



INVERNESS
Leisure



Kidz

Summer Activity Programme 2010

For more Information Contact:

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Please note that the activities on offer this summer were ideas given by school children. We will continue to Listen to and involve children when organising holiday programmes.

PROGRAMME INFORMATION

We have a range of children's activities on offer during the Summer holiday period.

The over 8's activities last for 3 hours and we will be offering a wide range of sports.

The 4-7 years activities last for 2 hours and will include bouncy castles soft play and a wide range of sports

You will be required to fill out and sign the registration form Which you will find within the information leaflet.

Payment must be made at time of booking and please retain your receipt as this must be given to the instructor before the activity commences.

Please note that activities may change depending on numbers attending.

COST INFORMATION

4-7 years trampoline intense course	£22.00 FOR THE WEEK
8+ years trampoline intense course	£22.00 FOR THE WEEK
Over 8's Activities	£12 for 3 hours
Under 8's Activities	£8 for 2 hours
Pool games over 8's only	£2 for 1 hour
Please see summer splash leaflet for pool games information	
The summer splash leaflet will be available by 21 st June 2010	
Family climbing course MAX 6 family members	£80 FOR THE WEEK



DRY SIDE ACTIVITIES



DAY	TIME	ACTIVITY	AREA	AGE
WEEK ONE: 5th - 9th July 2010				
Monday	1300 - 1600	5-A-Side, Badminton, Athletics	SHI	8+
Tuesday	0900 - 1200	Disco Dancing(TBC), Basket Ball, Athletics	SHI	8+
Wednesday	1300 - 1600	Dodgeball, Cheerleading(TBC), Obstacle Courses	SHI	8+
Thursday	0900 - 1200	Touch Rugby, Baseball, Circuits	SHI	8+
Friday	1300 - 1600	Races, Dodgeball, Obstacle Courses	SHI	8+
WEEK TWO: 12th-16th July 2010				
Monday	1300 - 1500	Inflatable Fun, Soft Play, Face Painting(TBC)	SHI	4 - 7 *
Tuesday	0900 - 1100	Disco Dancing(TBC), Parachute Games	SHI	4 - 7 *
Wednesday	1300 - 1500	Cheerleading(TBC), Giant Football	SHI	4 - 7 *
Thursday	0900 - 1100	Mini Sports, Obstacle Courses	SHI	4 - 7 *
Friday	1300 - 1600	Races, Soft Play and Inflatable	SHI	4 - 7 *
WEEK THREE: 19th-23rd July 2010				
Monday	1300 - 1600	Mini Tennis, 5-A-Side, Athletics	SHI	8+
Tuesday	0900 - 1200	Circuits, Obstacle Courses, Athletics	SHI	8+
Wednesday	1300 - 1600	Badminton, Basketball, Dodgeball	SHI	8+
Thursday	0900 - 1200	Baseball, Table Tennis, Team Games	SHI	8+
Friday	1300 - 1600	Team Challenges Testing Physical & Mental Strength	SHI	8+
WEEK FOUR: 26th-30th July 2010				
Monday	1300 - 1500	Parachute Games, Athletics	SHI	4 - 7 *
Tuesday	0900 - 1100	Giant Football, Athletics	SHI	4 - 7 *
Wednesday	1300 - 1500	Obstacle Races, Parachute Games	SHI	4 - 7 *
Thursday	0900 - 1100	Giant Football, Races	SHI	4 - 7 *
Friday	1300 - 1600	Inflatable Fun, Soft Play, Face Painting(TBC)	SHI	4 - 7 *
WEEK FIVE: 2nd-6th August 2010				
Monday	1300 - 1600	5-A-Side, Badminton, Athletics	SHI	8+
Tuesday	0900 - 1200	Disco Dancing(TBC), Basket Ball, Athletics	SHI	8+
Wednesday	1300 - 1600	Dodgeball, Cheerleading(TBC), Obstacle Courses	SHI	8+
Thursday	0900 - 1200	Touch Rugby, Baseball, Circuits	SHI	8+
Friday	1300 - 1600	Races, Dodgeball, Obstacle Courses	SHI	8+
WEEK SIX: 9th-13th August 2010				
Monday	1300 - 1500	Inflatable Fun, Soft Play, Face Painting(TBC)	SHI	4 - 7 *
Tuesday	0900 - 1100	Disco Dancing(TBC), Parachute Games	SHI	4 - 7 *
Wednesday	1300 - 1500	Cheerleading(TBC), Giant Football	SHI	4 - 7 *
Thursday	0900 - 1100	Mini Sports, Obstacle Courses	SHI	4 - 7 *
Friday	1300 - 1600	Races, Soft Play and Inflatable	SHI	4 - 7 *
(TBC) to be confirmed		* ALL Under 8's MUST be accompanied by an adult		

