



INVERNESS &  
THE GREAT GLEN

# SUMMER HOLIDAY ACTIVITIES 2015



INBHIR NIS &  
AN GLEANN MÒR

# CLEASAN SAOR-LÀITHEAN SAMHRAIDH

[summer.hIGHLIFEhighland.com](http://summer.hIGHLIFEhighland.com)

## Your local centre Ionad na sgìre agad

### Alness, Invergordon and Tain

**Alness Swimming Pool**  
Dalmore Road, Alness IV17 0UY.  
Tel: 01349 882456

**Averon Centre**  
High Street, Alness, IV17 0QB.  
Tel: 01349 882287

**Invergordon Leisure Centre**  
Academy Road, Invergordon IV18 0LB.  
Tel: 01349 853689

**Tain Royal Academy Community Complex (TRACC)**  
Hartfield Road, Tain IV19 1DX.  
Tel: 01862 893767

### Badenoch and Strathspey

**Aviemore Community Centre**  
Muirton, Aviemore PH22 1SF.  
Tel: 01479 813140

**Badenoch Centre**  
Spey Street, Kingussie PH21 1EH.  
Tel: 01540 662485

**Craig Maclean Leisure Centre**  
Cromdale Road, Grantown-on-Spey PH26 3HU.  
Tel: 01479 870281

### Dingwall and the Black Isle

**Black Isle Leisure Centre**  
Deans Road, Fortrose IV10 8TJ.  
Tel: 01381 621252

**Dingwall Leisure Centre**  
Tulloch Avenue, Dingwall IV15 9LH.  
Tel: 01349 864226

**Leanaig Centre**  
Ben Wyvis Primary School, Leanaig Road,  
Conon Bridge IV7 8BE  
Tel: 01349 860950

### Farr, Thurso and Wick

**Thurso Swimming Pool**  
Millbank Road, Thurso KW14 8PS.  
Tel: 01847 893260

**Wick Swimming Pool**  
Burn Street, Wick KW1 5EH.  
Tel: 01955 603711

\* Do not accept Card Payments. Some community centres have restricted booking times so please phone ahead to check that your chosen site is open and able to take your booking.

### Inverness and the Great Glen

**Craigmonie Centre\***  
Glenurquhart High School, Drumadrochit IV63 6XA.  
Tel: 01456 459224

**Charleston Academy Community Campus\***  
Kinmylies, Inverness IV3 8ET.  
Tel: 01463 220128

**Culloden Academy and Leisure Centre\***  
Keppoch Road, Culloden IV2 7JZ.  
Tel: 01463 792794

**James Cameron Community Centre\***  
Limetree Avenue, Dalneigh, Inverness IV3 5RH.  
Tel: 01463 718773

**Hilton Community Centre\***  
Oldtown Road, Hilton, Inverness IV2 4HT.  
Tel: 01463 712844

**Raigmore Community Centre\***  
Ashton Road, Inverness IV2 3UY.  
Tel: 01463 713756

**Spectrum Centre\***  
Margaret Street, Inverness, IV1 1LS.  
Tel: 01463 221842

### Lochaber

**Lochaber Leisure Centre**  
Belford Road, Fort William PH33 6BU.  
Tel: 01397 704359

### Gairloch, Ullapool and Kinlochbervie

**Gairloch Leisure Centre**  
Achtercairn, Gairloch IV21 2BP.  
Tel: 01445 712345

**Lochbroom Leisure Centre**  
Quay Street, Ullapool IV26 2TU.  
Tel: 01854 612884

### Golspie and Dornoch

**Sutherland Swimming Pool**  
Back Road, Golspie KW10 6RA.  
Tel: 01408 633437

### Nairn

**Nairn Leisure**  
Marine Road, Nairn IV12 4EA.  
Tel: 01667 453061

### Skye and Lochalsh

**Àrainn Fhinn – The Fingal Centre**  
Viewfield Road, Portree IV51 9ET.  
Tel: 01478 614819

## Introduction Ro-ràdh

High Life Highland's 2015 summer activities programme is jam-packed with over 1000 fun things for children and young people to do across the Highlands.

From swimming lessons to mini-olympics, from mountain biking to martial arts – you'll find a host of activities on offer to exercise, inspire and entertain. Our experienced staff are highly trained, expertly qualified and on hand to make sure this is a summer holiday to remember.

## What to Bring and Wear Na dh'Fheumas tu a Thoir leat agus a Chur ort

Many summer activities take place outside and can be affected by the Scottish summer. Always dress for the weather and at least bring sunscreen and a waterproof jacket. For water based activities like surfing and snorkelling – always bring a change of clothes, swimming kit and a towel.

It's always a good idea to bring a drink and some snacks. For all-day activities please bring a packed lunch and a drink (in a plastic or sports bottle please – no glass!).

If there's anything you're not sure about please ask one of the team at your local High Life Highland leisure centre or phone the summer bookings phone line.

## Explaining Swimming Lesson Levels A' Mìneachadh Ìrean Leasain Snàimh

Our 'intensive' swimming lessons are hugely popular. To help book the correct level of lesson for your child have a wee look at the information below or speak to one of the staff at your nearest High Life Highland Leisure Centre who will be pleased to explain.

### For Under 5s

For children 5 and under levels begin at tadpole (6-15 months) progressing to frog (16 months-2 ½ years), duckling (2 ½-3 ½ years) and finally otter (3 ½-5 years).

### Aged 5 Years and Over

If your child is 5 years old or older levels start at seal 1 and seal 2 progressing to swordfish 3, swordfish 4, shark 5, shark 6 and then on to stroke school 7 and 8.

To move from one level to the next, your child will have to demonstrate that they have mastered the required elements of the preceding level.

For a full explanation of levels, please contact your local High Life Highland Leisure Centre or visit [www.hillifehighland.com/swimming](http://www.hillifehighland.com/swimming)

## How to Book Mar a Chlàras Sibh

Bookings commence from  
8am on Saturday 20 June

### ONLINE AIR-LOIDHNE

To complete your online booking, please visit [summer.hillifehighland.com](http://summer.hillifehighland.com) and follow the instructions on the screen.

To access the booking system you will need your High Life card number and Personal Identification Number (PIN) for each person. If you know your High Life card number but have forgotten your PIN please use our PIN recovery tool or alternatively contact your local leisure centre and our staff will be able to help you.

If you do not have a High Life leisure card you can still book online. You will need an email address and be able to pay by credit or debit card. Upon registering, you will automatically become eligible for 'Non-High Life' pricing.

*\* Note: if you have been given a High Life card at a library, but have not activated it as a leisure card, simply apply by taking your card to your nearest High Life Highland leisure centre.*

### BY PHONE AIR A' FÒN

To complete your booking by phone please call the dedicated 'Summer Bookings Hotline' number on **01349 860 840**.

This service will be available from Saturday 20 June until Tuesday 23 June inclusive.  
Sat 20 June and Sun 21 June – 8am until 6pm  
Mon 22 June and Tues 23 June – 8am until 8pm.

Our helpful staff will be pleased to take your booking or answer any queries about summer programme activities.

After this period bookings can still be made online or contact your local High Life Highland leisure centre.

### IN PERSON GU PEARSANTA

It is easy to book in person, just download and take your completed booking form along to your nearest High Life Highland leisure centre listed on the reverse of this flyer and our staff will do the rest. Payment can be made by cash, cheque, debit or credit card.

### BY POST TRON PHOST

Postal bookings can be made by downloading and completing the booking form and posting to:

*Summer Activity Programme  
High Life Highland  
The Old Library  
Tulloch Street  
Dingwall  
IV15 9JZ*

In the event of any activities being fully booked we will contact you to discuss alternatives.

*Please make cheques payable to  
HIGHLAND COUNCIL  
DO NOT SEND CASH BY POST*

### Changes and Cancellations:

*We work hard to make sure that the information in each guide is correct at the time of printing. High Life Highland reserves the right to cancel or amend the times of any published activity or event at any time. For the most up-to-date info please pop in to your local High Life Highland leisure centre or visit [summer.hillifehighland.com](http://summer.hillifehighland.com)*

Booking forms are also available from your local High Life Highland leisure centre.

**FRIDAY 03 JULY**  
**14 DAY ACTIVITY**  
**PIPE CLEANER PENCIL**  
**TOPPERS** **CULL004878**

Drop-in to the library and make something exciting to take home! See the website for library opening hours.

Culloden Library.

8 max spaces.

**FREE / FREE / FREE (PER DAY)**

3-12  
Yrs

**FRIDAY 03 JULY**  
**14 DAY ACTIVITY**  
**PIPE CLEANER PENCIL**  
**TOPPERS** **CULL004886**

Drop-in to the library and make something exciting to take home! See the website for library opening hours.

Ardersier Library.

5 max spaces.

**FREE / FREE / FREE (PER DAY)**

3-12  
Yrs

**FRIDAY 03 JULY**  
**5 WEEK ACTIVITY**  
**DROP IN ACTIVITY** **MILL007566**

Drop-in craft activities to help us prepare a colourful summer display in the library.

Library, Inshes Library, Inverness.

14:15-18:00. 6 max spaces.

**FREE / FREE / FREE (PER DAY)**

4-10  
Yrs

**FRIDAY 03 JULY**  
**6 WEEK ACTIVITY**  
**RECORD BREAKERS**  
**WORD SEARCH** **MILL007575**

Can you find all the record breakers words in the grid?

Inshes Library, Inverness.

14:15-18:00. 3 max spaces.

**FREE / FREE / FREE (PER DAY)**

8-11  
Yrs

**SATURDAY 04 JULY**  
**SINGLE DAY ACTIVITY**  
**BOOKBUG SESSION** **MILL007583**

Come along and join in one of our popular sessions where we share books, songs and rhymes with your children. Must be accompanied by an adult.

Inshes Library, Inverness.

10:30-11:00. 15 max spaces.

**FREE / FREE / FREE**

0-4  
Yrs

**MONDAY 06 JULY**  
**SINGLE DAY ACTIVITY**  
**GYM KIDZ** **MILL005344**

Movement skills for budding gymnasts.

Learn how to balance, bounce, jump and roll.

Millburn Academy, Inverness.

10:00-12:00. 15 max spaces.

**£3.50 / £3.50 / £3.50**

5-7  
Yrs

**MONDAY 06 JULY**  
**SINGLE DAY ACTIVITY**  
**KAYAKING** **GLKI005105**

Come and try Kayaking with your friends in this fun session on Loch Oich. In partnership with

The Great Glen Water Park.

The Activity Centre, The Great Glen Water Park,

South Laggan, Spean Bridge.

10:00-12:00. 16 max spaces.

**£15.00 / £15.00 / £15.00**

7-12  
Yrs

**MONDAY 06 JULY**  
**5 DAY ACTIVITY**  
**OLIVER PRODUCTION** **INHS004922**

A week of acting, singing and dancing with a fully costumed performance at the end of the week. Children will remember this for the rest of their lives the thrill of starting on the Monday and producing a fabulous show by the Friday. Parents over the last five years have said my kids are buzzing every day they return home from rehearsal. In partnership with Highland Youth Theatre / Spectrum Centre. Theatre, Spectrum Centre, Inverness.

11:00-15:00. 25 max spaces.

