

S.O. Wales Sport Details.

Area	Sports	Session	Day & Time	Contact	Phone	Mobile	Email
Wrexham	Badminton	£2.00	Tues 6.30-7.30pm	Brenda Davies	01978 362852	07932749063	nevbrenlaurel@yahoo.co.uk
Wrexham	Tennis	£2.00	Monday 7 -8pm	Brenda Davies	01978 362852	07932749063	nevbrenlaurel@yahoo.co.uk
Wrexham	Boccia	£2.00	Tues 6.30- 7.30pm	Brenda Davies	01978 362852	07932749063	nevbrenlaurel@yahoo.co.uk
Wrexham	New Age Kurling		Tues 6.30- 7.30pm	Brenda Davies	01978 362852	07932749063	nevbrenlaurel@yahoo.co.uk
Wrexham	Athletics	£2.00	Thurs 7-8pm	Steve Gittins	01978 366596		Stephen.gittins@gmail.com
Brecon	Multisport			Bev Tucker	01874 612034		beverleyt@powys.gov.uk
Pembroke	Gymnastics			Amy Yelland	01437 764006		amy_yelland_17@hotmail.co.uk
Pembroke	Swimming			Steve Young	01834 844324		bobseseve@hotmail.com
Carmathan	Athletics			Stephen Walker		07890 747417	steveiwalker@hotmail.co.uk
Ammanford	Multi-sport		Friday 5 - 6pm	Erika Beynon		07859805592	ajgateway@hotmail.com
Llanelli	Golf			Thomas Gilmore Jones	01554 757058		Gilmore@stelli.co.uk
Llanelli	Boccia	£3.00	Sunday 10-2pm	Andy Beynon		07763 758339	andy@kayakcanoearchery.co.uk
Llanelli	Bocce	£3.00	Sunday 10-2pm	Andy Beynon		07763 758339	andy@kayakcanoearchery.co.uk
Llanelli	Kayaking	£6.00	Sat 1.30-3.30	Andy Beynon		07763 758339	andy@kayakcanoearchery.co.uk
Llanelli	New Age Kurling	£3.00	Sunday 10-2pm	Andy Beynon		07763 758339	andy@kayakcanoearchery.co.uk
Pembrey	Ski-ing		Thurs 1.15-2.30pm	Alex Williams	01554 759465	07891179968	awilliams@heolgoffa.ysgolccc.org.uk
Swansea	Swimming			Wendy Thomas	01792 613313	07736 600126	wendythomas59@gmail.com
Neath	Gymnastics			Nicola Lewis	01639 631575		nicola@neath-afan-gymnastics.com
Bridgend	Swimming	£12 monthly	Thurs 6-7pm	Pam Abbott	01656 880422		pamabbott@aciwales.co.uk
Bridgend	Football			Kelly Hall		07817 929549	bridgenddfc@hotmail.co.uk

Barry	Boccia	£2.00	Friday 2-3pm	Sandra Hartery	01446411572	07979068884	sandra.hartery@ntlworld.com
Barry	Bocce	£2.00	Friday 2-3pm	Sandra Hartery	01446411572	07979068884	sandra.hartery@ntlworld.com
Barry	New Age Kurling	£2.00	Friday 2-3pm	Sandra Hartery	01446411572	07979068884	sandra.hartery@ntlworld.com
Barry	Badminton	£2.50	Friday 7-8pm	Jeff Savory	01446 749144	0780 316 5581	jeff@specialolympicswales.co.uk
Penarth	Gymnastics	£5.00	Thurs 5-8pm	Jeff Savory	01446 749144	0780 316 5581	jeff@specialolympicswales.co.uk
Cardiff	Swimming	£2.00	Mon 8-8.45pm	Pamela Bailey	02920 257314		stephen.bailey497@ntlworld.com
Cardiff	Swimming	£2.00	Tues 8-8.45pm				stephen.bailey497@ntlworld.com
Cardiff	Green Bowls		Friday	Jean Stafford	029 20 498971		stephen.bailey497@ntlworld.com
Cardiff	Cycling			Hilary Holtam	029 20 211060	07948392854	hahcyclecoach@yahoo.co.uk
Cardiff	Ten Pin Bowling	£5.00	Wed 8pm	Jeff Savory	01446 749144	0780 316 5581	jeff@specialolympicswales.co.uk
Cardiff	Badminton	£2.00	Thurs 4.30-6pm	Jeff Savory	01446 749144	0780 316 5581	jeff@specialolympicswales.co.uk
Cardiff	Kayaking	£6.00	Sunday 1.30-3.30	Andy Beynon		07763 758339	andy@kayakcanoeachery.co.uk
Nantgarw	Ten Pin Bowling		Wed 7pm	Jan Williams	01633 615893	07980039354	janter112@hotmail.co.uk