

**Saturday and Afternoon Activities at Social Welfare Centres**  
(Besides usual ongoing Indoor & Outdoor Games)

| S/N | Centre                     | Activities              |                        | Day/Time                            | Name of Resource<br>Person/Designation/Organisation                    | Target<br>Group | Free of<br>Charge/<br>User Fee |
|-----|----------------------------|-------------------------|------------------------|-------------------------------------|------------------------------------------------------------------------|-----------------|--------------------------------|
|     |                            | Weekdays<br>(Afternoon) | Saturdays              |                                     |                                                                        |                 |                                |
| 1   | Mahebourg<br>SWC           | First Aid Course        |                        | Tuesdays<br>16.00 hrs – 18.00 hrs   | Mr.M.M Gauzel, Coach, First<br>Responders Mauritius                    | Youth           | User fee                       |
|     |                            | Zumba                   |                        | Thursdays<br>18.00 hrs – 19.00 hrs  | Mrs L. Tranquille, Instructor,<br>Self-employed                        | Women           | User fee                       |
|     |                            |                         | Keep Fit with<br>Music | Saturdays<br>09.30 hrs – 11.30hrs   | Mrs S. Mamoojee, Coach, Mauritius<br>Sports Council                    | Women           | Free                           |
|     |                            |                         | First Aid<br>Course    | Saturdays<br>15.00 hrs– 16.30hrs    | Mr. A. Badaloo, Coach, St John<br>Ambulance                            | Youth           | User fee                       |
| 2   | La Chaux<br>SWC            | Ecole de Danse          |                        | Mondays<br>17.00 hrs- 19.00 hrs     | Mr W. Domingo, Coach, Social Circus<br>NGO                             | Youth           | Free                           |
|     |                            | Charismatic<br>Prayer   |                        | Wednesdays<br>17.00 hrs – 18.30 hrs | Mrs B. Thomas, Volunteer, Paroisse<br>Notre Dames Des Anges, Mahebourg | Community       | Free                           |
|     |                            | Counselling<br>Sessions |                        | Thursdays<br>15.00 hrs – 18.00 hrs  | Mrs P. Chinien, Clinical Psychologist,<br>Social Circus NGO            | Youth           | Free                           |
| 3   | Saint Pierre               | Basic Beauty<br>Care    |                        | Wednesdays<br>17.00 hrs- 18.00 hrs  | Mrs C. Jhukoo, Instructor, Self-<br>Employed                           | Women           | User Fee                       |
|     |                            | Zumba                   |                        | Thursdays<br>17.00 hrs – 18.00hrs   | Ms D. Sonahee, Instructor, Self-<br>Employed                           | Women           | User Fee                       |
|     |                            |                         | Yoga                   | Saturdays<br>09.00 hrs – 10.00 hrs  | Mr P. Bissoon, Yoga instructor, Ministry<br>of Health and Wellness     | Women           | Free                           |
| 4   | Rose Belle<br>SWC          |                         | Aerobics               | Saturdays<br>09.00 hrs to 11.00 hrs | Mrs S.Rakha, Coach, Self-Employed                                      | Women           | User fee                       |
|     |                            | Dance (fusion)          |                        | Wednesdays<br>18.00hrs to 20.00hrs  | Mr R. Arlanda, Instructor, Volunteer                                   | Youth           | Free                           |
| 5   | Montagne<br>Blanche<br>SWC | Karaté                  |                        | Mondays<br>18.00 hrs-20.00 hrs      | Mr N. Rampersand, Coach,<br>Self-employed                              | Children        | User fee                       |

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|    |                               |                      | Yoga               | Saturdays<br>09.00 hrs-10.00hrs                                       | Mrs P. Basant Roi, Instructor, Volunteer                    | Women     | Free     |
| 6  | La Rosa<br>SWC                | Yoga                 |                    | Mondays and Fridays<br>17.00 hrs – 18.00 hrs                          | Mrs L. Rampadaruth, Instructor,<br>Self-employed            | Women     | User fee |
|    |                               | Zumba                |                    | Thursdays and Fridays<br>17.00 hrs – 18.00 hrs                        | Mrs R. Rajpatteea, Coach, Volunteer                         | Women     | Free     |
| 7  | Nouvelle<br>Decouverte<br>SWC | La Boxe<br>Française |                    | Tuesdays<br>19.00 hrs – 21.00 hrs                                     | Mr Z. Rajabally, Coach, Volunteer                           | Youth     | Free     |
