

**VALLANCE C.S.A WEEKLY PROGRAMME
TIMETABLE 2019-2020**

Day & Date	Morning Session	Activity/Workshop Name	Afternoon Session	Activity/Workshop Name	Evening Session	Activity/Workshop Name
Monday	10am-12pm	SEN Multi sports session @ Mile End sports hall	3pm-6pm	Drop in SEN Social Club @ SHA Community Centre Age- 16+	6pm-8pm	Drop in Youth Club @ SHA Community Centre Age- 11-19 (Boys)
Tuesday						
Wednesday			3pm-5pm	SEN Multi sports session @ Phoenix School Age- 8-16	6pm-8pm	Drop in Youth Club @ SHA Community Centre Age- 11-19 (Boys)
Thursday					8:30pm-10pm	Vallance FC Senior Football Training @ Mile End
Friday			5:30pm-7pm	Vallance FC U12,U14,U16 Football Training @ Mile End	6pm-8pm	Drop in Youth Club @ SHA Community Centre Age- 11-19 (Girls)
Saturday	10am-12pm	Vallance FC U8,U10,U12,U14 in HMSYFL	2pm-4pm	Vallance Football Academy U6-U11 Training @ Weavers Field		
Sunday	10am-1pm	Vallance FC senior team league game in ELSFL				

Programmes are subject to change. Advance notice will be given to all participants.