



PRE SCHOOL 6 WEEK SPORTS ACTIVITIES



FOR CLASS DATES SEE 6 WEEK BLOCK TIMETABLE OR VISIT WWW.INVERNESSLEISURE.CO.UK. AVAILABLE TO BOOK AT RECEPTION. ALL ACTIVITIES ARE INCLUDED IN THE ALL INCLUSIVE HIGH LIFE MEMBERSHIP UNLESS OTHERWISE STATED.

BALANCEABILITY—LEVEL 1 (2 ½ — 5 years)

Learn on balance bikes to become competent cyclists. Classes are progressive learning through the development of balance and control, incorporating fun ways to learn to cycle.

BALANCEABILITY—LEVEL 2 (2 ½ — 5 years)

Continuing the development of dynamic balance and co-ordination. The main goal is to improve the child's gliding, stopping, braking and turning skills, enabling them to ride solo on a pedal bike safely.

FUTSAL (3 — 5 years)

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

JUMPING FOR FUN (3 ½ — 5 years)

This class is a great way to develop new skills and improve co-ordination in this fun activity on the trampolines.

MINI ATHLETICS (3—5 years)

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.

MINI CLIMBING (3—5 years)

Take part in safe and enjoyable sessions as a first step to climbing. Learn how to master the skills of vertical movement through fun and exciting climbing games in a controlled and friendly environment.

MINI GYM (3—5 years)

This activity allows children to play mini games and sports to help build their co-ordination and social skills while having fun.

PLAY & GO (1—5 years)

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 & under 3 years.

	BALANCEABILITY	FUTSAL	JUMPING FOR FUN	MINI ATHLETICS	MINI CLIMBING	MINI GYM	PLAY & GO
MONDAY		1545-1615			1430-1515 3-4 years		
TUESDAY			1230-1300 1300-1330 1330-1400 1400-1430 1430-1500				0915-1000 under 3 years 1010-1055 over 3 years 1105-1150 under 3 years
WEDNESDAY	1000-1045 Level 1 1100-1145 Level 1 1200-1245 Level 1 1300-1345 Level 2					1300-1330 1330-1400	
THURSDAY			0930-1000 1000-1030 1030-1100 1100-1130 1130-1200	1230-1300 1300-1330 1330-1400			1030-1115 under 3 years 1120-1205 over 3 years
FRIDAY					1430-1530 5 years		