|    |                               | Karaté               |                    | Mondays<br>17.30 hrs- 19.00 hrs<br>Thursdays<br>18.30 hrs – 20.30 hrs | Mr T. Hossen, Coach, Self-employed                          | Youth     | User Fee |
|    |                               |                      | Maths<br>Tuition   | Saturdays<br>9.30hrs-11.30hrs                                         | Mr G Seetohul, Volunteer, Retired<br>Educator               | Children  | Free     |
| 8  | Plaine<br>Magnien<br>SWC      | First Aid Course     |                    | Wednesdays<br>15.30 hrs to 17.30 hrs                                  | Mr Akhilesh Badaloo, Coach, St John<br>Ambulance            | Youth     | User fee |
|    |                               | Zumba                |                    | Tuesdays<br>16.30 hrs to 17.30 hrs                                    | Mrs V.Couturiere, Instructor,<br>Self-employed              | Women     | User fee |
| 9  | Camp de<br>Masque<br>Pavé SWC | Physical<br>Exercise |                    | Mondays<br>16.30 hrs to 17.30 hrs                                     | Mr D. Akung, Instructor, Ministry of<br>Health and Wellness | Youth     | Free     |
|    |                               | Yoga                 |                    | Thursdays<br>16.30 hrs to 17.30 hrs                                   | Mrs R. Veerasamy, Coach, Ministry of<br>Health and Wellness | Women     | Free     |
|    |                               |                      | Taekwon Do         | Saturdays<br>15.00 hrs to 16.00 hrs                                   | Mr S. Haulkhory, Coach, Volunteer                           | Youth     | Free     |
| 10 | Floreal<br>SWC                |                      | Bollywood<br>Dance | Saturdays<br>16.00 hrs – 17.00 hrs                                    | Mrs L. Ramphul, Dance teacher, Self-<br>employed            | Community | User Fee |
| 11 | Rivière<br>Sèche SWC          | Karaté               |                    | Tuesdays<br>17.30 hrs-19.00 hrs                                       | Mr R. Poolun, Coach,<br>J.K.A Shotokan Karate club          | Youth     | User Fee |
|    |                               |                      | Karaté             | Saturdays<br>17.30 hrs-19.00 hrs                                      | Mr R. Poolun, Coach,<br>J.K.A Shotokan Karate club          | Youth     | User Fee |
|    |                               | Ramayan<br>Chanting  |                    | Wednesdays<br>18.00 hrs-19.00 hrs                                     | Mrs R. Beeharry, Volunteer                                  | Community | Free     |
| 12 | Mare Tabac<br>(SILWF)<br>SWC  | Taekwon Do           |                    | Mondays<br>18.00 hrs – 20.00 hrs                                      | Mr K. Lutchana, Coach, self-employed                        | Youth     | User Fee |

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| 13 | Grand Bois<br>SWC        |                                                                 | Karaté                                        | Saturdays<br>15.00 hrs -17.00 hrs                           | Mr A. Mohul, Instructor, Shotokan<br>Karaté Club          | Youth                          | Free     |
| 14 | Grannum<br>SWC           | Feel Beats<br>Course (New<br>batch starting in<br>October 2025) |                                               | Mondays and<br>Thursdays<br>16.00 hrs -17.00 hrs            | Mrs C. Benard, Coach,<br>Mauritius Sports Council         | Women                          | Free     |
| 15 | Mare Tabac<br>(Govt) SWC | Ecole de Foot<br>(Starting in<br>October 2025)                  |                                               | Fridays<br>17.00 hrs -18.00 hrs                             | Mr D. Goordyal, Coach, Volunteer                          | Children                       | Free     |
|    |                          |                                                                 | Ecole de Foot<br>(Starting in<br>October2025) | Saturdays<br>17.00 hrs -18.00 hrs                           | Mr D. Goordyal, Coach, Volunteer                          | Children                       | Free     |
| 16 | Petite<br>Rivière<br>SWC | Zumba                                                           |                                               | Tuesdays and<br>Thursdays<br>15.00 hrs- 16.30 hrs           | Mrs K. Victorine, Instructor, Mauritius<br>Sports Council | Women                          | Free     |
|    |                          | French Tuition                                                  |                                               | Fridays<br>15.30 hrs -16.30 hrs                             | Mrs R. Teemull Dhurma, Educator,<br>Volunteer             | Children                       | Free     |
