

Cardiff Rugby Region

Location: Rhondda Fach Sports Centre | CF43 3HR

Training Day/Time: Saturday | 10:00-11:00

Contact: Evan Vaughan-Lewis | evan.vaughan-lewis@cardiffrugby.wales

North Wales Region

Location: Welshpool Church in Wales primary school | Welshpool | SY21 7FB

Training Day/Time: Every Thursday | 16:00-17:00

Contact: Huw Williams | huw.williams@ponthafren.org.uk

Ospreys Region

Location: Heronsbridge School | Bridgend | CF31 3HT

Training Day/Time: Every Sunday | 09:30-10:30

Contact: Charlie Mundy | 07718209058 | Charlie.mundy@ospreysrugby.com

Location: Penybryn Special School | Swansea | SA6 7PA

Training Day/Time: Every Wednesday | 15:45-16:45

Contact: Jack Hopkins | hopkinsj154@hwbmail.net