



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---|--|--|--|---|---|--|
| Morning | <p>Parent and Toddlers Ilan Centre 9:30 – 12:30</p> <p>Open Access Community Support Ilan Centre (Variable) 10:30 – 12:00</p> | <p>Baby Club Ilan Centre 10:30 – 11:30</p> <p>Baby Massage Ilan Centre 11:30 – 12:30</p> <p>Rhydyfelin Walk Group Elm St 10:00 – 11:00</p> <p>Open Access Community Support Ilan Centre (Variable) 10:30 – 12:00</p> | <p>Parent and Toddlers Ilan Centre 9:30 – 12:30</p> <p>Baby Clinic Ilan Centre 9:30 – 12:00</p> <p>Feel Good Group Elm Street 10:00 – 12:00</p> | <p>Open Access Community Support Ilan Centre (Variable) 10:30 – 12:00</p> | <p>Women's Self Support Group 10:00 – 12:30</p> <p>Art Class 10:00 – 12:30</p> <p>Open Access Community Support Ilan Centre 10:30 – 12:00</p> | <h1>Rhydyfelin Project</h1>   <p><small>communities first cymunedau yn gyntaf</small></p> <p>Ilan Centre: 01443 400 300</p> <p>15 Elm Street: 01443 491 848</p> <p>www.valleyskids.org</p> <p>rhydyfelin@valleyskids.org</p> | |
| Afternoon | <p>After School Club Ilan Centre 6 – 11 years 4:30 – 6:00</p> <p>Buggy Brigade Rhydyfelin Children's Centre 2:15 – 3:00</p> | <p>After School Club Ilan Centre 6 – 11 years 4:30 – 6:00</p> | <p>16 + Support Group 1:00 – 3:00</p> <p>Computer Class 1:00 – 3:00</p> <p>Drama Workshop 1:00 – 3:00</p> <p>Feel Good Group Elm Street 12:00 – 2:00</p> | <p>Team Planning 1:30 – 3:00</p> <p>After School Club Ilan Centre 6 – 11 years 4:30 – 6:00</p> <p>Relate (by appointment only) Elm Street 13:30 – 14:30</p> | <p>Homework Club Ilan Centre 4:30 – 6:00</p> | <p>Trips</p> <p>Residentials</p> | |
| Evening | <p>Senior Youth Ilan Centre 14 – 25 years 7:00 – 9:30</p> <p>Internet Access Ilan Centre 7:00 – 9:30</p> | <p>Senior Youth Ilan Centre 14 – 25 years 7:00 – 9:00</p> <p>Young People Clinic Ilan Centre 7:00 – 9:00</p> | <p>Drama Workshop Ilan Centre 5:00 – 6:30</p> <p>Youth Theatre Ilan Centre 6:30 – 8:30</p> | <p>Middle Club Ilan Centre 11 – 14 years 6:30 – 8:30</p> | <p>Senior Youth Ilan Centre 14 – 25 years 6:00 – 8:00</p> <p>Internet Access Ilan Centre 6:00 – 8:00</p> <p>Group Work 6:00 – 8:00</p> | <p>Special Events</p> <p>Project Work</p> | <p>Middle Youth Ilan Centre Ages 11 – 25 6:30 – 8:00</p> <p>Internet Access Ilan Centre 6:30 – 8:00</p> <p>Group Work 6:30 – 8:00</p> |