



**garioch
sports
centre**

KID'S ACTIVITIES

BURGHMUIR DRIVE, INVERURIE
ABERDEENSHIRE AB51 4GY

01467 626141

INFO@GARIOCHSPORTS.CO.UK



WWW.GARIOCHSPORTS.CO.UK

Taking your child from four months to school age and beyond



Trampolining Olympians Gym Tots Junior Running Club
Football Judo Wee Kickers Badminton Gym Kids
Table Tennis Basketball Ready Steady Go
Pre School Football Little Gym Buddies Tennis
Squash Creche Breakfast Club Out of Schools Club



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Making Fitness Fun!



Children typically have endless energy which, when effectively channelled, is a great thing. Our classes enable children to develop the concepts and skills necessary for participation in a wide range of physical activities, sports and outdoor learning. They're designed to enhance their physical wellbeing in preparation for leading a fulfilling and active lifestyle. We encourage children to develop healthy attitudes about exercise and fitness from a young age.

In the beginning, children don't need to be concerned about "fitness". Our focus is on having fun. Many of the games that children enjoy most are physical in nature, helping them to use their natural energy to learn and develop constructively .

Attending Garioch Sports Centre baby, preschool and school age classes gives our younger generation a springboard that will improve balance, co-ordination, social and educational skills and provide children with a quality physical movement experience from our award winning classes.

We look forward to welcoming you and your little one!

Garioch Sports Centre

Kid's Activity Timetable (Term Time)

For further information please contact reception

MONDAY

| | | |
|----------|-------|-------|
| Gym Tots | 12:00 | 12:45 |
| Gym Kids | 13:00 | 13:45 |

TUESDAY

| | | |
|--------------------------------------|-------|-------|
| Ready Steady Go Kids (3.5-5years) | 13:00 | 13:45 |
| Junior Running Club | 16:00 | 16:45 |
| Badminton Beginners | 17:00 | 18:00 |
| Badminton Advanced | 18:00 | 19:00 |

WEDNESDAY

| | | |
|---------------------|-------|-------|
| Judo (P1 – P3) | 15:45 | 16:30 |
| Junior Olympians | 16:00 | 16:45 |
| Judo (P4 - P6) | 16:30 | 17:30 |
| Junior Running Club | 16:45 | 17:30 |
| Judo (P7+) | 17:30 | 18:45 |

THURSDAY

| | | |
|------------------------------------|-------|-------|
| Wee Kickers (2-3.5yrs) | 09:15 | 10:00 |
| Little Gym Buddies (4mths-5yrs) | 10:30 | 12:30 |
| Basketball (P1-3) | 16:00 | 16:45 |
| Basketball (P4-7) | 16:45 | 17:30 |

FRIDAY

| | | |
|---------------------|-------|-------|
| Pre-School Football | 09:15 | 09:55 |
| Pre School Football | 14:15 | 15:00 |
| Pre School Football | 15:00 | 15:45 |
| Junior Football | 15:45 | 16:30 |
| Squash (P1-P3) | 15:45 | 16:30 |
| Squash (P4-P7) | 16:30 | 17:15 |

SUNDAY

| | | |
|--|-------|-------|
| Little Gym Buddies (4mths – 5yrs) | 10.30 | 12.30 |
| Junior Table Tennis | 14:00 | 15:00 |
| Open Coached Table Tennis Session (Kid's & Adults) | 15:00 | 17:00 |
| Judo under 8's | 17:15 | 18:15 |
| Trampoline Club | 17:30 | 18:45 |
| Judo over 8's | 18:15 | 19:30 |
| Trampoline Club | 18:45 | 20:00 |
| Judo 14+ | 19:30 | 21:00 |

These classes are available to Block Book or Pay as You Go.

 get your diary organised...

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Gym Tots

This is an under 3 years class for children who have reached walking stage. The class is a small stage up from our Baby Gym classes using our circuit of equipment to develop various skills such as climbing, jumping, bouncing and balancing. The class also has a song time. Parents stay with their child during this 45 minute class.

Gym Kids

This is a more structured class for pre school children who are 3 years and over. It is an introduction to fun gymnastics as well as more complex action songs. Children are taught various skills such as forward and backward rolls, balance skills on floor and beam and also on our air track. Parents/Carers are encouraged to leave their children during this 45minute class.

Little Gym Buddies

This is a drop in class from 10.30-12.30pm for parents and carers to come along with their young ones. They will all have lots of fun on the gymnastic equipment all for a cost of £3. This class is open for children aged 4mths to 5yrs.

Wee Kickers

This is a fun introduction to football for toddlers from the age of 2 years and up to 3 and a half. A parent attends the class working together with their child to help with fun activity songs and ball skills. This is an ideal class to try before moving up when three and a half years to our Pre School Football classes.

Junior Football

This is a fun football training course for children aged 5 to 7 years. Come along and improve your skills and techniques including shooting, passing, dribbling and teamwork. Parents are encouraged to leave their children during this 45 minute class.

Tennis *NEW CLASS*

Tennis is without doubt, good for the mind and body. Some of the health benefits are:- improved agility, hand-eye co-ordination, flexibility & speed. There are 2 classes for Tennis on a Saturday 2.15-3.15pm (P1-P3) and 3.15-4.15pm (P4-P7). These classes are a fun way to learn Tennis and are coached by a Level 4 Licensed Tennis Coach & Senior Club Coach.

Junior Olympians

This new course is for School aged children from 5 to 12 years and introduces your child to the basics of running, jumping and throwing. It aims to improve their techniques while becoming a team player.

