



GREATER BARGOED ACTIVITY PROGRAMME

Cost for activities: - 50p / £1.00

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WALKING			Meet @ Pengam Entrance Bargoed Country Park 11am - 12.00	Meet @ Pengam Entrance Bargoed Country Park 10.45am - 12.00	
CYCLING				Meet @ Ty Penallta Beginners 11am -12.30 Intermediate 1pm-3pm	
NORDIC WALKING		Meet @ Bargoed Office 12-2pm			
EXTEND (Over 50's Only)	Tiryberth Village Hall 1pm - 2pm		Aberbargoed Hanger 1pm - 2pm		
YOGA					Bargoed YMCA 10am - 11.30am
TAI CHI	Bargoed YMCA 10am - 12.00				
TARAGGAN PROJECT	Tenants And Residents Association Green Gym And Nursery (Educational Gardens) Plots still available for Community Groups. Please contact Ron Cooper for site opening times:- 07592 454232.				

ALL PARTICIPANTS MUST BE OVER 16 YEARS OF AGE

For further information please contact: - Mark Ellis (Project Coordinator):- 07876 233599 or
 Ceri Fox (Project Administrator):- 01443 878958.
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