

# JUNIOR 6 WEEK SPORTS ACTIVITIES



FOR CLASS DATES SEE 6 WEEK BLOCK TIMETABLE OR VISIT [WWW.INVERNESSLEISURE.CO.UK](http://WWW.INVERNESSLEISURE.CO.UK). AVAILABLE TO BOOK AT RECEPTION. ALL ACTIVITIES ARE INCLUDED IN THE ALL INCLUSIVE HIGH LIFE MEMBERSHIP.

**ATHLETICS (P1-S1)**  
Children will learn and develop athletics skills in a range of fun run, jump and throw events. Children will take part in a variety of games and activities to promote development and movement skills.

**BADMINTON (P1-S4)**  
This is a fun filled session for all abilities. Our badminton courses are a great way to practice skills or to try a new sport. Our coaches will help develop the required skills and techniques.

**INTRODUCTION TO CLIMBING (P1-S4)**  
Our introduction to climbing classes provide the opportunity to become familiar with heights whilst participating in fun and friendly bouldering games and scale the heights of our 10m high wall.

**FUTSAL (P1-S1)**  
Futsal is an exciting, fast-paced small sided football game that is widely played across the world. Futsal soccer skills are the foundation of every player's development and become essential for progress.

**MINI TENNIS (P1-S1)**  
Played on smaller courts, with short rackets and lower bouncing balls, mini tennis is a fun and enjoyable session for all. Classes include lots of exciting drills and games associated with tennis.

**ROOKIE LIFEGUARD (P3-S4)**  
Are you a competent swimmer? Would you like to learn some lifesaving skills? If yes, Rookie Lifeguard is for you. During the course you will learn basic lifesaving skills in and out of the pool.

**STROKE IMPROVEMENT (P3-S4)**  
This course is designed to further develop stroke technique for all four strokes whilst working on swimming fitness. Children must be competent swimmers to take part in the course.

**TRAMPOLINING (P1-S2)**  
Trampoline coaching for all levels. We aim to promote trampolining in a safe and fun environment whilst allowing the children to learn exciting new routines whilst having fun.

	ATHLETICS	BADMINTON	CLIMBING	FUTSAL	MINI TENNIS	SWIMMING ACTIVITIES	TRAMPOLINING
<b>MONDAY</b>		1830-1930 P4-P7 1930-2030 S1-S4		1620-1720 P1-P3 1725-1825 P4-S1			
<b>TUESDAY</b>			1730-1830 P1-P3		1600-1645 P1-P3 1700-1800 P4-S1		1530-1600 P1-P3 1600-1630 P4-P5 1630-1700 P6-S2
<b>WEDNESDAY</b>	1600-1630 P1 1630-1715 P2-P3 1715-1800 P4-P5 1800-1900 P6-S1	1830-1930 P1-P3					
<b>THURSDAY</b>	1600-1630 P1 1630-1715 P2-P3 1715-1800 P4-P5 1800-1900 P6-S1		1730-1830 P4-S4				1530-1600 P1-P3 1600-1630 P4-P5 1630-1700 P6-S2
<b>FRIDAY</b>						STROKE IMPROVEMENT 1600-1630 P3-S4	
<b>SATURDAY</b>			0900-1000 P1-P3 1015-1115 P4-S4 1130-1230 P1-P3 1315-1415 P4-S4 1430-1530 P1-P3 1545-1645 P4-S4			ROOKIE LIFEGUARD* 1030-1100 P3-S4 1100-1130 P3-S4  (*please note Rookie Lifeguard runs as a term time activity).	