



JUNIOR 6 WEEK SPORTS ACTIVITIES

CLIMBING

Classes provide children the opportunity to become familiar with heights whilst participating in fun, friendly bouldering games & scaling the heights of our 10m high main wall. Older age groups will also learn how to fit their own harnesses, tie knots and belay for their fellow climbers.

TRAMPOLINING

We offer blocks of trampoline coaching for complete beginners or those who have previous experience. We aim to promote trampolining in a safe and fun environment whilst allowing the children to learn exciting new routines.

STROKE IMPROVEMENT

Our stroke improvement course is designed to further develop stroke technique for all four strokes whilst working on swimming fitness. Children must have completed the Inverness Learn to Swim Scheme prior to booking this course.

ROOKIE LIFEGUARD

Our Rookie Lifeguard programme is our popular, fun and educational junior award scheme for all children aged 8 – 12 years. For most children Rookie Lifeguard will be the first opportunity to explore water safety and learn valuable life skills.

	CLIMBING	TRAMPOLINING	STROKE IMPROVEMENT	ROOKIE LIFEGUARD
TUESDAY	5-8 years 1730-1830	P1 – 3 1530-1600 P4 – 5 1600-1630 P6 – S2 1630-1700		
THURSDAY	9-15 years 1730-1830	P1 – 3 1530-1600 P4 – 5 1600-1630 P6 – S2 1630-1700		
FRIDAY			1600-1630	
SATURDAY	5-8 years 0900-1000 1130-1230 1430-1530 9-15 years 1015-1115 1315-1415 1545-1645			8-15 years 1030-1100 1100-1130