

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

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

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

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

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

		Keep fit Exercise		Fridays 17.30 hrs-19.00 hrs	Mr C. Francois, Coach, Volunteer	Women	Free
21	Mont Roches SWC	Chair based Exercise		Wednesdays 15.30 hrs-16.30hrs	Mrs K. Appiah, Coach, Mauritius Sports Council	Women	Free
22	Surinam SWC		Adult Literacy	Saturdays 16.00 hrs-18.00 hrs	Mr S. Beekharry, Volunteer, Retired Head Master, Primary School	Adults	Free
23	Mon Gout SWC		Karaté	Saturdays 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 17.30 hrs-19.30 hrs	Mr A. Pookhun, Karate Instructor, Club International Shandokan Karaté	Children/ Youth	User fee
25	Pamplemousses SWC	Karaté	-	Mondays 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 19.00 hrs-21.00 hrs	Mrs R. Cundasawmy, Coach, Volunteer	Women/ Youth	Free
			Empowerment session on Intercultural and Peace	Saturdays 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 17.30 hrs-18.30 hrs	Mr D.Heeroo, Coach, Self -Employed	Children	User Fee

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

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