**£75.00 / £75.00 / £75.00**

6-16  
Yrs

**MONDAY 06 JULY**  
**SINGLE DAY ACTIVITY**  
**ARCHERY** **GLKI005106**

Hit the bull's-eye this summer with Archery coaching, games and challenges; all equipment provided. Wear comfortable clothing and bring a drink. In partnership with The Great Glen Water Park.

The Activity Centre, The Great Glen Water Park, South Laggan, Spean Bridge.

13:00-14:30. 8 max spaces.

**£7.00 / £7.00 / £7.00**

7-12  
Yrs

**MONDAY 06 JULY**  
**2 WEEK ACTIVITY**  
**BADMINTON** **MILL005271**

Skills, drills, games and challenges. Come along for a fun Badminton session and learn new skills.

Sports Hall, Millburn Academy, Inverness.

13:00-14:00. 16 max spaces.

**£1.50 / £1.50 / £1.50 (PER DAY)**

8-12  
Yrs

**MONDAY 06 JULY**  
**5 WEEK ACTIVITY**  
**DROP IN CRAFTS** **MILL007571**

Drop in craft activity to help us prepare a colourful display for the library.

Inshes Library, Inverness.

15:15-20:00. 6 max spaces.

**FREE / FREE / FREE (PER DAY)**

4-10  
Yrs

**MONDAY 06 JULY**  
**5 WEEK ACTIVITY**  
**RECORD BREAKERS**  
**WORD SEARCH** **MILL007577**

Can you find all the record breakers words in the grid?

Inshes Library, Inverness.

15:15-20:00. 3 max spaces.

**FREE / FREE / FREE (PER DAY)**

8-11  
Yrs

**TUESDAY 07 JULY**  
**2 WEEK ACTIVITY**  
**MINI KICKERS** **MILL005267**

Football skills, drills, games and challenges for future superstars.

Sports Hall, Millburn Academy, Inverness.

10:00-11:00. 15 max spaces.

**£1.50 / £1.50 / £1.50 (PER DAY)**

3-5  
Yrs

**TUESDAY 07 JULY**  
**SINGLE DAY ACTIVITY**  
**MAKE A TREASURE MAP** **INHS005266**

Come along & make your own treasure map. Look at old maps of Inverness & draw & colour a map showing buried treasure. Find out how to make paper look old & design & attach a paper seal to your map.

Conservation Studio, Highland Archive Centre, Inverness.

11:00-12:00. 10 max spaces.

**£3.00 / £3.00 / £3.00**

8-11  
Yrs



**TUESDAY 07 JULY**  
**SINGLE DAY ACTIVITY**  
**YOUNG CHEF OF THE FUTURE –**  
**BAKED BEEF CANNELLON**  
**AND FRUIT KEBABS** **INHS004756**

We'll prepare and cook a 2 course meal together, then we'll sit down and enjoy eating our tasty food. Perfect for all you budding Jamie Olivers out there. James Cameron Community Centre, Inverness. 11:30-13:30. 10 max spaces.

**£5.50 / £5.50 / £5.50**

6-12  
Yrs

**TUESDAY 07 JULY**  
**SINGLE DAY ACTIVITY**  
**ARCHERY** **MILL005346**

Hit the bull's-eye this summer at Millburn Academy. Archery coaching, games and challenges; all equipment provided. Wear comfortable clothing and bring a drink.

Millburn Academy, Inverness.  
 13:00-15:00. 16 max spaces.

**£3.50 / £3.50 / £3.50**

12-18  
Yrs

**TUESDAY 07 JULY**  
**SINGLE DAY ACTIVITY**  
**GO TRAVELLING WITH**  
**PUNCH AND JUDY** **INRA005164**

Listen to stories of the Morrison Family, members of the Highland Travellers' Community and their travelling Punch and Judy show, meet the puppets and then make your own puppet characters.

Room to Discover, Inverness Museum and Art Gallery.

13:00-14:30. 14 max spaces.

**£3.50 / £3.50 / £3.50**

8-12  
Yrs

**TUESDAY 07 JULY**  
**5 WEEK ACTIVITY**  
**RECORD BREAKERS**  
**WORD SEARCH** **MILL007579**

Can you find all the record breakers words in the grid?

Inshes Library, Inverness.

15:15-20:00. 3 max spaces.

**FREE / FREE / FREE (PER DAY)**

8-11  
Yrs

**TUESDAY 07 JULY**  
**5 WEEK ACTIVITY**  
**DROP IN CRAFTS** **MILL007572**

Drop in crafts activity to help us prepare a colourful summer display in the library.

Inshes Library, Inverness.

15:15-20:00. 6 max spaces.

**FREE / FREE / FREE (PER DAY)**

4-10  
Yrs

**WEDNESDAY 08 JULY**  
**SINGLE DAY ACTIVITY**  
**MULTI SPORTS** **GLKI005107**

Tag games, team games and challenges – you name it, we play it! Come along and join in on a morning of sports activities. Wear sports clothes and bring a drink.

MUGA, Kilchuimen Academy, Fort Augustus.

10:00-12:00. 16 max spaces.

**£2.00 / £2.00 / £2.00**

5-12  
Yrs

**WEDNESDAY 08 JULY**  
**SINGLE DAY ACTIVITY**  
**BULL'S EYE ARCHERY A** **INHS005313**

Hit the bull's eye target with one easy lesson! Bring your friends and test your skills with real long bows.

Adjacent to Parking Lot, James Cameron Community Centre, Inverness.

10:00-11:30. 10 max spaces.

**£3.00 / £3.00 / £3.00**

8-15  
Yrs

**WEDNESDAY 08 JULY**  
**SINGLE DAY ACTIVITY**  
**GYM KIDZ** **MILL005345**

Come along and balance, bounce, jump and roll – movement skills for budding gymnasts.

Millburn Academy, Inverness.

10:00-12:00. 15 max spaces.

**£3.50 / £3.50 / £3.50**

5-7  
Yrs

**WEDNESDAY 08 JULY**  
**SINGLE DAY ACTIVITY**  
**BULL'S EYE ARCHERY B** **INHS005387**

Hit the bull's eye target with one easy lesson! Bring your friends and test your skills with real long bows.

Outside adjacent to parking, James Cameron

Community Centre, Inverness.

11:30-13:00. 10 max spaces.

**£3.00 / £3.00 / £3.00**

8-15  
Yrs

**WEDNESDAY 08 JULY**  
**SINGLE DAY ACTIVITY**  
**YOUNG CHEF OF THE FUTURE –**  
**COWGIRL & COWBOY HOTPOT**  
**AND STRAWBERRY SHORTCAKE**  
**SUNDAES** **INHS004757**

We'll prepare and cook a 2 course meal together, then we'll sit down and enjoy eating our tasty food.

Perfect for all you budding Jamie Olivers out there.

James Cameron Community Centre, Inverness.

11:30-13:30. 10 max spaces.

**£5.50 / £5.50 / £5.50**

6-12  
Yrs

**WEDNESDAY 08 JULY**  
**SINGLE DAY ACTIVITY**  
**TENNIS** **GLKI005108**

Are you the next Andy Murray? A budding Rafael Nadal? Just like to play tennis and have fun? Come and join this tennis session, learning techniques and tips from our coaches. All equipment provided, all abilities welcome. In partnership with Fort Augustus Tennis Club.

Fort Augustus Tennis Club.

13:00-15:00. 16 max spaces.

**£2.00 / £2.00 / £2.00**

7-12  
Yrs

**WEDNESDAY 08 JULY**  
**SINGLE DAY ACTIVITY**  
**FUN WITH EXOTIC INSECTS**  
**AND REPTILES** **INHS004925**

Nick Martin is holding a fabulous interactive session with his amazing range of creatures including millipedes and giant cockroaches, scorpions, tarantula, snakes, bearded dragon and many more. He'll give interesting facts about their habitats and lifestyles and there may be an opportunity to get up close and personal with some of the creatures.

Inverness Botanic Gardens (Floral Hall).

14:00-15:00. 20 max spaces.

**£4.50 / £4.50 / £4.50**

7-12  
Yrs

**WEDNESDAY 08 JULY**  
**5 WEEK ACTIVITY**  
**DROP IN ACTIVITY** **MILL007573**

Drop in craft activity to help us prepare a colourful display in the library.

Inshes Library, Inverness.

14:15-18:00. 6 max spaces.

**FREE / FREE / FREE (PER DAY)**

4-10  
Yrs

## WEDNESDAY 08 JULY

### 5 WEEK ACTIVITY RECORD BREAKERS WORD SEARCH

MILL007580

Can you find all the record breakers words in the grid?

Inshes Library, Inverness.

14:15-18:00. 3 max spaces.

**FREE / FREE / FREE (PER DAY)**

8-11  
Yrs

## THURSDAY 09 JULY

### 2 DAY ACTIVITY RACKET SPORTS CAMP

GLKI005109

Join us for some SMASHING fun! Badminton, Table Tennis & Short Tennis sessions for all levels. Bring a packed lunch and indoor shoes.

Equipment provided.

Games Hall, Craigmonie Centre and Glenurquhart Community Library, Drumnadrochit.

10:00-15:30. 30 max spaces.

**£15.00 / £15.00 / £15.00**

7-12  
Yrs

## THURSDAY 09 JULY

### 2 WEEK ACTIVITY MINI MULTI-SPORTS

MILL005349

Sports tasters, tag games, team games and challenges – you name it we play it.

Millburn Academy, Inverness.

10:00-12:00. 15 max spaces.

**£1.50 / £1.50 / £1.50 (PER DAY)**

5-7  
Yrs

## THURSDAY 09 JULY

### SINGLE DAY ACTIVITY KUNG FU

Learn the ancient art of Kung Fu to keep yourself safe, to become more confident and to improve your fitness but having fun at the same time. Led by qualified instructors from the Wing Tsjun School of Self Defence. Wear loose clothing e.g. joggers, leggings and bring a water bottle. In partnership with Wing Tjun School of Self Defence.

Gym Hall, Culloden Academy Leisure Centre, Inverness.

10:00-11:00. 5-8 yrs. 14 max spaces. CULL005391.

11:00-12:00. 9-12 yrs. 20 max. CULL006549.

**£2.00 / £2.00 / £2.00**

5-12  
Yrs

## THURSDAY 09 JULY

### SINGLE DAY ACTIVITY DESIGN A PICTISH SHIELD

INRA005165

Listen to stories of the Picts, explore the pictures on our Pictish Symbol Stones and then make and decorate your own Pictish shield  
Room to Discover, Inverness Museum and Art Gallery.

10:30-12:00. 14 max spaces.

**£3.50 / £3.50 / £3.50**

8-12  
Yrs

## THURSDAY 09 JULY

### SINGLE DAY ACTIVITY RECYCLED MINI BEASTIES

INRA005166

Take a close up look at the museum's collection of insects using our amazing video microscope and then design and create a 'recycled' beastie of your own!

Room to Discover, Inverness Museum and Art Gallery.

13:00-14:30. 14 max spaces.

**£3.50 / £3.50 / £3.50**

8-12  
Yrs

## THURSDAY 09 JULY

### 5 WEEK ACTIVITY RECORD BREAKERS WORD SEARCH

MILL007581

Can you find all the record breakers words in the grid?

