

CitC PL Girls Programme



COUNTY IN THE
COMMUNITY



Premier League
Girls Football

What?	Where?	When?	Who?	Why?
Football	Play Football Bettws NP20 7LX	Mondays 5-6pm	Women and girls aged 11+ who want to turn up and play football!	Play football without the commitment of joining a team. Keep it social.
Indoor football and futsal	St Josephs High School	Tuesdays After-school (Term Time Only)	All girls aged 11- 16 that attend St Josephs High School. Beginners welcome!	To improve football skills and fitness levels. Have fun in a friendly and relaxed environment.
Multi-sport	Pill Millennium Centre	Thursday 6-7pm	Women and Girls aged 11+ All abilities welcome!	Participate in a different sport every week to add variety to your exercise routine.
5-a-side, 7-a-side football and futsal	Llanwern High School -3G Pitch	Fridays After-school (Term Time Only)	Women and girls aged 11+ who want to turn up and play football!	Play football without the commitment of joining a team. Keep it social.
Fitness Class	Llanwern High School -Dance Studio	Fridays 4:45-5:30pm	Women and Girls aged 14+ All fitness abilities welcome!	Improve fitness, lead a healthier lifestyle and meet some new people in the process.

All sessions are free of charge. For more information contact 01633 251246 or Danielle.seivwright@newport-county.co.uk