



DRYSIDE PRE-SCHOOL ACTIVITIES

MINI ATHLETICS

During this class, we aim to teach the basic movements for running, jumping and throwing while learning the essential skills for athletics such as balance, co-ordination and flexibility. Suitable for children aged 3 – 5 years.

PLAY & GO

A supervised play session involving a soft play circuit and bouncy castle. This class is suitable for all children who can walk – sessions are split into age groups for children aged over 3 and under 3 years.

MINI GYM

This activity allows children to play mini games and sports to help build their co-ordination and social skills while having fun. Great activity suitable for children aged 3 – 5 years.

JUMPING FOR FUN

This class is a great way to develop new skills and improve co-ordination in this fun activity on the trampolines. Suitable for children aged 3 ½ - 5 years.

BALANCEABILITY

Balanceability provides children with a great opportunity to become competent cyclists at an early age through the development of balance and control. The classes are made up of progressive learning experiences, incorporating fun ways to learn to cycle on balance bikes. Suitable for children aged 2 ½ - 5 years.

	MINI ATHLETICS	PLAY & GO	MINI GYM	JUMPING FOR FUN	BALANCEABILITY
TUESDAY		Under 3 years 0915-1000 1105-1150 Over 3 years 1010-1055		1230-1300 1300-1330 1330-1400 1400-1430 1430-1500	
WEDNESDAY			1300-1330 1330-1400		1000-1045 1200-1245 1300-1345
THURSDAY	1230-1300 1300-1330 1330-1400	Under 3 years 1020-1105 1110-1155 Over 3 years 0930-1015		0930-1000 1000-1030 1030-1100 1100-1130 1130-1200	

**FOR CLASS DATES SEE 6 WEEK BLOCK TIMETABLE
OR VISIT WWW.INVERNESSLEISURE.CO.UK.**

BOOKABLE AT RECEPTION.