| 17 | Long<br>Mountain<br>SWC  | Yoga                                                            |                                               | Mondays and<br>Wednesdays<br>17.30 hrs -19.30 hrs           | Mrs B.Samy, Coach, Self-Employed                          | Women                          | User fee |
| 18 | Case<br>Noyale<br>SWC    | Boxing                                                          |                                               | Mondays, Wednesdays<br>and Fridays<br>17.00 hrs - 19.00 hrs | Mr G. Tetu, Coach, Volunteer                              | Children<br>and Youth          | Free     |
|    |                          | Zumba                                                           |                                               | Tuesdays<br>17.00 hrs-18.30 hrs                             | Mrs F. Leduse, Coach, Self- Employed                      | Women                          | User fee |
|    |                          | Atelier de<br>Lecture                                           |                                               | Wednesdays<br>15.30 hrs -17.00 hrs                          | Mr T. Bois and Mrs S. Figaro,<br>Instructors, Beachcomber | Children                       | Free     |
|    |                          | Yoga                                                            |                                               | Thursdays<br>17.00 hrs -19.00 hrs                           | Mr P.N. Rajabally, Instructor, Caritas                    | Women                          | Free     |
|    |                          | Initiation to<br>Ravanne                                        |                                               | Thursdays<br>16.00 hrs - 17.00 hrs                          | Mr J.L Auguste, Instructor, Beachcomber                   | Adolescents<br>and<br>Children | Free     |
|    |                          |                                                                 | Mathematics                                   | Saturdays                                                   | Mr M. Munien, Retired Educator,                           | Adolescents                    | Free     |

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|    |                   |                                                                     | Tuition                    | 08.30 hrs - 11.30 hrs                                  | Volunteer                                                                                                                 |                                          |              |
| 19 | Le Hochet<br>SWC  | Yoga and<br>Zumba                                                   |                            | Thursdays<br>17.00 hrs - 19.00 hrs                     | Mrs A. Pulnah, Coach, Self- Employed                                                                                      | Women                                    | User Fee     |
|    |                   |                                                                     | Talk on<br>Human<br>Values | Saturdays<br>13.00 hrs - 14.00 hrs                     | Ms T. Ramful, Volunteer, Cigna Live                                                                                       | Members of<br>Cigna Live                 | Free         |
| 20 | Roche Bois<br>SWC | Exercise to<br>music                                                |                            | Mondays<br>17.00 hrs-18.30 hrs                         | Mrs C. Cote, Coach, Self-Employed                                                                                         | Women                                    | User fee     |
|    |                   | Judo                                                                |                            | 18.30 hrs-21.00 hrs                                    | Mr R. Margoton, Coach, Roche Bois<br>Judo Club                                                                            | Children/<br>Youth                       | Free         |
|    |                   | Accompagnement<br>scolaire<br>(Primary and<br>Secondary)<br>Meeting |                            | Tuesdays<br>16.30 hrs-18.00 hrs<br>19.00 hrs-21.00 hrs | Ms J. Lagrandeur, Volunteer, Future<br>Hope Association<br>Mr J Mezieres, Chairperson, Groupe<br>2eme Jeunesse Roche Bois | Children,<br>Youth<br>Senior<br>Citizens | Free<br>Free |
|    |                   | Exercise to<br>Music                                                |                            | Wednesdays<br>17.00 hrs-18.30 hrs                      | Mrs C. Cote, Coach, Self- employed                                                                                        | Women                                    | User fee     |
|    |                   | Spiritual<br>Activities<br>(Prayer)                                 |                            | 19.00 hrs-21.00 hrs                                    | Mr M Lam, Pastor, Volunteer                                                                                               | Community                                | Free         |
