

FOULSTON PARK

THE HUB |  ARGYLE COMMUNITY TRUST

ACTIVITIES TIMETABLE | MAY 2025

TIME \ DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-9.30am							
9.30-10am	Soft Play Open Session		Soft Play Open Session	Soft Play Open Session	Soft Play Open Session	Soft Play Open Session	Soft Play Open Session
10-10.30am		Active Through Football Mums Stay & Play			Soft Play Open Session		Soft Play Open Session
10.30-11am	Tiny Tots Soft Play						Primary Netball
11-11.30am				Chronic Pain Cafe			Rubbish Rangers
11.30am-12							
12-12.30pm	Inclusive Cycling (first Monday of the month)	Soft Play Open Session	Soft Play Open Session	Soft Play Open Session	Soft Play Open Session	Soft Play Open Session	Soft Play Open Session
12.30-1pm							
1-1.30pm	Soft Play Open Session						
1.30-2pm	Extra Time Hub		Pay'n'Play Eports			Pay'n'Play Esport	
2-2.30pm							
2.30-3pm							
3-3.30pm		Soft Play Open Session	Soft Play Open Session	Soft Play Open Session	Soft Play Open Session	Soft Play Open Session	Soft Play Open Session
3.30-4pm	Soft Play Open Session						
4-4.30pm		HADO					
4.30-5pm							
5-5.30pm			Argyle 4 Autism				
5.30-6pm							
6-6.30pm	Kicks Youth Zone	SEND Esports	Kicks Youth Zone	Pay'n'Play Esports	Kicks Youth Zone	Kicks Esports Esports Zone	SEND Soft Play
6.30-7pm							
7-7.30pm		Kicks Sport					
7.30-8pm			Fit Friends (Male)	Fit Friends (Female)			
8-8.30pm							
8.30-9pm		Active Through Football Warrior Within					

SESSION	COST	DESCRIPTION	MORE INFO
Extra Time	Free	The session promotes physical activity, socialising, and community engagement for people of retirement age through various activities.	Email alice.fanson@pafc.co.uk
Tiny Tots Soft Play	£5.50 1-11 years / £1 under 12 months	For ages 1-11 years and under 12 months	Email thehub@foulstonpark.co.uk
Inclusive Cycling	Free	An Improving Lives Plymouth class that offers a variety of bikes to enjoy a ride around the athletics track. Whether you're passionate about cycling, re-igniting a lost past time or just want to give it a go!	Email active@improvinglivesplymouth.org.uk or call 07305 007983
Active Through Football Mum's Stay and Play	Free	Postnatal fitness sessions for new mums, featuring circuit-based exercises, baby-friendly play equipment, and opportunities for socialising and peer support.	Email ruth.wharton@pafc.co.uk
Active Through Football Warrior Within	Free	Free fitness class which aims to support the mental health and wellbeing of those that attend.	Call 07947 900229 or visit https://argylecommunitytrust.co.uk/what-we-do/health/active-through-football/
Fit Friends	Free	12 week health improvement programme aimed at those who are physically inactive and/or have an overweight BMI.	Email ben.kerswell@pafc.co.uk
Kicks Youth Night - Sports	Free	Drop-in Youth Night for those aged 8-18 years, all completely free! Chill out with friends in the Youth Zone and take part in various sports across the site.	Email tallan.mitchell@pafc.co.uk
Argyle4Autism Esports	Free	Argyle 4 Autism will combine physical activity with tailored learning strategies to cater to the unique sensory, communication, and behavioural needs of children on the autism spectrum. The programme equally focuses on educating and empowering parents. The sport sessions will include Football, dodgeball, our new Techno sport - HADO (Virtual Dodgeball via a VR headset) alongside other sports such as new age kurling etc.	Visit https://officialsoccerschools.co.uk/argyle/pl1-argyle4autism-multi-sports-session-foulston-oark-5pm-6pm-block-5-2025.html
HADO	£5	Virtual Reality Dodgeball!	Visit https://officialsoccerschools.co.uk/argyle/pl1-foulston-park-hado-dodgeball-vr-block-5.html
Kicks Youth Night - Esports	Free	Drop-in Youth Night for those aged 8-18 years, all completely free! Open access to the Esports Arena & chill out with friends in the Youth Zone.	Email tallan.mitchell@pafc.co.uk
Chronic Pain Cafe	Free	A welcoming space to build community support & teach you the skills to self manage chronic pain from trained professionals.	Email thehub@foulstonpark.co.uk
Esports Development Programme FPS	£10	FPS specific training for ages 12-16 as part of our official Path To Pro. Coached by Benji ex-professional FPS coach	Email benjamin.wills-mack@pafc.co.uk
Esports Pay & Play	£5 per hour, £7 2 hours, £12 for the day (9am-3pm)	Access to a variety of the most popular games for both solo & group gaming. Lead by an ex-professional Esports Coach!	Email thehub@foulstonpark.co.uk
Soft Play SEND	£5.50 1-11 years / £1 under 12 months	A safe, welcoming, and inclusive soft play experience tailored for children with Special Educational Needs and Disabilities. Our sessions offer a calm environment with reduced numbers, sensory-friendly play, and low sound and lighting to ensure every child can explore, play, and enjoy at their own pace. Families and carers are warmly welcomed too!	Email stewart.wallbridge@pafc.co.uk
Veterans Café	Free	Drop-in social for veterans of any age. Enjoy a tea, biscuit and lots of laughter with old & new friends.	Email ben.kerswell@pafc.co.uk
Rubbish Rangers	Free	In partnership with Clean Our Patch, clean your community with the provided kit on gentle social walks. Ending your journey back at The Hub at Foulston Park to enjoy 10% discount at the cafe!	Email alice.fanson@pafc.co.uk
Mini Soccer Centre	£5 per week	Our first football session for children between ages of 2-13 years old, the session is focused on fun based football coaching encouraging young aspiring footballers to engage engaging in Football, groups are split into age groups.	Email stewart.walbridge@pafc.co.uk or book on https://officialsoccerschools.co.uk/argyle/pl1-foulston-park-saturday-morning-mini-kickers-block-4.html
Primary Netball	Free	For school years 3-6, boys and girls.	Email Rachel.pdjenquiries@gmail.com