| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
| Walking Football<br>Adults<br>Treorchy<br>10:00am | Pickleball<br>Adults<br>Llantrisant<br>10:00am | Walking Rugby<br>Adults<br>Pontyclun<br>10:00am | Pickleball<br>Adults<br>Llantrisant<br>10:00am | Walking Football<br>Adults<br>Abercynon<br>10:00am | Pontypridd parkrun<br>Pontypridd<br>9:00am | Pontypridd Junior Parkrun<br>4-14 years<br>Pontypridd<br>9:00am |
| Walking Rugby<br>Adults<br>Clydach Vale<br>11:30am | Walking Football<br>Adults<br>Abercynon<br>10:00am | Pickleball<br>Adults<br>Abercynon<br>10:00am | Walking Rugby<br>Adults<br>Clydach Vale<br>11:30am | Pickleball<br>Adults<br>Llantwit Fardre<br>10:00am | Aberdare parkrun<br>Aberdare<br>9:00am | Roller Derby<br>Juniors & Adults<br>Abercynon<br>1pm & 2pm |
| Pickleball<br>Adults<br>Treorchy<br>5:45pm | Back to Netball<br>Adults<br>Llantwit Fardre<br>6:00pm | Dark in the Park<br>Adults<br>Pontypridd<br>6:00pm | Walking Rugby<br>Adults<br>Treorchy<br>2:00pm | Walking Rugby<br>Adults<br>Abercwmboi<br>6:00pm | Walking Rugby<br>Adults<br>Taffs Well<br>11:00am | |
| Back to Hockey<br>Adults<br>Hawthorn<br>6:00pm | Dragons Running & Resilient Runners<br>Adults<br>Aberdare<br>6:00pm | Pickleball<br>Adults<br>Llantrisant<br>7:00pm | Roller Skating<br>Juniors & Adults<br>Llantrisant<br>5:00pm | | | |
| Dark in the Park<br>Adults<br>Clydach Vale<br>6:00pm | Womens Softball Cricket<br>13+ years<br>Pontyclun<br>6:00pm | Back to Netball<br>Adults<br>Abercynon<br>7:00pm | Walking Football<br>Adults<br>Abercwmboi<br>6:00pm | | | |
| Walking Rugby<br>Adults<br>Pontyclun<br>6:30pm | Walking Rugby<br>Adults<br>Taffs Well<br>6:45pm | | Dragons Running & Resilient Runners<br>Adults<br>Aberdare<br>6:00pm | | | |
| | Walking Netball<br>Adults<br>Llantwit Fardre<br>7:00pm | | Back to Hockey<br>Adults<br>Hawthorn<br>6:00pm | | | |
| | Back to Netball<br>Adults<br>Ystrad<br>8:00pm | | Walking Netball<br>Adults<br>Pontypridd<br>6:00pm | | | |
| | | | Walking Rugby<br>Adults<br>Rhigos<br>7:00pm | | | |

For full details and further information visit **www.rctcbc.gov.uk/communitysportprogramme**
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