



“WATER” FOOTBALL

Water sport specialist offers “Water Football” activities.

“On hot summer days, feels good to kick the ball while the water is cooling you down. Ideal summer activity. Fun, refreshing and safe,” says a rep.

All participants must follow safety standards found online [here].

Based at Pembroke Gardens.

For information, contact:

Water Football Malta on 9987 3172



“24/7”

Franchise gym refurbishes “Mellieha” location.

“We pride ourselves as the leading innovators, by being the first to implement 24/7 opening hours,” says a rep.

Gym offers Precor cardiovascular equipment and Gym 80 strengthening machines, fully equipped functional training area holding fitness classes.

Other locations include Ta’Qali, Zebbug and San Gwann.

For information, contact:

24/7 Fitness Club on 2704 1555



“SQUASH”

Portomaso-based club offers “Squash” sessions.

“We’ll be there to celebrate with you, to push you further, and to motivate you if you lose momentum,” says Ivan.

Coaching session for beginner is available every Monday, followed by a Social practice every Thursday.

Membership options include full-time, daytime, student or corporate.

Gym and courts located inside the Hilton Hotel in St. Julian’s.

Reminder to check the opening hours and procedures.

For information, contact:

LivingWell Malta on 2373 3401



“GIVOVA”

Sport apparel specialist stocks “reflective” wear.

“Cotton that Givova uses for its garments is the best for athletes looking for light and fresh fabrics,” says a rep.

T-shirt in black or white with reflective print.

Full range of shorts, beach bags, microfibre towels and flip flops in various styles and colours.

Other brands stocked include Joma and Puma.

Shops located in Rabat, Msida, Attard, Bugibba and Mellieha.

Reminder to check the opening hours and procedures.

Website is currently being developed.

For information, contact:

Sports Locker on 9949 3033





“TUTORIALS”

Brazilian Jiu-Jitsu academy offers “video” tutorials.

“After you get acclimatised through our beginner course, you will be able to manage and keep up with our ongoing Fundamentals classes,” says Thomas Vander Eecken.

Course for beginners on the first Monday of every month.

Other classes include Kids, Women’s and advanced.

Located in San Gwann.

Reminder to check the opening hours and procedures.

For information, contact:

Avant-Garde on 9963 8111

“50s”

Fitness hub specializes in “Over 50s” training.

“As we all increase in age, fitness and low impact exercises are extremely important. We tend to gain weight easily while energy levels decline, also losing agility,” says Tony Brio.

Training offered one-to-one or small group sessions.

Yoga, functional sessions and personal training also available.

Located behind the Luna Hotel in Mellieha.

Reminder to check the opening hours and procedures.

For information, contact:

Wellness Hub Malta on 7920 7463