Inshes Library, Inverness.

15:15-20:00. 3 max spaces.

**FREE / FREE / FREE (PER DAY)**

8-11  
Yrs

## THURSDAY 09 JULY

### 5 WEEK ACTIVITY DROP IN ACTIVITY

MILL007574

Drop in activity to help us prepare a colourful summer display in the library.

Inshes Library, Inverness.

15:15-18:00. 6 max spaces.

**FREE / FREE / FREE (PER DAY)**

4-10  
Yrs

## FRIDAY 10 JULY

### SINGLE DAY ACTIVITY KUNG FU

Learn the ancient art of Kung Fu to keep yourself safe, to become more confident and to improve your fitness but having fun at the same time. Led by qualified instructors from the Wing Tsjun School of Self Defence. Wear loose clothing e.g. joggers, leggings and bring a water bottle. In partnership with Wing Tjun School of Self Defence.

Gym Hall, Culloden Academy Leisure Centre, Inverness.

10:00-11:00. 5-8 yrs. 14 max spaces. CULL006550.

11:00-12:00. 9-12 yrs. 20 max. CULL005392.

**£2.00 / £2.00 / £2.00**

5-12  
Yrs

## FRIDAY 10 JULY

### SINGLE DAY ACTIVITY BULL'S-EYE ARCHERY C

INHS005511

Hit the bull's eye target with one easy lesson! Bring your friends and test your skills with real long bows. Outdoor adjacent to Parking Lot, James Cameron Community Centre, Inverness.

10:00-11:30. 10 max spaces.

**£3.00 / £3.00 / £3.00**

8-15  
Yrs

## FRIDAY 10 JULY

### SINGLE DAY ACTIVITY YOUNG CHEF OF THE FUTURE – COUNTRY VEGETABLE SOUP AND CHEESY HAM & POTATO HASH

INHS004759

We'll prepare and cook a 2 course meal together, then we'll sit down and enjoy eating our tasty food. Perfect for all you budding Jamie Olivers out there. James Cameron Community Centre, Inverness.

11:30-13:30. 10 max spaces.

**£5.50 / £5.50 / £5.50**

6-12  
Yrs

## FRIDAY 10 JULY

### SINGLE DAY ACTIVITY BULL'S-EYE ARCHERY D

INHS005512

Hit the bull's eye target with one easy lesson! Bring your friends and test your skills with real long bows. Outdoor adjacent to Parking Lot, James Cameron Community Centre, Inverness.

11:30-13:00. 10 max spaces.

**£3.00 / £3.00 / £3.00**

8-15  
Yrs

**FRIDAY 10 JULY**  
**SINGLE DAY ACTIVITY**  
**STINKING, SPIKEY & POISONOUS –**  
**THE GRUESOME TRUTH**  
**ABOUT PLANTS** **INHS004933**

Plants can't run, but they can fight! Discover the weird and wonderful ways that plants defend themselves in their struggle for survival using cunning tricks; from spikes and stinks to chemical attacks and lethal poisons. Children need to be suitably dressed for outdoors please.

Inverness Botanic Gardens (Floral Hall).

14:00-15:00. 10 max spaces.

**£2.60 / £2.60 / £2.60**

7-12  
Yrs

**MONDAY 13 JULY**  
**SINGLE DAY ACTIVITY**  
**DECOUPAGE WORKSHOP** **INHS005074**

Come and have some fun with decoupage. Please wear old clothes In partnership with Spectrum centre.

Studio, The Spectrum Centre, Inverness.

09:00-12:00. 12 max spaces.

**£4.50 / £4.50 / £4.50**

5-8  
Yrs

**MONDAY 13 JULY**  
**5 DAY ACTIVITY**  
**TRAMPOLINING** **CULL004597**

Learn all the skills and thrills of the trampoline in this safe and supervised coached session.

Games Hall, Culloden Academy Leisure Centre.

10:00-11:00. 10 max spaces.

**FREE / £2.50 / £13.00**

6-8  
Yrs

**MONDAY 13 JULY**  
**5 DAY ACTIVITY**  
**LEARN TO SWIM – INTENSIVE**  
**PROGRAMME**

A five day intensive block of lessons aimed to progress swimmers through the skills relative to their ability in a fun and safe environment. Suitable for levels 1 & 2 or new swimmers.

Swimming Pool, Culloden Academy Leisure Centre.

10:00-10:30. 12 max spaces. CULL004571.

10:30-11:00. 12 max spaces. CULL004572.

11:00-11:30. 12 max spaces. CULL004573.

11:30-12:00. 12 max spaces. CULL004574.

**FREE / £2.50 / £20.50**

5-12  
Yrs

**MONDAY 13 JULY**  
**3 DAY ACTIVITY**  
**MULTI SPORTS** **CULL005490**

Join us for 3 days to play tig games, balance and coordination challenges and obstacle courses. Catching and throwing and plenty games to develop those all important life skills. Wear joggers or leggings and trainers so that you are prepared for running and jumping. Bring a water bottle. Be prepared to meet lots of new friends!

Gym Hall, Culloden Academy Leisure Centre, Inverness.

10:00-11:00. 15 max spaces.

**£2.00 / £2.00 / £2.00 (PER DAY)**

4-6  
Yrs

**MONDAY 13 JULY**  
**SINGLE DAY ACTIVITY**  
**KAYAKING** **GLKI005110**

Come and try Kayaking with your friends in this fun session on Loch Oich. A confirmation letter will be sent out upon successful booking with full details of the session. In partnership with The Great Glen Water Park.

The Activity Centre, The Great Glen Water Park, South Laggan, Spean Bridge.

10:00-12:00. 16 max spaces.

**£15.00 / £15.00 / £15.00**

7-12  
Yrs

**MONDAY 13 JULY**  
**2 DAY ACTIVITY**  
**MINI MULTI-SPORTS** **CHAR005019**

Sports tasters, Tag games, team challenges – you name it, we play it! Beaully Primary School Gym Hall. Bring water and lunch.

Gym Hall, Primary School, Beaully.

10:00-14:00. 20 max spaces.

**£4.00 / £4.00 / £4.00 (PER DAY)**

5-12  
Yrs

**MONDAY 13 JULY**  
**SINGLE DAY ACTIVITY**  
**TENNIS KIDZ** **MILL005351**

Tennis skills, games and challenges. Come along for a fun tennis session.

Millburn Academy, Inverness.

10:00-12:00. 15 max spaces.

**£3.50 / £3.50 / £3.50**

8-11  
Yrs

**MONDAY 13 JULY**  
**SINGLE DAY ACTIVITY**  
**MOUNTAIN BIKE AND**  
**BUSHCRAFT** **MILL004448**

Ride the routes at Abriachan Forest for half the day with a Mountain Bike Leader. For the rest of the day, have fun learning Bushcraft skills, building shelters and cooking snacks over the fire. All equipment provided. Please bring a packed lunch and a drink and dress for the weather.

Forest School, Abriachan.

10:30-16:30. 10 max spaces.

**£20.00 / £20.00 / £20.00**

3-80  
Yrs

**MONDAY 13 JULY**  
**3 DAY ACTIVITY**  
**MULTI SPORTS** **CULL005491**

Skip, hop and jump. Catch and throw, tig and tag games, balance and coordination challenges. Also an introduction to sports such as netball, basketball and badminton. Wear joggers or leggings, indoor shoes and bring a water bottle.

Culloden Academy Gym Hall, Culloden Academy Leisure Centre, Inverness.

11:00-12:00. 16 max spaces.

**£2.00 / £2.00 / £2.00 (PER DAY)**

7-9  
Yrs

**MONDAY 13 JULY**  
**5 DAY ACTIVITY**  
**TRAMPOLINING**

Learn all the skills & thrills of the trampoline in this safe and supervised coached session.

Games Hall, Culloden Academy Leisure Centre.

11:00-12:00. 9-11 yrs. 10 max spaces. CULL004598.

12:00-13:00. 12-16 yrs. 10 max. CULL004599.

**FREE / £2.50 / £13.00**

9-16  
Yrs

**MONDAY 13 JULY**  
**3 DAY ACTIVITY**  
**MULTI SPORTS** **CULL005492**

Racquet sports, netball, basketball, hockey, shinty and much more. Join in the fun of this 3 day activity and develop your leadership skills at the same time! Come prepared with indoor shoes, joggers or leggings and bring a water bottle.

Culloden Academy Gym Hall, Culloden Academy Leisure Centre, Inverness.

12:00-13:00. 16 max spaces.

**£2.00 / £2.00 / £2.00 (PER DAY)**

10-13  
Yrs

**MONDAY 13 JULY**  
**SINGLE DAY ACTIVITY**  
**ARCHERY** **GLKI005111**

Hit the bull's-eye this summer with Active Highs at The Great Glen Water Park. Archery coaching, games and challenges; all equipment provided. Wear comfortable clothing and bring a drink. In partnership with The Great Glen Water Park, The Activity Centre, The Great Glen Water Park, South Laggan, Spean Bridge.  
 13:00-14:30. 8 max spaces.  
**£7.00 / £7.00 / £7.00**

7-12  
Yrs

**TUESDAY 14 JULY**  
**SINGLE DAY ACTIVITY**  
**SURF SCHOOL** **MILL004870**

Surf's up! Enjoy two hours of coaching and riding the waves at Lossiemouth Beach. You must be a confident swimmer. All equipment provided but please bring a packed lunch and drink. Transport provided, pick up and drop off from Millburn Academy (09:00) and Nairn Bus Station (09:30). In partnership with New Wave surf school. East or West Beach (depending on waves), Lossiemouth.  
 09:00-15:00. 8 max spaces.  
**£27.00 / £27.00 / £27.00**

9-14  
Yrs

**TUESDAY 14 JULY**  
**3 DAY ACTIVITY**  
**GYMNASTICS CAMP**

Love Gymnastics? Why not take part in our gym camp. Boys and girls of all abilities welcome. Sessions are lots of fun and will develop coordination and confidence. Take part in all aspects of gymnastics, practising moves, balance, jumping, swinging, vaulting and lots more. Sports Hall, Hilton Community Centre, Inverness.  
 09:30-10:15. 3-5 yrs. 12 max spaces. INRA005231.  
 10:30-11:15. 5-8 yrs. 12 max. INRA005232.  
 13:30-15:00. 8-11 yrs. 12 max. INRA005233.  
**£12.00 / £12.00 / £12.00**

3-11  
Yrs

**TUESDAY 14 JULY**  
**SINGLE DAY ACTIVITY**  
**OWN A PONY FOR A MORNING** **GLKI005112**

Owning your own pony is a dream for many youngsters, come along and own one for a morning. This pony will be 'all yours', with constant supervision, to groom, tack, ride lesson, feed, muck out and turn out. Age, height and weight required – participants will be contacted upon booking. In partnership with Highland Riding Centre. Highland Riding Centre, Drumnadrochit.  
 10:00-12:30. 12 max spaces.  
**£12.00 / £12.00 / £12.00**

7-16  
Yrs

**TUESDAY 14 JULY**  
**SINGLE DAY ACTIVITY**  
**UPCYCLING OF OLD CLOTHES** **INHS004932**

Please take old clothing, jewellery, badges, caps with you to be upcycled. Please wear old clothes. In partnership with Spectrum Centre. Studio, Spectrum Centre, Inverness.  
 10:30-12:30. 12 max spaces.  
**£3.50 / £3.50 / £3.50**

