

We at Cardiff Rugby Community Foundation, in partnership with the WRU and running Fit, Fed, Fun camps throughout October half term!

These camps are free of charge and open to all between the ages of 6-11, for a fun day of being active. These camps are being run at numerous different locations throughout our region to provide children the opportunity to stay active during in half term, as well as providing breakfast and lunch. Although there will be some rugby based activities, these camps are open to all children, not just those with an interest in rugby, and alternative activities will also be delivered.

If you could please circulate the below sign up link I would greatly appreciate it.

WRU Fit Fed Fun Camps  
Mountain Ash RFC  
Friday 30th October 2026  
10am to 2pm  
<https://forms.gle/1xaJQxRBVqPh47at9>

For the camps, all we ask is that participants bring suitable clothing, a coat (weather dependent) as most activities will be outside, suitable footwear (activities will be taking part on grass) and anything additional that they require for a day of fun activities (any medication etc).

The camps are limited to 50 participants so to sign up to the camps, please follow the link in the camp details. Once your place is secured, you will receive a confirmation email.

We look forward to what should be a great half term of camps.