|    |                   | Accompagnement<br>scolaire<br>(Primary)                             |                            | Thursdays<br>16.00 hrs-17.00 hrs                       | Ms S.Goundory, Volunteer, Caritas                                                                                         | Children/<br>Youth                       | Free         |
|    |                   | Judo                                                                |                            | 18.30 hrs-21.00 hrs                                    | Mr R. Margoton, Coach, Roche Bois<br>Judo Club                                                                            | Children/<br>Youth                       | Free         |

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|    |                   | Keep fit Exercise    |                                                | Fridays<br>17.30 hrs-19.00 hrs                | Mr C. Francois, Coach, Volunteer                                               | Women           | Free     |
| 21 | Mont Roches SWC   | Chair based Exercise |                                                | Wednesdays<br>15.30 hrs-16.30hrs              | Mrs K. Appiah, Coach, Mauritius Sports Council                                 | Women           | Free     |
| 22 | Surinam SWC       |                      | Adult Literacy                                 | Saturdays<br>16.00 hrs-18.00 hrs              | Mr S. Beekharry, Volunteer, Retired Head Master, Primary School                | Adults          | Free     |
| 23 | Mon Gout SWC      |                      | Karaté                                         | Saturdays<br>16.00 hrs – 18.00 hrs            | Mr N.M.Haider , Sansei karate Instructor, Club International Shandokan Karaté, | Children/ Youth | User fee |
| 24 | Mount Ory SWC     | Karaté               |                                                | Thursdays<br>17.30 hrs-19.30 hrs              | Mr A. Pookhun, Karate Instructor, Club International Shandokan Karaté          | Children/ Youth | User fee |
| 25 | Pamplemousses SWC | Karaté               | -                                              | Mondays<br>17.30 hrs-19.00 hrs                | Mr N.M. Haider, Sansei Karate Instructor, Club International Shandokan Karaté  | Children/ Youth | User fee |
| 26 | Bambous SWC       | Cambodian Boxing     |                                                | Mondays and Wednesdays<br>19.00 hrs-21.00 hrs | Mrs R. Cundasawmy, Coach, Volunteer                                            | Women/ Youth    | Free     |
|    |                   |                      | Empowerment session on Intercultural and Peace | Saturdays<br>09.00 hrs – 12.00                | Mrs S.Bissessur Asgarally, Coach, Formation pour L'Inter Culturel et la Paix   | Children/ Youth | Free     |
| 27 | Bramsthan SWC     | Taekwon Do           |                                                | Mondays<br>17.30 hrs-18.30 hrs                | Mr D.Heeroo, Coach, Self -Employed                                             | Children        | User Fee |

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|    |                                                                    | Zumba                     |                    | Wednesdays<br>17.00 hrs -18.00 hrs               | Mrs P. Rousseau, Instructor, Self-Employed                                     | Women       | User Fee |
|    |                                                                    | Taekwon Do                |                    | Fridays<br>17.30 hrs-18.30 hrs                   | Mr D. Heeroo, Instructor, Self -Employed                                       | Children    | User Fee |
| 28 | St Julien<br>D'Hotman<br>SWC                                       | Aerobic                   |                    | Thursdays<br>17.00 hrs-18.30 hrs                 | Mrs. E. Chiampi, Instructor, Self-Employed                                     | Women       | User fee |
|    |                                                                    |                           | Karaté             | Saturdays<br>16.00 hrs – 18.00 hrs               | Mr R. Rungbahadoor, Coach, Self -Employed                                      | Youth       | User fee |
| 29 | Lady Sushil<br>Ramgoolam<br>Social<br>Welfare<br>Centre<br>Complex | Karaté                    |                    | Mondays and<br>Thursdays<br>18.30 hrs-20.00 hrs  | Mr V. Dassy, Coach, Self -employed                                             | Youth       | User fee |
|    |                                                                    | Zumba                     |                    | Tuesdays and Fridays<br>17.30 hrs-18.30 hrs      | Mrs R. Ramsamy, Instructor, Self-Employed                                      | Women       | User fee |
| 30 | Old Grand<br>Port SWC                                              | Initiation to<br>Pétanque |                    | Tuesdays and<br>Thursdays<br>16.30hrs – 18.00hrs | Mr R. Moorghen-Warden/Community<br>Activities Assistant, Old Grand Port<br>SWC | Children    | Free     |