11-14  
Yrs

**TUESDAY 14 JULY**  
**SINGLE DAY ACTIVITY**  
**NETBALL** **MILL005353**

Skills, drills, games and challenges. Come along for a fun netball session and learn new skills. Millburn Academy, Inverness.  
 13:00-14:30. 15 max spaces.  
**£2.50 / £2.50 / £2.50**

8-11  
Yrs

**TUESDAY 14 JULY**  
**SINGLE DAY ACTIVITY**  
**CERAMIC AND GLITTER GLAZE WORKSHOP** **INHS004931**

Come and have some fun with ceramics and glitter. Please wear old clothes. In partnership with Spectrum Centre. Studio, Spectrum Centre, Inverness.  
 13:00-15:00. 12 max spaces.  
**£3.50 / £3.50 / £3.50**

8-13  
Yrs

**WEDNESDAY 15 JULY**  
**SINGLE DAY ACTIVITY**  
**TENNIS KIDZ** **MILL005352**

Tennis skills, games and challenges. Come along for a fun tennis session. Millburn Academy, Inverness.  
 10:00-12:00. 15 max spaces.  
**£3.50 / £3.50 / £3.50**

8-11  
Yrs

**WEDNESDAY 15 JULY**  
**SINGLE DAY ACTIVITY**  
**SOCCER SCHOOL** **GLKI005113**

Early touches for future superstars! Football skills, challenges and games. Wear sports clothes and bring a drink. MUGA, Kilchuimen Academy, Fort Augustus.  
 10:00-12:00. 16 max spaces.  
**£2.00 / £2.00 / £2.00**

5-12  
Yrs

**WEDNESDAY 15 JULY**  
**SINGLE DAY ACTIVITY**  
**MOUNTAIN BIKE AND ARCHERY** **MILL004867**

Ride the routes at Abriachan Forest for half the day with a Mountain Bike Leader. For the rest of the day, learn the ancient art of archery with a qualified archery instructor. All equipment provided. Please bring a packed lunch and a drink and dress for the weather. In partnership with Abriachan forest school. Abriachan forest school.  
 10:30-16:30. 10 max spaces.  
**£20.00 / £20.00 / £20.00**

8-12  
Yrs

**WEDNESDAY 15 JULY**  
**SINGLE DAY ACTIVITY**  
**MINI MULTI-SPORTS** **MILL007562**

Sports tasters, tag games, team games and challenges – you name it we play it! Games hall, Millburn Academy, Inverness.  
 13:00-15:00. 15 max spaces.  
**£1.50 / £1.50 / £1.50**

5-7  
Yrs

**WEDNESDAY 15 JULY**  
**SINGLE DAY ACTIVITY**  
**TENNIS** **GLKI005115**

Are you the next Andy Murray? A budding Rafael Nadal? Just like to play tennis and have fun? Come and join this tennis session, learning techniques and tips from our coaches. All equipment provided, all abilities welcome! In partnership with Fort Augustus Tennis Club. Fort Augustus Tennis Club.  
 13:00-15:00. 16 max spaces.  
**£2.00 / £2.00 / £2.00**

7-12  
Yrs

## WEDNESDAY 15 JULY

### 4 WEEK ACTIVITY

#### GAELIC FUN TIME GLKI007565

Games and activities in the medium of Gaelic Library, Drumnadrochit.

14:00-15:30. 8 max spaces.

**FREE / FREE / FREE (PER DAY)**

5-8  
Yrs

## WEDNESDAY 15 JULY

### SINGLE DAY ACTIVITY

#### FUN WITH EXOTIC INSECTS AND REPTILES INHS004927

Nick Martin is holding a fabulous interactive session with his amazing range of creatures including millipedes and giant cockroaches, scorpions, tarantula, snakes, bearded dragon and many more. He'll give interesting facts about their habitats and lifestyles and there may be an opportunity to get up close and personal with some of the creatures.

Inverness Botanic Gardens (Floral Hall).

14:00-15:00. 20 max spaces.

**£4.50 / £4.50 / £4.50**

7-12  
Yrs

## WEDNESDAY 15 JULY

### 4 WEEK ACTIVITY

#### SHINTY GLKI005114

Shinty skills, fun and games with Glenurquhart Shinty Club. All equipment provided. Wear sports clothes and bring a drink. In partnership with Glen Urquhart Shinty Club.

MUGA, Craigmonie Centre and Glenurquhart Community Library, Drumnadrochit.

14:30-16:00. 16 max spaces.

**£2.00 / £2.00 / £2.00 (PER DAY)**

6-13  
Yrs

## THURSDAY 16 JULY

### 2 DAY ACTIVITY

#### RACKET SPORTS CAMP GLKI005116

Join us for some SMASHING fun! Badminton, Table Tennis & Short Tennis sessions for all levels. Bring a packed lunch and indoor shoes. Equipment provided!

Games Hall, Craigmonie Centre and Glenurquhart Community Library, Drumnadrochit.

10:00-15:30. 30 max spaces.

**£15.00 / £15.00 / £15.00**

11-16  
Yrs

## THURSDAY 16 JULY

### 2 DAY ACTIVITY

#### GIRLS FOOTBALL

Girls Football is so popular we just wanted to give you more chances to practice those early touches. Learn how to develop your coordination with the ball, passing the ball and just having fun with lots of girls who want to play more football. Please wear joggers, indoor trainers and bring a water bottle.

Gym Hall, Culloden Academy Leisure Centre, Inverness.

10:00-11:00. 4-6 yrs. 16 max spaces. CULL006553.

11:00-12:00. 7-9 yrs. 16 max spaces. CULL006554.

12:00-13:00. 10-13 yrs. 16 max. CULL006555.

**£3.00 / £3.00 / £3.00 (PER DAY)**

4-6  
Yrs

## THURSDAY 16 JULY

### SINGLE DAY ACTIVITY

#### MAX MULTI-SPORTS MILL005350

Sports tasters, tag games, team games and challenges – you name it we play it!

Millburn Academy, Inverness.

13:00-15:00. 11 max spaces.

**£1.50 / £1.50 / £1.50**

8-11  
Yrs

## THURSDAY 16 JULY

### 3 WEEK ACTIVITY

#### A BOOK IN A DAY GLKI007567

Make and design your very own book using techniques from around the world.

Library, Drumnadrochit.

13:30-15:30. 8 max spaces.

**£2.00 / £2.00 / £2.00 (PER DAY)**

7-10  
Yrs

## FRIDAY 17 JULY

### 14 DAY ACTIVITY

#### SPACE ROCKETS CULL004887

Drop-in to the library add make an exciting craft to add to our display! Check website for Library opening hours.

Culloden Library.

8 max spaces.

**FREE / FREE / FREE (PER DAY)**

3-12  
Yrs

## FRIDAY 17 JULY

### 14 DAY ACTIVITY

#### SPACE ROCKETS CULL004888

Drop-in to the library add make an exciting craft to add to our display! Check website for Library opening hours.

Ardersier Library.

5 max spaces.

**FREE / FREE / FREE (PER DAY)**

3-12  
Yrs

## FRIDAY 17 JULY

### SINGLE DAY ACTIVITY

#### FAMILY FOREST FUN MILL004869

Spend the morning in the fresh air learning bush craft skills, building dens and lighting fires. This is a family activity and places must be booked for parents and children. Parents must take part in the whole session. Wear suitable clothes and dress for the weather. In partnership with Abriachan forest school.

Abriachan forest school.

10:00-12:30. 20 max spaces.

**£5.00 / £5.00 / £5.00**

4+  
Yrs

## FRIDAY 17 JULY

### SINGLE DAY ACTIVITY

#### OWN A PONY DAY GLKI005117

Owning a pony is a dream for many youngsters, come and own one for a day. This pony will be 'all yours', with constant supervision, to groom, tack, ride (lesson and ride out), feed and turn out. Age, height and weight required – participants will be contacted upon booking. In partnership with Highland Riding Centre.

Highland Riding Centre, Drumnadrochit.

10:30-15:30. 12 max spaces.

**£20.00 / £20.00 / £20.00**

9-15  
Yrs

## FRIDAY 17 JULY

### SINGLE DAY ACTIVITY

#### FAMILY FOREST FUN MILL004868

Navigate the routes and trails of the Abriachan Forest in a geo-caching Treasure Hunt. This is a family activity and places must be booked for parents and children. Parents must take part in the whole session. Wear suitable clothes and dress for the weather. In partnership with Abriachan forest school.

Abriachan forest school.

13:30-16:00. 20 max spaces.

**£5.00 / £5.00 / £5.00**

4-99  
Yrs

## FRIDAY 17 JULY

### SINGLE DAY ACTIVITY

#### FUN IN THE SUN CHAR005485

Fun games and races -inside and out. Water may feature and don't forget the sunscreen!

Games Hall / Outside, Charleston Community Complex, Inverness.

13:30-15:00. 30 max spaces.

**£3.00 / £3.00 / £3.00**

8-12  
Yrs



**MONDAY 20 JULY**  
**SINGLE DAY ACTIVITY**  
**SURF SCHOOL** **MILL004871**

Surf's up! Enjoy two hours of coaching and riding the waves at Lossiemouth Beach. You must be a confident swimmer. All equipment provided but please bring a packed lunch and drink. Transport provided, pick up and drop off from Millburn Academy (09:00) and Nairn Bus Station (09:30). In partnership with New Wave Surf School. East or West Beach (depending on waves), Lossiemouth.

09:00-15:00. 8 max spaces.

£27.00 / £27.00 / £27.00

9-14  
Yrs

**MONDAY 20 JULY**  
**SINGLE DAY ACTIVITY**  
**DECOUPAGE WORKSHOP** **INHS005075**

Come and have some fun with decoupage. Please wear old clothes In partnership with The Spectrum Centre.

Studio, The Spectrum Centre, Inverness.

09:00-12:00. 12 max spaces.

£4.50 / £4.50 / £4.50

8-12  
Yrs

**MONDAY 20 JULY**  
**5 DAY ACTIVITY**  
**LEARN TO SWIM –**  
**INTENSIVE PROGRAMME**

A five day intensive block of lessons aimed to progress swimmers through the skills relative to their ability in a fun and safe environment. Suitable for levels 1 & 2 or new swimmers.

Swimming Pool, Culloden Academy Leisure Centre.

10:00-10:30. 12 max spaces. CULL004575.

10:30-11:00. 12 max spaces. CULL004576.

11:00-11:30. 12 max spaces. CULL004577.

11:30-12:00. 12 max spaces. CULL004578.

FREE / £2.50 / £20.50

5-12  
Yrs

**MONDAY 20 JULY**  
**5 DAY ACTIVITY**  
**CHARLESTON**  
**SUMMER CAMP** **CHAR004700**

Active Schools returns with the popular Charleston Summer camp. Come and join us for a fun week of sports, craft and art sessions. Every day will see a variety of different activities on offer. Bring a packed lunch, drink and clothing for indoor and outdoor sports.

Charleston Academy Community Complex, Inverness.

10:00-15:15. 50 max spaces.