Ready Steady Go

For children aged three and a half to five years old. This is an exciting new multi sport class which will introduce your child to a number of sports including Athletics, Gymnastics and Football as well as fun Yoga and other activities. Weather permitting outdoors too. This class is perfect for burning off some excess energy while at the same time having fun being taught early skills in various sports.

Squash *NEW CLASS*

Squash is an active sport that involves leaping, spinning, stopping, bending, jumping, sprinting & running. Agility, flexibility, fitness levels, hand-eye co-ordination are all improved. This is a great introduction to Squash for children from the age of P1-P7. There are two classes on a Friday 3.45-4.30pm (P1-P3) and 4.30-5.15pm (P4-P7). The Squash classes are coached by a Professional who competes for the Scottish Squash Team.

Pre School Football

This is a fun football training course for children aged 3 and a half to 5 years. It involves a fun warm up and very basic drills to improve early passing and shooting skills then finishing each session with a few small team games of football. The emphasis is on fun and scoring plenty of goals. Parents are encouraged to leave their children during this 45 minute class.

Trampoline Club

Our trampoline club is for children aged 8 years and over, have some previous experience and want to progress further to learn more complex skills including somersaults.

Table Tennis

Come along to try out our Table Tennis tables. These sessions are for all abilities from beginners up to more advanced. These sessions are ideal for children aged 8-15years.

GSC Clubs



Garioch Judo Club

In one of the most established clubs running within the Sports Centre, all newcomers are welcome. We offer classes for all abilities, from Beginners to Intermediate and Advanced. You can take part simply just to enjoy the sport, become more disciplined and perhaps advance further if you wish.

As well as our term time block bookings on a Wednesday, we also offer pay as you go classes on

| | | | | |
|----------------|------------------|----------------------|---------------|--------------|
| SUNDAYS | Under 8's | 17:15 – 18:15 | £5.00 | |
| | Over 8's | 18:15 – 19:30 | £5.00 | |
| | 14+ | 19:30 – 21:00 | U16 | £5.00 |
| | | | Adults | £6.00 |

The club is run and coached by: **Stuart McWatt**

Garioch Badminton Club

There are three badminton sessions running every week, one on Tuesday 5pm - 6pm for beginners/intermediate and 6pm - 7pm for advanced players, and the third on Thursday 7.00pm-9.00pm is a Pay As You Go Session for adult players. Both sessions on Tuesday are coach led fun sessions for juniors while the session on Thursday is doubles matches for adults and advanced teenagers.

| | |
|----------------------|--------------|
| U16's | £4.50 |
| Thursday PAYG | £3.00 |



Junior Running Club

Our very popular Junior Running Club is ideal for children aged 8 - 14 years. We train both inside with drills, races and games as well as outside doing various routes to improve stamina and speed with a view to entering various runs and races throughout the year if they wish.

Out of Schools Club



Our award-winning Out of Schools Club provides care for children (aged 5-16 years) who attend schools in Inverurie. The club takes place at Garioch Sports Centre, is registered with the Care Inspectorate and is run by paid staff who are all Enhanced Disclosure PVG checked, SSSC registered and supported by Management of the Centre.

Healthy Breakfast and Snack

The Breakfast Club is open from 7:00am. We offer a range of healthy cereals, toast, fruit and fresh fruit juice to give children a healthy start to the morning. Breakfast is served until 8:00am. Snack is available in the afternoon which consists of three fruit / vegetable choices along with the snack. Milk, water and no added sugar diluting juice to drink. An allergen list is available and displayed on the noticeboard.

| MONDAY TO FRIDAY (TERM TIME) | | COST |
|------------------------------|---------------|-------|
| BREAKFAST CLUB | 07:00 – 09:00 | £7.00 |
| AFTER SCHOOL CLUB | 15:00 – 18:00 | £9.00 |

Camps

Our camps operate throughout school holidays and most in-service days.

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|-----------|---------------|--------|--------------------------------|
| MORNINGS | 07:00 – 13:00 | £15.00 | Includes breakfast if required |
| AFTERNOON | 13:00 – 18:00 | £14.00 | |
| WHOLE DAY | 07:00 – 18:00 | £28.00 | |

NB: Sibling discount available on third child (or more)

CONTACT: For more information or to book your child's place please contact reception on **01467 626141 (option 0)** or the OOSC Manager – Nicola - on **01467 626141 (option 3)** or email nicola.park@gariochsports.co.uk

Creche



Creche is open to everyone. You don't have to be in the Sports Centre to use this facility. Ideal for attending appointments, a coffee with friends or even just getting the shopping done in peace!

Open for children from babies to 5 years old.

| OPENING TIMES | |
|---------------|---------------|
| MONDAY | 09:25 – 11:25 |
| TUESDAY | 09:25 – 11:25 |
| WEDNESDAY | 09:25 – 11:25 |
| THURSDAY | 09:25 – 11:25 |
| FRIDAY | 09:25 – 11:25 |

| FEES | |
|-----------|-------------------------------|
| 1 HOUR | £2.50 Members £4.00 Public |
| 1.5 HOURS | £3.75 Members £6.00 Public |
| 2 HOURS | £5.00 Members £8.00 Public |

Staff are all Enhanced Disclosure PVG checked.

Cancellations



We're unable to offer refunds unless we cancel an activity. We may be able to take exceptional circumstances into account. This will be at management's discretion.

Block bookings are non-transferable and non-refundable.



Garioch Goes Green

We successfully applied for funding to make the Centre 'greener' by reducing its Carbon footprint.

The project - supported by the Climate Challenge Fund – enables us to work with the local community helping them to take steps to reduce their energy consumption and save money in the process.

We'd like to extend an invitation to you all to take part as we hope to create a lasting legacy for the Garioch community.

Please contact reception or email CCF@gariochsports.co.uk for further details





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