| 31 | Mare la<br>Chaux<br>SWC                                            |                           | Kites Club         | Saturdays<br>12.00 hrs-15.00 hrs                 | Mrs S. Sunasee, Instructor-National<br>Children Council                        | Children    | Free     |
| 32 | Quartier<br>Militaire<br>SWC                                       | Karaté                    |                    | Wednesdays<br>17.30 hrs-19.00 hrs                | Mr S. N. Hossen, Coach, Self-employed                                          | Children    | User fee |
| 33 | Lallmatie<br>SWC                                                   |                           | Children's<br>Club | Saturdays<br>09.00hrs-11.00hrs                   | Mrs K Madhub, Instructor, National<br>Children Council                         | Children    | Free     |
| 34 | Laventure<br>SWC                                                   | Zumba                     |                    | Fridays<br>17.00 hrs – 18.00 hrs                 | Mrs P. Rousseau,<br>Zumba Instructor, Self -employed                           | Women/Girls | User Fee |

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| 35 | Amaury<br>SWC                | Karaté                |                      | Tuesdays and<br>Thursdays<br>18.00 hrs -20.00 hrs | Mr K.D. Aucharaj, Karate Instructor,<br>Yoko Federation                                                  | Children                           | User Fee |
| 36 | Grand Baie<br>SWC            | Zumba                 |                      | Mondays and Fridays<br>16.00 hrs -18.00 hrs       | Mrs R. Brasse, Zumba Instructor,<br>Volunteer                                                            | Community                          | Free     |
|    |                              | Yoga<br>Meditation    |                      | Tuesdays<br>17.00 hrs -19.00 hrs                  | Mrs R. Vedamootoo, Instructor, Art of<br>Living Foundation                                               | Community                          | Free     |
| 37 | Triolet<br>SWC               | Karaoke<br>Rehearsals |                      | Mondays to Fridays<br>16.30 hrs – 19.00 hrs       | Mr S. Dussoye, Volunteer                                                                                 | Senior<br>Citizens                 | Free     |
| 38 | Rivière du<br>Rempart<br>SWC | Jujitsu Karaté        |                      | Mondays and<br>Thursdays<br>18.30 hrs-20.00 hrs   | Mr S. Rojid, Jujitsu Instructor, Sensei,<br>Dragon Warriors Jijutsu Karate Club,<br>Self Defence Academy | Adolescents                        | Free     |
|    |                              |                       | Karaoke<br>Rehearsal | Saturdays<br>09.00 hrs-11.00 hrs                  | Mr M. Bholah, Volunteer                                                                                  | Women,<br>Senior<br>Citizens       | Free     |
| 39 | Petite Julie<br>SWC          |                       | Fun Games            | Saturdays<br>09.30 hrs -11.00 hrs                 | Mr N. Bhugaloo, Community Support<br>Officer, Petite Julie SWC                                           | Children                           | Free     |
| 40 | Plaine des<br>Papayes<br>SWC |                       | Children's<br>Club   | Saturdays<br>09.00 hrs -11.30 hrs                 | Mr S. Luchoomun, Instructor, National<br>Children Council                                                | Children,<br>less than 13<br>years | Free     |
| 41 | Brisée<br>Verdière<br>SWC    |                       | Yoga                 | Saturdays<br>08.00 hrs - 09.00 hrs                | Mrs R. Bundhoo, Instructor, Ministry of<br>Health & Wellness                                             | Women/Girls                        | Free     |
|    |                              |                       | Children's<br>Club   | Saturdays<br>13.00 hrs -16.30 hrs                 | Mrs H. Madhub, Instructor, National<br>Children Council                                                  | Children,<br>less than 13<br>years | Free     |
| 42 | Goodlands<br>SWC             | Yoga                  |                      | Wednesdays<br>16.00 hrs -17.30 hrs                | Mrs W. Goolamally, Volunteer                                                                             | Women/Girls                        | Free     |
|    |                              | Karaoke<br>Rehearsal  |                      | Fridays<br>18.00 hrs-20.00 hrs                    | Mr R. Seebrun, Volunteer                                                                                 | Community                          | Free     |
|    |                              |                       | Children's<br>Club   | Saturdays<br>09.00 hrs-11.00 hrs                  | Mrs N. Quint, Instructor, National<br>Children Council                                                   | Children less<br>than 13 years     | Free     |