£10.00 / £10.00 / £10.00 (PER DAY)

5-12  
Yrs

**MONDAY 20 JULY**  
**SINGLE DAY ACTIVITY**  
**TREASURE HUNT** **INHS005272**

Come along with your family & take part in a Treasure Hunt around the Bught area of Inverness. You will start at the Highland Archive Centre & end in the Botanical Gardens. You must be accompanied by an adult but other family members are welcome as well.

Learning Centre, Highland Archive Centre, Inverness.

10:00-12:00. 10 max spaces.

£3.00 / £3.00 / £3.00

8-11  
Yrs

**MONDAY 20 JULY**  
**SINGLE DAY ACTIVITY**  
**PUPPETRY WORKSHOP** **INHS004936**

Learn the art of puppetry with Eden Court. Enjoy meeting exciting imaginative characters and creating stories with them. In partnership with Eden Court /Spectrum Centre.

GP Room, Raigmore Community Centre, Inverness.

11:00-12:00. 15 max spaces.

£2.60 / £2.60 / £2.60

4-8  
Yrs

**MONDAY 20 JULY**  
**5 DAY ACTIVITY**  
**PRODUCTION OF OLIVER** **INHS004923**

A week of acting, singing and dancing with a fully costumed performance at the end of the week. Children will remember this for the rest of their lives the thrill of starting on the Monday and producing a fabulous show by the Friday. Parents over the last five years have said my kids are buzzing every day they return home from rehearsal! In partnership with Highland Youth Theatre/ Spectrum Centre.

Theatre, Spectrum Centre, Inverness.

11:00-15:00. 25 max spaces.

£75.00 / £75.00 / £75.00

6-16  
Yrs

**MONDAY 20 JULY**  
**SINGLE DAY ACTIVITY**  
**STAGE COMBAT** **INHS004937**

Learn the secrets behind stage fighting and develop convincing fight scenes. Please wear loose comfortable clothing. In partnership with Eden Court / Raigmore Community Centre.

Hall, Raigmore Community Centre, Inverness.

13:00-14:00. 12 max spaces.

£2.60 / £2.60 / £2.60

8-12  
Yrs

**MONDAY 20 JULY**  
**SINGLE DAY ACTIVITY**  
**SPECIAL FX MAKEUP**  
**SESSION** **INHS005378**

Eden Court Drama Session – create scary scars, creepy cuts, sinister swellings and colourful bruises. Wear old clothes you don't mind getting gory. In partnership with Eden Court.

Hall, Raigmore Community Centre, Inverness.

14:30-15:30. 12 max spaces.

£2.60 / £2.60 / £2.60

8-12  
Yrs

**MONDAY 20 JULY**  
**SINGLE DAY ACTIVITY**  
**SELF DEFENCE AND**  
**KUNG FU** **INHS004948**

Learn the ancient art of Kung Fu and street self defence, to keep yourself safe, to become more confident, to improve your fitness and to have fun at the same time. led by qualified skilled instructors.

Hilton Community Centre, Inverness.

15:30-16:30. 12 max spaces.

£2.60 / £2.60 / £2.60

6-12  
Yrs

**MONDAY 20 JULY**  
**5 DAY ACTIVITY**  
**FOOTBALL COACHING** **CULL004600**

Learn the skills & tricks of your favourite players through coached sessions ran by fully qualified SFA coaches.

School Pitches/Games Hall, Culloden Academy Leisure Centre.

18:00-19:30. 25 max spaces.

FREE / £2.50 / £19.50

5-8  
Yrs

**MONDAY 20 JULY**  
**5 DAY ACTIVITY**  
**FOOTBALL COACHING** **CULL004601**

Learn the skills & tricks of your favourite players through coached sessions ran by fully qualified SFA coaches.

School Pitches/Games Hall, Culloden Academy Leisure Centre.

18:00-20:00. 25 max. CULL004601.

FREE / £2.50 / £26.00

9-12  
Yrs

**MONDAY 20 JULY**  
**5 DAY ACTIVITY**  
**FENCING** **CULL004604**

Learn & enjoy the noble art of fencing in a safe fun environment in these fully supervised and coached sessions suitable for children as well as adults.

Games Hall, Culloden Academy Leisure Centre.

19:00-21:00. 16 max spaces.

FREE / £2.50 / £26.00

8-80  
Yrs

**TUESDAY 21 JULY**  
**SINGLE DAY ACTIVITY**  
**SURF SCHOOL** **MILL004872**

Surf's up! Enjoy two hours of coaching and riding the waves at Lossiemouth Beach. You must be a confident swimmer. All equipment provided but please bring a packed lunch and drink. Transport provided, pick up and drop off from Millburn Academy (09:00) and Nairn Bus Station (09:30). In partnership with New Wave surf school. East or West Beach (depending on waves), Lossiemouth.

09:00-15:00. 8 max spaces.

**£27.00 / £27.00 / £27.00**

9-14  
Yrs

**TUESDAY 21 JULY**  
**SINGLE DAY ACTIVITY**  
**ARCHERY** **GLKI005118**

Hit the bull's-eye this summer at Cannich Hall. Archery coaching, games and challenges; all equipment provided. Wear comfortable clothing and bring a drink.

Sports Hall, Cannich Hall, Cannich Bridge.

09:30-11:00. 12 max spaces.

**£3.50 / £3.50 / £3.50**

7-12  
Yrs

**TUESDAY 21 JULY**  
**SINGLE DAY ACTIVITY**  
**CYCLING AND BUSHCRAFT** **CULL005397**

Bring your own bike which must be in good working order. We will be carrying out a maintenance check before we set off into Craig Phadrig Wood. If you have spare parts bring them if you need some maintenance on your bike. Bring your own helmet which must be fitting correctly. Be prepared for some shelter building along the way. You don't have to be an experienced cyclist for this activity. In partnership with Forestry Commission.

Main Forestry Commission Upper Car Park, Craig Phadrig Woodland Cycle, Inverness.

09:30-12:30. 12 max spaces.

**£5.00 / £5.00 / £5.00**

8-10  
Yrs

**TUESDAY 21 JULY**  
**SINGLE DAY ACTIVITY**  
**TRENDY NAIL ART** **INHS005086**

Paint, polish and glitter your way to perfect nails in partnership with Raigmore Community Centre.

Hall, Raigmore Community Centre, Inverness.

10:30-11:30. 12 max spaces.

**£2.60 / £2.60 / £2.60**

6-12  
Yrs

**TUESDAY 21 JULY**  
**SINGLE DAY ACTIVITY**  
**MULTI SPORTS** **GLKI005119**

Tag games, team games and challenges – you name it, we play it! Come along and join in on a morning of sports activities. Wear sports clothes and bring a drink.

MUGA, Craigmonie Centre and Glenurquhart

Community Library, Drumnadrochit.

10:30-12:00. 16 max spaces.

**£1.50 / £1.50 / £1.50**

5-12  
Yrs

**TUESDAY 21 JULY**  
**SINGLE DAY ACTIVITY**  
**YOUNG CHEF OF THE FUTURE – ITALIAN MEATBALLS IN TOMATO SAUCE AND WHIZZ-CHOC-POP SUPER SUNDAY** **INHS004760**

We'll prepare and cook a 2 course meal together, then we'll sit down and enjoy eating our tasty food. Perfect for all you budding Jamie Olivers out there.

James Cameron Community Centre, Inverness.

11:30-13:30. 10 max spaces.

**£5.50 / £5.50 / £5.50**

6-12  
Yrs

**TUESDAY 21 JULY**  
**SINGLE DAY ACTIVITY**  
**SWEETIE FLOWER** **INHS005087**

Come and be creative and make a sweet flower in partnership with Raigmore Community Centre.

Hall, Raigmore Community Centre, Inverness.

12:00-13:00. 12 max spaces.

**£2.60 / £2.60 / £2.60**

8-13  
Yrs

**TUESDAY 21 JULY**  
**SINGLE DAY ACTIVITY**  
**ARCHERY** **GLKI005120**

Hit the bull's-eye this summer at the Craigmonie Centre. Archery coaching, games and challenges; all equipment provided. Wear comfortable clothing and bring a drink.

Games Hall, Craigmonie Centre and Glenurquhart Community Library, Drumnadrochit.

13:00-14:30. 12 max spaces.

**£3.50 / £3.50 / £3.50**

7-12  
Yrs

**TUESDAY 21 JULY**  
**SINGLE DAY ACTIVITY**  
**MULTI SPORTS** **GLKI005121**

Tag games, team games and challenges – you name it, we play it! Come along and join in on a morning of sports activities. Wear sports clothes and bring a drink.

Sports Hall, Cannich Hall, Cannich Bridge.

14:00-15:30. 16 max spaces.

**£1.50 / £1.50 / £1.50**

5-12  
Yrs

**WEDNESDAY 22 JULY**  
**SINGLE DAY ACTIVITY**  
**SURF SCHOOL** **MILL004874**

Surf's up! Enjoy two hours of coaching and riding the waves at Lossiemouth Beach. You must be a confident swimmer. All equipment provided but please bring a packed lunch and drink. Transport provided, pick up and drop off from Millburn Academy (09:00) and Nairn Bus Station (09:30). In partnership with New Wave Surf School.

East or West Beach (depending on waves),

Lossiemouth.

09:00-15:00. 8 max spaces.

**£27.00 / £27.00 / £27.00**

9-14  
Yrs

**WEDNESDAY 22 JULY**  
**SINGLE DAY ACTIVITY**  
**OWN A PONY DAY** **GLKI005127**

Owning a pony is a dream for many youngsters, come and own one for a day. This pony will be 'all yours', with constant supervision, to groom, tack, ride (lesson and ride out), feed and turn out. Age, height and weight required – participants will be contacted upon booking. In partnership with Highland Riding Centre.

Highland Riding Centre, Drumnadrochit.

10:30-15:30. 12 max spaces.

**£20.00 / £20.00 / £20.00**

9-15  
Yrs

**WEDNESDAY 22 JULY**  
**SINGLE DAY ACTIVITY**  
**LEARN THE ART OF CIRCUS SKILLS** **INHS005094**

Learn fun new skills like juggling, diabolo, plate spinning and become part of the Eden Court Circus! In partnership with Eden Court.

Hall, Raigmore Community Centre, Inverness.

11:00-12:00. 12 max spaces.

**£2.60 / £2.60 / £2.60**

8-12  
Yrs

**WEDNESDAY 22 JULY**  
**SINGLE DAY ACTIVITY**  
**YOUNG CHEF OF THE FUTURE – BRAISED SAUSAGES & POTATOES AND KNICKERBOCKER GLORY** **INHS004761**

We'll prepare and cook a 2 course meal together, then we'll sit down and enjoy eating our tasty food. Perfect for all you budding Jamie Olivers out there.

James Cameron Community Centre, Inverness.

11:30-13:30. 10 max spaces.

**£5.50 / £5.50 / £5.50**

6-12  
Yrs

**WEDNESDAY 22 JULY**  
**SINGLE DAY ACTIVITY**  
**FUN WITH EXOTIC INSECTS AND REPTILES** **INHS004928**

Nick Martin is holding a fabulous interactive session with his amazing range of creatures including millipedes and giant cockroaches, scorpions, tarantula, snakes, bearded dragon and many more. He'll give interesting facts about their habitats and lifestyles and there may be an opportunity to get up close and personal with some of the creatures. **Inverness Botanic Gardens (Floral Hall).**

14:00-15:00. 20 max spaces.

