

ACTIVITY DESCRIPTION

- Trampolining** Introduce trampoline moves in a safe environment with an aim to improve technique so you can perform trampoline routines.
- Badminton** Develop the initial movement patterns, hand-eye coordination and racket skills through fun structured activities.
- Dodgeball** A few fun dodgeball games to keep you entertained and on the move. Good session for developing hand eye co-ordination and working in a team.
- Fitba Focus** This fun football session works on skills through drills with plenty of time for games as well.
- Junior Climbing** An instructed session to gain confidence and skill in Climbing. Push yourself to try new and harder routes each week.
- Climbing Come & Try** Family fun sessions allows up to 6 to this come and try session. Equipment and supervision provided by our Climbing Instructor. An adult must be present to provide assistance.
- Pre-School** For 3-5 year olds. Aimed to understand and develop core aquatic skills to build confidence and get Swim Skills ready. These lessons will have a teacher in the water.
- Swim Skills 1A (NC)** For children who are **NOT CONFIDENT** in the water by themselves and require assistance. An instructor will be in the water for this session.
- Swim Skills 1A (C)** For children who are **CONFIDENT** in the water on their own and do not need any assistance. These lessons do **NOT** require an instructor in the water.
- Swim Skills 1B - 4** Work towards achieving the 4 Learn to Swim awards. These levels help to develop a safer swimmer by further developing water confidence, core aquatic skills, basic stroke technique, achieving triple S standard (Deep end test) and then multi aquatic and basic lifesaving skills.
- Club Ready Swim** This class aims to improve and maintain stroke technique over distance and to develop basic training and race skills.



West Mainland Leisure Centre

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Tuesday 7th January 2025

Junior Activities



Bookable from **Monday 9th December 2024**

Tel: 01595 807713

Web: www.srt.org.uk



Shetland Recreational Trust
Scottish Charity SC002179



Funded by
Shetland Charitable Trust

Junior Dry Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Monday						
Trampolining	1550 - 1635 1635 - 1720	13 Jan	31 Mar	12	P1-S4	£45.60
Tuesday						
Badminton P1 - S4	1545-1630 1630-1715 1715-1800	7 Jan	1 Apr	13	Novice Improver Advanced	£49.40
Wednesday						
Dodgeball	1600-1645	8 Jan	2 Apr	13	P4-S1	£45.60
Junior Climbing	1600-1700 1700-1800 1800-1900	8 Jan	2 Apr	13	5-7 Yrs 8yrs + 8yrs +	£63.05
Thursday						
Fitba Focus	1545-1630	9 Jan	3 Apr	13	P4-P7	£45.60
Saturday						
Climbing Family Come & Try	1215-1315 1330-1430	11 Jan	5 Apr	Pay weekly	P1 +	A £10.10 J £6.40

Junior Pool Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Tuesday						
Pre-School	1330-1400	7 Jan	1 Apr	13	3-5yrs 5+yrs	£63.05
Swim Skills 1A (C)	1600-1630					
Swim Skills 1A (C)	1630-1700					
Swim Skills 1B	1700-1730					
Swim Skills 2	1730-1800					
Swim Skills 3	1800-1830					
Wednesday						
Pre-School	1330-1400	8 Jan	2 Apr	13	3-5yrs	£63.05
Thursday						
Swim Skills 1A NC	1550-1620	9 Jan	3 Apr	13	5+yrs	£63.05
Swim Skills 1B	1620-1650					
Swim Skills 2	1650-1720					
Swim Skills 4 / Club Ready	1720-1750					

