	€60
Monday	09:00 - 10:00	17+	Pilates	1 session a week - €35 2 sessions a week - €45 3 sessions a week - €55 4 sessions a week - €65 5 sessions a week - €75
	10:00 - 11:00	17+	Dance Fitness	
	11:00 - 12:00	17+	Aqua Fitness	

7:30 – 8:00 – Drop-off. Latecomers will not be allowed for the sessions.

Tuesday	07:00 - 08:00	17+	Yoga Morning Flow	1 session a week - €35 2 sessions a week - €45 3 sessions a week - €55 4 sessions a week - €65 5 sessions a week - €75	
	08:00 - 09:00	17+	Strength & Stretch (Fitness & Yoga Based)		
	09:00 - 10:00	17+	Yoga (All Levels)		
	10:00 - 11:00	17+	Aqua Fitness		
Wednesday	09:00 - 10:00	17+	Pilates	1 session a week - €35 2 sessions a week - €45 3 sessions a week - €55 4 sessions a week - €65 5 sessions a week - €75	
	10:00 - 11:00	17+	Dance Fitness		
	11:00 - 12:00	17+	Aqua Fitness		
Thursday	07:00 - 08:00	17+	Yoga Morning Flow		
	08:00 - 09:00	17+	Strength & Stretch (Fitness & Yoga Based)		
	09:00 - 10:00	17+	Yoga (All Levels)		
	10:00 - 11:00	17+	Aqua Fitness		
	11:00 - 12:00	17+			
Friday	09:00 - 10:00	17+	Pilates		
	10:00 - 11:00	17+	Dance Fitness		
	11:00 - 12:00	17+	Aqua Fitness		

AFTERNOON PROGRAMMES

DAY	TIME	AGE	ACTIVITY	PRICE
Tuesday	16:30 – 17:30	17+	Line Dancing	1 session a week - €35 2 sessions a week - €45 3 sessions a week - €55 4 sessions a week - €65 5 sessions a week - €75
	17:30 – 18:30	17+	Sequence Dancing	
Wednesday	17:00 – 18:00	17+	Pilates	
	18:00 – 19:00	17+	Yoga (Beginners)	
	19:00 – 20:00	17+	Yoga (Intermediate)	
	20:00 – 21:00	17+	Level UP Yoga	
Friday	17:30 – 18:30	17+	Body Flow	
	18:30 – 19:30	17+	Dance Fitness	



Terms and Conditions

Let's Move Malta 2026 – TERMS & CONDITIONS Let's Move Malta Sports and Physical Activity Programme 2026

Tuesday 7th July – Friday 7th August

Monday 17th August - Friday 4th September

No sessions will be held on national holidays and public holidays.

07:30 – 08:00 drop-off. Latecomers will not be allowed for the session

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.