**£4.50 / £4.50 / £4.50**

7-12 Yrs

**WEDNESDAY 22 JULY**  
**SINGLE DAY ACTIVITY**  
**SELF DEFENCE AND KUNG FU** **INHS004949**

Learn the ancient art of Kung Fu and street self defence to keep yourself safe, to become more confident, to improve your fitness and to have fun at the same time. Led by qualified skilled instructors. **Hilton Community Centre, Inverness.**

15:30-16:30. 12 max spaces.

**£2.60 / £2.60 / £2.60**

6-12 Yrs

**THURSDAY 23 JULY**  
**SINGLE DAY ACTIVITY**  
**ARCHERY** **GLKI005123**

Hit the bull's-eye this summer at Cannich Hall. Archery coaching, games and challenges; all equipment provided. Wear comfortable clothing and bring a drink.

**Sports Hall, Cannich Hall, Cannich Bridge.**

09:30-11:00. 12 max spaces.

**£3.50 / £3.50 / £3.50**

7-12 Yrs

**THURSDAY 23 JULY**  
**SINGLE DAY ACTIVITY**  
**YOUR HOLIDAY ADVENTURES** **INHS005278**

Find out about the holiday adventures of a young boy a hundred years ago. Read about his exploits when he travelled by train from London to the Highlands & read about his adventures. Write about your own holiday exploits & draw a map of where you went.

**Learning Centre, Highland Archive Centre, Inverness.**

10:00-12:00. 10 max spaces.

**£3.00 / £3.00 / £3.00**

8-11 Yrs

**THURSDAY 23 JULY**  
**SINGLE DAY ACTIVITY**  
**CAIRNGORM HILL WALK** **CULL005399**

We will be exploring the Green Lochan, Cairngorm Estate, Aviemore with a qualified Mountain Leader for this easy walk. Please wear a sturdy pair of shoes/boots, bring your lunch and a water bottle. Be prepared for all weather, bring a jacket and wear sun screen if necessary. No hill walking experience required. In partnership with Youth Development and Active Schools.

**Car Park, Culloden Academy Leisure Centre, Inverness.**

10:30-14:00. 14 max spaces.

**FREE / FREE / FREE**

12-17 Yrs

**THURSDAY 23 JULY**  
**SINGLE DAY ACTIVITY**  
**SOCCER SCHOOL** **GLKI005124**

Early touches for future superstars! Football skills, challenges and games. Wear sports clothes and bring a drink.

**MUGA, Craigmonie Centre and Glenurquhart Community Library, Drumnadrochit.**

10:30-12:00. 16 max spaces.

**£1.50 / £1.50 / £1.50**

5-12 Yrs

**THURSDAY 23 JULY**  
**SINGLE DAY ACTIVITY**  
**MULTI SPORTS AND TEAM GAMES** **INRA004968**

We'll play all sorts of different games including, basketball, dodgeball, races, assault course and just have lots of games where we run around and have fun.

**Hilton Community Centre, Inverness.**

11:00-12:00. 10 max spaces.

**£2.60 / £2.60 / £2.60**

6-10 Yrs

**THURSDAY 23 JULY**  
**SINGLE DAY ACTIVITY**  
**ARCHERY** **GLKI005125**

Hit the bull's-eye this summer at the Craigmonie Centre. Archery coaching, games and challenges; all equipment provided. Wear comfortable clothing and bring a drink.

**Games Hall, Craigmonie Centre and Glenurquhart Community Library, Drumnadrochit.**

13:00-14:30. 12 max spaces.

**£3.50 / £3.50 / £3.50**

7-12 Yrs

**THURSDAY 23 JULY**  
**SINGLE DAY ACTIVITY**  
**DRAMA RAMA FUN THROUGH IMPROVISATION** **INHS005096**

Eden Court – Exciting drama class using imagination to create creative performances. In partnership with Eden Court.

**Hall, Raigmore Community Centre, Inverness.**

13:00-14:30. 12 max spaces.

**£3.90 / £3.90 / £3.90**

6-12 Yrs

**THURSDAY 23 JULY**  
**SINGLE DAY ACTIVITY**  
**SOCCER SCHOOL** **GLKI005126**

Early touches for future superstars! Football skills, challenges and games. Wear sports clothes and bring a drink.

**Sports Hall, Cannich Hall, Cannich Bridge.**

14:00-15:30. 16 max spaces.

**£1.50 / £1.50 / £1.50**

5-12 Yrs

**THURSDAY 23 JULY**  
**SINGLE DAY ACTIVITY**  
**COMEDY IN PERFORMANCE** **INHS004940**

Have a great laugh and learn the art of stand up comedy, comic timing and create hilarious sketches in a group. In partnership with Eden Court/ Spectrum Centre.

**Theatre, Spectrum Centre, Inverness.**

14:00-15:30. 15 max spaces.

**£3.00 / £3.00 / £3.00**

11-15 Yrs

**FRIDAY 24 JULY**  
**SINGLE DAY ACTIVITY**  
**CYCLING AND BUSHCRAFT** **CULL005398**

Bring your own bike which must be in good working order. We will be carrying out a maintenance check before we set off into Craig Phadrig Wood. If you have spare parts bring them if you need some maintenance on your bike. Bring your own helmet which must be fitting correctly. You don't have to be an experienced cyclist for this activity.

Prepare yourself for some shelter building along the way. Bring your lunch and a water bottle.

In partnership with Forestry Commission.

**Main Forestry Commission Upper Car Park, Craig Phadrig Woodland Cycle, Inverness.**

09:30-12:30. 12 max spaces.

**£5.00 / £5.00 / £5.00**

8-10 Yrs

PRICES SHOWN ILLUSTRATE: **HIGH LIFE ALL-INCLUSIVE / HIGH LIFE BUDGET / NON HIGH-LIFE**

**FRIDAY 24 JULY**  
SINGLE DAY ACTIVITY  
**TREE CLIMBING**

Explore the canopy of ancient trees using a rope and harness in the storybook setting of Inverness Islands. Safe and fun for ages 7+, and a range of physical abilities. A unique teambuilding experience for adventurers and more cautious sightseers alike. Come along and try this exciting new family activity. Please dress according to weather & bring a snack and drink.

Islands, Inverness.

10:00-12:00. 8 max spaces. INRA005358.

12:30-14:30. 8 max spaces. INRA005359.

£15.00 / £15.00 / £15.00

7-80  
Yrs

**FRIDAY 24 JULY**  
SINGLE DAY ACTIVITY  
**DESIGN YOUR OWN SEAL** INHS005276

Design & produce your own personal red seal using a family name or something which is special to you. Come & look at original old seals on historical records for inspiration. Use a mould and plasticine and press your own design into it to make your very own unique seal.

Learning Centre, Highland Archive Centre, Inverness.

10:00-12:00. 10 max spaces.

£3.00 / £3.00 / £3.00

8-11  
Yrs

**FRIDAY 24 JULY**  
SINGLE DAY ACTIVITY  
**YOUNG CHEF OF THE FUTURE – SPICY LEEK & POTATO SOUP AND CHICKEN JAMBALAYA** INHS004762

We'll prepare and cook a 2 course meal together, then we'll sit down and enjoy eating our tasty food. Perfect for all you budding Jamie Olivers out there.

James Cameron Community Centre, Inverness.

11:30-13:30. 10 max spaces.

£5.50 / £5.50 / £5.50

6-12  
Yrs

**FRIDAY 24 JULY**  
SINGLE DAY ACTIVITY  
**STINKING, SPIKEY & POISONOUS – THE GRUESOME TRUTH ABOUT PLANTS** INHS004934

Plants can't run, but they can fight! Discover the weird and wonderful ways that plants defend themselves in their struggle for survival using cunning tricks; from spikes and stinks to chemical attacks and lethal poisons. Children need to be suitably dressed for outdoors please.

Inverness Botanic Gardens (Floral Hall).

14:00-15:00. 10 max spaces.

£2.60 / £2.60 / £2.60

7-12  
Yrs

**MONDAY 27 JULY**  
5 DAY ACTIVITY  
**MULTI-SPORTS CAMP** MILL004877

Following the success of last year's camp, Active Schools return with a fantastic multi-sports week, bursting with fun activities. Come and try out a variety of sports and crafts including basketball, hockey, Zumba, martial arts, gymnastics, designing your own mug and lots more! Children should bring a packed lunch, snacks, plenty to drink and clothing suitable for indoor and outdoor activity.

Millburn Academy, Inverness.

10:00-15:30. 80 max spaces.

£10.00 / £10.00 / £10.00 (PER DAY)

5-11  
Yrs

**MONDAY 27 JULY**  
SINGLE DAY ACTIVITY  
**DECORATE A CUP CAKE WORKSHOP** INHS005291

Hidden Gem Coffee shop, Spectrum Centre, Inverness.

10:00-11:00. 14 max spaces.

£2.60 / £2.60 / £2.60

3-7  
Yrs

**MONDAY 27 JULY**  
2 DAY ACTIVITY  
**BIKEABILITY** CHAR005524

Bikeability is 'cycling proficiency' for the 21st century, designed to teach the skills and confidence to ride bikes on today's roads. This session will cover Level 2 of the Bikeability programme and develop on-road cycling skills.

Community Complex, Charleston Academy, Inverness.

10:00-15:00. 10 max spaces.

£10.00 / £10.00 / £10.00

9-14  
Yrs

**MONDAY 27 JULY**  
5 DAY ACTIVITY  
**LEARN TO SWIM – INTENSIVE PROGRAMME**

A five day intensive block of lessons aimed to progress swimmers through the skills relative to their ability in a fun and safe environment. Suitable for levels 1 & 2 or new swimmers.

Swimming Pool, Culloden Academy Leisure Centre.

10:00-10:30. 12 max spaces. CULL004579.

10:30-11:00. 12 max spaces. CULL004580.

11:00-11:30. 12 max spaces. CULL004581.

11:30-12:00. 12 max spaces. CULL004582.

FREE / £2.50 / £20.50

5-12  
Yrs

**MONDAY 27 JULY**  
SINGLE DAY ACTIVITY  
**MOUNTAIN BIKING & BUSHCRAFT DAY** GLKI005134

Ride the routes at Abriachan Forest for half the day with a Mountain Bike Leader. For the rest of the day, have fun learning bush craft skills, building shelters and cooking snacks over the fire. All equipment provided. Please bring a packed lunch and a drink and dress for the weather. In partnership with Abriachan Forest Trust.

Car Park, Abriachan Forest Trust, Inverness.

10:30-16:30. 10 max spaces.

£20.00 / £20.00 / £20.00

8-12  
Yrs

**MONDAY 27 JULY**  
SINGLE DAY ACTIVITY  
**MULTI SPORTS AND TEAM GAMES** INRA004967

We'll play all sorts of different games including, basketball, dodgeball, races, assault course and just have lots of games where we run around and have fun.

Hilton Community Centre, Inverness.

11:00-12:00. 10 max spaces.

