

Taking your child from 4 months to school age and beyond.....

For further information please contact Reception

T: 01467 626141 or

E-mail: [info@gariochsports.co.uk](mailto:info@gariochsports.co.uk)

# Children's Activities

Baby Gym ● Trampolining ● Olympians ● Gym Tots ● Junior Running Club



Football ● Judo ● Wee Kickers ● Badminton ● Gym Kids ● Table Tennis  
Ready Steady Go ● Creche ● Pre School Football ● Little Gym Buddies  
Breakfast Club ● Out of School Club



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Garioch Sports Centre



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## “Making Fitness Fun”

Children typically have boundless energy and when properly channelled, is a good 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 and enhances their physical wellbeing in preparation for leading a fulfilling, active lifestyle. We encourage children to develop healthy attitudes about exercise and fitness from a young age.

In the beginning, children do not need to be concerned about “fitness”, but the focus should simply be 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 in pleasurable, constructive ways .

Attending Garioch Sports Centre baby, preschool & 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.

**Vanessa Jack**

Activities Manager  
Garioch Sports Centre

## CHILDREN'S ACTIVITY TIMETABLE – TERM TIME

MONDAY			BLOCK BOOK
Gym Tots	12:00	12:45	√ / *
Gym Kids	13:00	13:45	√ / *

TUESDAY			BLOCK BOOK
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			BLOCK BOOK
Pre School Olympians	14:00	14:45	√*
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			BLOCK BOOK
Wee Kickers (2-3.5 yrs)	09:15	10:00	√*
Little Gym Buddies (4mths-5yrs)	10:30	12:30	√ *
Beginners Trampoline	15:45	16:45	√
Beginners Trampoline	16:45	17:45	√

FRIDAY			BLOCK BOOK
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	√

SATURDAY			BLOCK BOOK
Tennis (P1-P3)	14:15	15:15	√
Tennis (P4-P7)	15:15	16:15	√

SUNDAY			BLOCK BOOK
Junior Table Tennis	14:00	15:00	√
Junior Table Tennis	15:00	16:00	√
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	



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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.

### Preschool Olympians

A fun introduction to athletics for preschool children aged **3 and a half to 5 years**. Involving running, jumping, throwing techniques, playing games and having fun while they learn.

### 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.



### Beginners Trampoline

This class is for children aged 6 years and above and at school. Come along and have an introduction to our trampoline, learn some basic skills and safety while having fun!

### 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.

### **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.



### **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.

### **Preschool 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.



### **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.

### **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.





### Little Gym Buddies \*NEW CLASS\*

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.



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**\*These classes are now available to Block Book or Pay As You Go**

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## 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 Sunday's:-

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**



## **GSC CLUBS CONTINUED.....**

### **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 for intermediate/advanced 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

16+ £5.50

The club is coached by:

**Adrienne Mackie and Amy Norval.**



### **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.

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# Out of School Club

## Breakfast / Out of Schools Club

Our award winning Out of Schools Club provides care for children (aged 5 – 16 yrs) attending 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 & SNACK

As the Breakfast Club is open from 7.00am, we are offering a range of healthy cereals, toast, fruit and fruit juice to give children a healthy start to the morning if children are in before 8:00am.

Snack is available in the afternoon which consists of 3 fruit / vegetable choices along with the snack. Milk, water or no added sugar diluting juice to drink. An allergen list is available and displayed on the noticeboard.



	<b>Monday to Friday (Term Time)</b>	<b>Cost</b>
Breakfast Club	7.00am – 9.00am	£7.00
After Schools Club	3.00pm – 6.00pm	£8.50

## Camps

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

Morning	7.00 – 1.00pm	£15.00 (includes breakfast, if required)
Afternoon	1.00 – 6.00pm	£14.00
Whole Day		£28.00

NB: Sibling discount on 3<sup>rd</sup> Child or more

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](mailto:nicola.park@gariochsports.co.uk)



Garioch Sports Centre **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 5yrs

### Opening Times

Monday	9.25am – 11.25am
Tuesday	9.25am – 11.25am
Wednesday	9.25am – 11.25am
Thursday	9.25am – 11.25am
Friday	9.25am – 11.25am



### Fees

1 hour	£4.00 (minimum charge)
1.5 hours	£6.00
2 hours	£8.00

Staff are all Enhanced Disclosure PVG checked.



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**goes green**

The Garioch Sports Trust successfully applied for funding to make the Garioch Sports Centre 'greener' by reducing its Carbon footprint. The project supported by the Climate Challenge Fund will enable the centre to work with the local community helping them to take steps to reduce their energy consumption and save money in the process.

The Garioch Sports Centre would 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 for further details or email  
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