

The municipal sports council have put this activity program together aimed at the whole population of Frigiliana, from the young to the not so young!

This activity program has been developed to run permanently from october 2019 to june 2020.

SUSCRIPTIONS

Suscriptions are tickets that are delivered to the monitors to perform various activities. There will be several prices depending on the activity or activities to practice.

- The vouchers should be handed into one of the monitors during the 1st week of each month; failure to hand in the relevant voucher will result in you not being able to participate.

- Vouchers are monthly from the 1st to the 30th/31st of each month and can be obtained between Monday & Friday from 9:00 to 14:00 at any of the banks in Frigiliana or directly from the sports pavilion.

DISCOUNTS FOR MORE THAN ONE ACTIVITY (price per person)

- 2 or more activities: 15 €/month

FAMILY DISCOUNTS (only applicable to people on the municipal census)

It applies when more than one member of a family practice some activity with the following discounts:

- 2 members: -25%
- 3 members: -30%
- 4 members: -35%

SPORTS ACTIVITY PROGRAM



Ayuntamiento
de Frigiliana

CHILDREN



2019-2020 Season



INDOOR FOOTBAL

- **Prebenjamín** (5 to 7 years) & **Benjamín** (8 to 9 years)
 - Mondays and Wednesdays from 17:00h to 18:00h
 - **Alevín** & **Infantil** (10 to 13 years)
 - Mondays and Wednesdays from 18:00h to 19:00h
 - **Cadete** (14 to 15 years)
 - Mondays, Wednesdays & Fridays from 19:00h to 20:00h
 - **Juvenil** (16 to 18 years)
 - Tuesdays, Thursdays and Fridays from 19:00h a 20:00h
 - 10 €/month
 - Activity at the sports pavilion.
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FOOTBALL 7 SCHOOL

- **Baby** (3, 4 and 5 years)
 - Mondays and Wednesdays from 16:00h to 17:00h
 - **Prebenjamín** (6 and 7 years)
 - Tuesdays and Thursdays from 16:00h to 17:30h
 - **Benjamín** (8 and 9 years)
 - Tuesdays and Thursdays from 17:30h to 19:00h
 - **Alevín** (10 and 11 years) & **Infantil** (12 and 13 years)
 - Mondays and Wednesdays from 17:00h to 19:00h
 - 10 €/month
 - Activity at La Horca stadium
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RHYTHMIC GYMNASTICS

- Tuesdays from 18:00h to 19:00h & from 19:00h to 20:00h
 - Fridays from 16:00h to 17:00h & from 17:00h to 18:00h
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AIKIDO

- Over 6 years old.
- Mondays and Wednesdays from 17:30h to 18:30h
- 20 €/month



BASKETBALL SCHOOL

- **Baby** (4 to 6 years)
 - Tuesdays and Thursdays from 16:00h to 17:00h
 - **Benjamín** (7 to 9 years)
 - Tuesdays and Thursdays from 17:00h to 18:00h
 - **Alevín** (10 to 11 years) (*male and female teams*)
 - Tuesdays and Thursdays from 16:00h to 17:00h
 - **Infantil** (12 and 13 years) (*male and female teams*)
 - Tuesdays and Thursdays from 17:00h to 18:00h
 - 10 €/month
 - Activity at the sports pavilion
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KARATE

- Under 16 years old.
 - Tuesdays and Thursdays from 18:00h to 19:00h
 - 15 €/month
 - Activity in multipurpose room at the pavilion
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PSYCHOMOTRICITY

- 3 years old.
 - Mondays from 16:00h to 17:00h
 - 4 and 5 years old.
 - Wednesdays from 16:00h to 17:00h
 - 5 €/month
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PADEL

- Mondays and Wednesdays:
 - 8 to 11 years, from 16:00h to 17:00h
 - 12 to 13 years, from 17:00h to 18:00h
 - 14 to 15 years, from 18:00h to 19:00h
- 10 €/month