£2.60 / £2.60 / £2.60

6-10  
Yrs

**MONDAY 27 JULY**  
5 DAY ACTIVITY  
**MULTI SPORTS**

Come along for a fun – packed hour full of different sports & activities.

Games Hall, Culloden Academy Leisure Centre.

12:00-13:00. 5-8 yrs. 16 max spaces. CULL004602.

13:00-14:00. 9-12 yrs. 16 max. CULL004603.

FREE / £2.50 / £13.00

5-12  
Yrs

**MONDAY 27 JULY**  
SINGLE DAY ACTIVITY  
**BE A BAKER AND BAKE A CAKE** INHS004926

Be the next Mary Berry and bake a delicious cake.

In partnership with Hidden Gem Coffee Shop.

Spectrum Centre, Inverness.

14:00-16:00. 12 max spaces.

£4.00 / £4.00 / £4.00

8-13  
Yrs



**TUESDAY 28 JULY**  
**3 DAY ACTIVITY**  
**SINGLETRACK SCHOOL –**  
**MTB SKILLS COURSE** **IVGN005270**

Mountain biking skills, thrills and spills. Come along to dial in those singletrack skills with our qualified leaders. Bring your own bike, helmet and pads. Bike and equipment hire available – please contact 07920451332 to arrange. Confirmation letters will be sent out upon booking. Daily pick ups at Invergordon Academy (09:00), Tore Services (09:30) and Millburn Academy (09:45). All hail the trail!

Meet at rear car park, Invergordon Academy.  
 09:00-17:00. 12 max spaces.  
**£12.00 / £12.00 / £12.00 (PER DAY)**

12-18  
Yrs

**TUESDAY 28 JULY**  
**SINGLE DAY ACTIVITY**  
**OWN A PONY FOR**  
**A MORNING** **GLKI005135**

Owning your own pony is a dream for many youngsters, come along and own one for a morning. This pony will be 'all yours', with constant supervision, to groom, tack, ride lesson, feed, muck out and turn out. Age, height and weight required – participants will be contacted upon booking. In partnership with Highland Riding Centre. Highland Riding Centre, Drumnadrochit.  
 10:00-12:30. 12 max spaces.  
**£12.00 / £12.00 / £12.00**

7-16  
Yrs

**TUESDAY 28 JULY**  
**SINGLE DAY ACTIVITY**  
**CHEER AND DANCE WITH**  
**CAMPBELL CHEER** **INRA005518**

Learn cheer leading moves and dance, including hip hop and street styles. Bring your pom poms in with you!  
 Hilton Community Centre, Inverness.  
 10:30-11:30. 12 max spaces.  
**£2.60 / £2.60 / £2.60**

6-12  
Yrs

**TUESDAY 28 JULY**  
**SINGLE DAY ACTIVITY**  
**UPCYCLING OF**  
**OLD CLOTHES** **INHS005089**

Please take old clothing, jewellery, badges, caps with you to be upcycled. Please wear old clothes. In partnership with Raigmore Community Centre. Hall, Raigmore Community Centre, Inverness.  
 11:00-13:00. 12 max spaces.  
**£3.50 / £3.50 / £3.50**

11-14  
Yrs

**TUESDAY 28 JULY**  
**SINGLE DAY ACTIVITY**  
**RECORD BREAKERS**  
**CRAFT SESSION**

Join us for record breaking craft activities in the library to help us create a colourful display.  
 Inverness Library.  
 11:00-12:00. 12 max spaces. INHS007578.  
 14:00-15:00. 12 max spaces. INHS007582.  
**FREE / FREE / FREE**

5-12  
Yrs

**TUESDAY 28 JULY**  
**SINGLE DAY ACTIVITY**  
**YOUNG CHEF OF THE FUTURE –**  
**CREAMY MUSHROOM & TOMATO**  
**PASTA AND MARSHMALLOW**  
**STRAWBERRY CHOCOLATE**  
**KEBABS** **INHS004763**

We'll prepare and cook a 2 course meal together, then we'll sit down and enjoy eating our tasty food. Perfect for all you budding Jamie Olivers out there.  
 James Cameron Community Centre, Inverness.  
 11:30-13:30. 10 max spaces.  
**£5.50 / £5.50 / £5.50**

6-12  
Yrs

**TUESDAY 28 JULY**  
**SINGLE DAY ACTIVITY**  
**CERAMIC AND GLITTER GLAZE**  
**WORKSHOP** **INHS005478**

Come and have some fun with ceramics and glitter. Please wear old clothes.  
 Hall, Raigmore Community Centre, Inverness.  
 13:30-15:00. 12 max spaces.  
**£3.50 / £3.50 / £3.50**

8-13  
Yrs

**TUESDAY 28 JULY**  
**SINGLE DAY ACTIVITY**  
**TEDDY BEARS' PICNIC** **CULL004944**

Bring along your bear for an hour of stories, songs and snacks! Pre-registration is essential.  
 Culloden Library.  
 14:00-15:00. 20 max spaces.  
**FREE / FREE / FREE**

2-6  
Yrs

**WEDNESDAY 29 JULY**  
**SINGLE DAY ACTIVITY**  
**TEDDY BEARS' PICNIC** **CULL004945**

Bring along your bear for an hour of stories, songs and snacks! Pre-registration is essential.  
 Ardersier Library.  
 10:30-11:30. 20 max spaces.  
**FREE / FREE / FREE**

2-6  
Yrs

**WEDNESDAY 29 JULY**  
**SINGLE DAY ACTIVITY**  
**ARCHERY &**  
**BUSHCRAFT DAY** **GLKI005136**

Hit the bull's-eye this summer at Abriachan Forest Trust for half the day. For the rest of the day, have fun learning bush craft skills, building shelters and cooking snacks over the fire. All equipment provided. Please bring a packed lunch and a drink and dress for the weather. In partnership with Abriachan Forest Trust.  
 Car Park, Abriachan Forest Trust, Inverness.  
 10:30-16:30. 10 max spaces.  
**£20.00 / £20.00 / £20.00**

8-12  
Yrs

**WEDNESDAY 29 JULY**  
**SINGLE DAY ACTIVITY**  
**CHEER AND DANCE WITH**  
**CAMPBELL CHEER** **INRA005519**

Learn cheer leading moves and dance, including hip hop and street styles. Bring your pom poms in with you!  
 Hilton Community Centre, Inverness.  
 10:30-11:30. 12 max spaces.  
**£2.60 / £2.60 / £2.60**

6-12  
Yrs

**WEDNESDAY 29 JULY**  
**SINGLE DAY ACTIVITY**  
**YOUNG CHEF OF THE FUTURE –**  
**TOMATO TART & SALAD AND**  
**APPLE & CINNAMON**  
**CUSTARD TART** **INHS004764**

We'll prepare and cook a 2 course meal together, then we'll sit down and enjoy eating our tasty food. Perfect for all you budding Jamie Olivers out there!  
 James Cameron Community Centre, Inverness.  
 11:30-13:30. 10 max spaces.  
**£5.50 / £5.50 / £5.50**

6-12  
Yrs

**WEDNESDAY 29 JULY**  
**SINGLE DAY ACTIVITY**  
**FUN WITH EXOTIC INSECTS**  
**AND REPTILES** **INHS004929**

Nick Martin is holding a fabulous interactive session with his amazing range of creatures including millipedes and giant cockroaches, scorpions, tarantula, snakes, bearded dragon and many more. He'll give interesting facts about their habitats and lifestyles and there may be an opportunity to get up close and personal with some of the creatures.

Inverness Botanic Gardens (Floral Hall).

14:00-15:00. 20 max spaces.

**£4.50 / £4.50 / £4.50**

7-12  
Yrs

**THURSDAY 30 JULY**  
**SINGLE DAY ACTIVITY**  
**MOUNTAIN BIKING** **CHAR005520**

For 7-11 year olds. Join our Skill session and ride around the trails at Abriachan. Bring drink and a snack and dress for the weather. Bikes and helmets can be borrowed if needed.

Car park, Abriachan Forest.

10:00-12:30. 12 max spaces.

**£8.00 / £8.00 / £8.00**

7-11  
Yrs

**THURSDAY 30 JULY**  
**SINGLE DAY ACTIVITY**  
**FOOTBALL FUN** **INRA004971**

5 a side, beat the goalie, dribbling and keepie uppies. Improve your skills and have fun playing football with your friends.

Hilton Community Centre, Inverness.

11:00-12:00. 10 max spaces.

**£2.60 / £2.60 / £2.60**

6-10  
Yrs

**THURSDAY 30 JULY**  
**SINGLE DAY ACTIVITY**  
**MOUNTAIN BIKING** **CHAR005521**

Skills session and ride around the brilliant trails at Abriachan for 12-16 year olds. Bring water and a snack and dress for the weather. Bike and helmet can be borrowed if needed.

Car Park, Abriachan Forest.

13:00-15:30. 12 max spaces.

**£8.00 / £8.00 / £8.00**

12-16  
Yrs

**FRIDAY 31 JULY**  
**10 DAY ACTIVITY**  
**BOOKMARK BUILDING** **CULL004891**

Drop-in to the library for an exciting craft to take home. Check website for library opening times.

Culloden Library.

8 max spaces.

**FREE / FREE / FREE (PER DAY)**

3-12  
Yrs

**FRIDAY 31 JULY**  
**10 DAY ACTIVITY**  
**BOOKMARK BUILDING** **CULL004893**

Drop-in to the library for an exciting craft to take home. Check website for library opening times.

Ardsier Library.

5 max spaces.

**FREE / FREE / FREE (PER DAY)**

3-12  
Yrs

**FRIDAY 31 JULY**  
**SINGLE DAY ACTIVITY**  
**FAMILY FOREST FUN** **GLKI005138**

Spend the morning in the fresh air learning bush craft skills, building dens and lighting fires.

This is a family activity and places must be booked for parents and children. Parents must take part in the whole session. Wear suitable clothes and dress for the weather.

In partnership with Abriachan Forest Trust.

Car Park, Abriachan Forest Trust, Inverness.

10:30-13:00. 20 max spaces.

**£5.00 / £5.00 / £5.00**

4-99  
Yrs

**FRIDAY 31 JULY**  
**SINGLE DAY ACTIVITY**  
**YOUNG CHEF OF THE FUTURE –**  
**CHICKEN CURRY & NAAN BREAD**  
**AND SUMMER FRUIT CRUMBLE**  
**& ICE CREAM** **INHS004765**

We'll prepare and cook a 2 course meal together, then we'll sit down and enjoy eating our tasty food.

Perfect for all you budding Jamie Olivers out there.

James Cameron Community Centre, Inverness.

11:30-13:30. 10 max spaces.

**£5.50 / £5.50 / £5.50**

6-12  
Yrs

**FRIDAY 31 JULY**  
**SINGLE DAY ACTIVITY**  
**FAMILY FOREST FUN** **GLKI005139**

Navigate the routes and trails of the Abriachan Forest in a geo-caching Treasure Hunt. This is a family activity and places must be booked for parents and children. Parents must take part in the whole session. Wear suitable clothes and dress for the weather. In partnership with Abriachan Forest Trust.

Car Park, Abriachan Forest Trust, Inverness.

13:30-16:00. 20 max spaces.

**£5.00 / £5.00 / £5.00**

4-99  
Yrs

**FRIDAY 31 JULY**  
**SINGLE DAY ACTIVITY**  
**FUN IN THE SUN** **CHAR005484**

Fun games and races -inside and out. Water may feature and don't forget the sunscreen!

Hall / Outside, Charleston Community Complex, Inverness.

13:30-15:00. 30 max spaces.

**£3.00 / £3.00 / £3.00**

8-12  
Yrs

**FRIDAY 31 JULY**  
**SINGLE DAY ACTIVITY**  
**MINI BEAST SAFARI** **INHS004938**

Search through bark and bushes, grasses and under stones – what will you find? We'll help you identify the mini beasts and to find out a bit about the food chain and what makes a good habitat for birds and animals.

Inverness Botanic Gardens (Floral Hall).

14:00-15:00. 10 max spaces.

**£2.60 / £2.60 / £2.60**

7-12  
Yrs

**MONDAY 03 AUGUST**  
**3 DAY ACTIVITY**  
**RACKET SPORTS CAMP** **CHAR004703**

Join us for some SMASHING fun! Badminton, Table Tennis, Tennis and Squash sessions for all levels. Bring a packed lunch and indoor shoes. Equipment provided. In partnership with Inverness Tennis & Squash Club.

Sports Hall, Charleston Academy Community Complex, Inverness.

10:00-15:00. 30 max spaces.

**£30.00 / £30.00 / £30.00**

8-16  
Yrs

**MONDAY 03 AUGUST**  
**5 DAY ACTIVITY**  
**LEARN TO SWIM –**  
**INTENSIVE PROGRAMME**

A five day intensive block of lessons aimed to progress swimmers through the skills relative to their ability in a fun and safe environment. Suitable for levels 1 & 2 or new swimmers.

Swimming Pool, Culloden Academy Leisure Centre.

10:00-10:30. 12 max spaces. CULL004583.

10:30-11:00. 12 max spaces. CULL004584.

11:00-11:30. 12 max spaces. CULL004585.

11:30-12:00. 12 max spaces. CULL004586.

18:00-18:30. 12 max spaces. CULL004587.

18:30-19:00. 12 max spaces. CULL004588.

**FREE / £2.50 / £20.50**

5-12  
Yrs

**MONDAY 03 AUGUST**  
**SINGLE DAY ACTIVITY**  
**KRAFTY KORNER –**  
**GLITTER GLOBES** **INHS004917**  
 We all know what snow globes are – we will be making summer sunshine glitter globes.  
**James Cameron Community Centre, Inverness.**  
 11:00-12:00. 10 max spaces.  
**£2.60 / £2.60 / £2.60** **7-12 Yrs**

**MONDAY 03 AUGUST**  
**SINGLE DAY ACTIVITY**  
**KRAFTY KORNER –**  
**GLITTER GLOBES** **INRA005001**  
 We all know what snow globes are – we will be making summer sunshine glitter globes.  
**Hilton Community Centre, Inverness.**  
 14:00-15:00. 10 max spaces.  
**£2.60 / £2.60 / £2.60** **7-12 Yrs**

**TUESDAY 04 AUGUST**  
**SINGLE DAY ACTIVITY**  
**BEGINNER KAYAKING A** **INHS005310**  
 Discover the joys of paddling! Get wet (or not) in Muirtown Basin with a bunch of new friends.  
 Must be able to swim. Bring swimwear, old trainers, a complete change of clothes, towel, snack, drink and sun protection. Come 10mins early to change (meet at the car park near the sea lock gate).  
**Sea lock gate car park, Muirtown Basin, Inverness.**  
 09:30-12:30. 6 max spaces.  
**£20.00 / £20.00 / £20.00** **10-16 Yrs**

**TUESDAY 04 AUGUST**  
**SINGLE DAY ACTIVITY**  
**GORGE WALK** **CULL006551**  
 Are you feeling brave? Then come and try our gorge walk using our caving suit, buoyancy aid and helmet. You will get wet so please wear a swim suit or shorts and T shirt and bring a complete change of clothes, old trainers and a towel. Meet directly beneath the South end of the Culloden Viaduct on the small back road between Clava Lodge and Dalroy.  
**Between Clava Lodge and Dalroy, Culloden Viaduct, Inverness.**  
 09:30-12:00. 10 max spaces. CULL006551.  
 13:00-15:30. 10 max spaces. CULL006552.  
**£16.00 / £16.00 / £16.00** **8-16 Yrs**

**TUESDAY 04 AUGUST**  
**SINGLE DAY ACTIVITY**  
**WILDLIFE MINI WORLD** **INRA005167**  
 Get really close to the Highland Wildlife at Inverness Museum, take part in a Wildlife Trail Treasure Hunt and get creative designing and making your own animal mini world.  
**Room to Discover, Inverness Museum and Art Gallery.**  
 10:30-12:30. 14 max spaces.  
**£3.50 / £3.50 / £3.50** **8-12 Yrs**

**TUESDAY 04 AUGUST**  
**SINGLE DAY ACTIVITY**  
**MULTI SPORTS AND TEAM GAMES** **INRA004970**  
 We'll play all sorts of different games including, basketball, dodgeball, races, assault course and just have lots of games where we run around and have fun.  
**Hilton Community Centre, Inverness.**  
 11:00-12:00. 10 max spaces.  
**£2.60 / £2.60 / £2.60** **6-10 Yrs**

**TUESDAY 04 AUGUST**  
**3 DAY ACTIVITY**  
**SHINTY SUMMER CAMP** **INRA007550**  
 First ever Summer Shinty Camp hosted by Inverness Shinty Club – You will have fun, learn new Shinty skills and play lots of small sided games, competitions and prizes for players. Its going to be a blast! In partnership with Inverness Shinty Club.  
**Shinty Pitch, Bught Park Stadium (and pitches x 8), Inverness.**  
 13:00-16:00. 50 max spaces.  
**£10.00 / £10.00 / £10.00** **7-14 Yrs**

**TUESDAY 04 AUGUST**  
**SINGLE DAY ACTIVITY**  
**BEGINNER KAYAKING B** **INHS005388**  
 Discover the joys of paddling! Get wet (or not) in Muirtown Basin with a bunch of new friends.  
 Must be able to swim. Bring swimwear, old trainers, a complete change of clothes, towel, snack, drink and sun protection. Come 10mins early to change (meet at the car park near the sea lock gate).  
**Sea lock gate car park, Muirtown Basin, Inverness.**  
 13:30-16:30. 6 max spaces.  
**£20.00 / £20.00 / £20.00** **10-16 Yrs**

**WEDNESDAY 05 AUGUST**  
**SINGLE DAY ACTIVITY**  
**CANADIAN CANOEING** **INHS005309**  
 Canadian-style Paddling! Get wet (or not!) in Muirtown Basin with a bunch of new friends. Must be able to swim. Bring swimwear, old trainers, towel, a complete change of clothes, a snack, drink + sun protection. Come 10mins early to change (meet at the car park near the sea lock gate).  
**Sea lock gate car park, Muirtown Basin, Inverness.**  
 09:30-12:30. 8 max spaces.  
**£20.00 / £20.00 / £20.00** **10-16 Yrs**

**WEDNESDAY 05 AUGUST**  
**SINGLE DAY ACTIVITY**  
**KRAFTY KORNER –**  
**CARD CREATIONS** **INHS004919**  
 Using glitters, glue, pom poms, twisters, googly eyes, paints, sticky things and everything else in the craft box. How many lovely cards can you make?  
**James Cameron Community Centre, Inverness.**  
 11:00-12:00. 10 max spaces.  
**£2.60 / £2.60 / £2.60** **7-12 Yrs**

**THURSDAY 06 AUGUST**  
**SINGLE DAY ACTIVITY**  
**OWN A PONY DAY** **GLKI005145**  
 Owning a pony is a dream for many youngsters, come and own one for a day. This pony will be 'all yours', with constant supervision, to groom, tack, ride (lesson and ride out), feed and turn out.  
 Age, height and weight required – participants will be contacted upon booking. In partnership with Highland Riding Centre.  
**Highland Riding Centre, Drumnadrochit.**  
 10:30-15:30. 12 max spaces.  
**£20.00 / £20.00 / £20.00** **9-15 Yrs**

**THURSDAY 06 AUGUST**  
**2 DAY ACTIVITY**  
**ATHLETICS** **CHAR004702**  
 Come along and join our Run, Jump and Throw sessions at this years Athletics camp. Bring packed lunch and indoor and outdoor gear.  
**sports hall, Charleston Academy Community Complex, Inverness.**  
 10:30-15:00. 40 max spaces.  
**£20.00 / £20.00 / £20.00** **5-12 Yrs**

**THURSDAY 06 AUGUST**  
**SINGLE DAY ACTIVITY**  
**KRAFTY KORNER –**  
**LUNAR LANTERNS** **INHS004920**

We are creating our very own lanterns, decorating them with paints and stickers and other krafty things. Perfect for your bedroom or in your back garden.

James Cameron Community Centre, Inverness.

11:00-12:00. 10 max spaces.

**£2.60 / £2.60 / £2.60**

7-12  
Yrs

**THURSDAY 06 AUGUST**  
**3 WEEK ACTIVITY**  
**FIMO MODELLING** **GLKI007570**

Making models using Fimo modelling clay

Library, Drumnadrochit.

13:30-15:30. 10 max spaces.

**£3.00 / £3.00 / £3.00 (PER DAY)**

7-13  
Yrs

**THURSDAY 06 AUGUST**  
**SINGLE DAY ACTIVITY**  
**KRAFTY KORNER –**  
**LUNAR LANTERNS** **INRA005002**

We are creating our very own lanterns, decorating them with paints and stickers and other krafty things. Perfect for your bedroom or in your back garden.

Hilton Community Centre, Inverness.

14:00-15:00. 10 max spaces.

**£2.60 / £2.60 / £2.60**

7-12  
Yrs

**FRIDAY 07 AUGUST**  
**SINGLE DAY ACTIVITY**  
**FOOTBALL FUN** **INRA004972**

5 a side; beat the goalie; dribbling; keepie uppies; Improve your skills and have fun playing football with your friends.

Hilton Community Centre, Inverness.

11:00-12:00. 10 max spaces.

**£2.60 / £2.60 / £2.60**

6-10  
Yrs

**FRIDAY 07 AUGUST**  
**SINGLE DAY ACTIVITY**  
**STINKING, SPIKEY & POISONOUS –**  
**THE GRUESOME TRUTH ABOUT**  
**PLANTS** **INHS004935**

Plants can't run, but they can fight! Discover the weird and wonderful ways that plants defend themselves in their struggle for survival using cunning tricks; from spikes and stinks to chemical attacks and lethal poisons. Children need to be suitably dressed for outdoors please.

Inverness Botanic Gardens (Floral Hall).

14:00-15:00. 10 max spaces.

**£2.60 / £2.60 / £2.60**

7-12  
Yrs

**MONDAY 10 AUGUST**  
**3 DAY ACTIVITY**  
**CULLODEN MINI**  
**SUMMER CAMP** **CULL004748**

Join us for 3 days of amazing activity which includes playing a little sport, dancing, painting mugs, gymnastics, jumping the height of fleas and exploring the outdoors with the country side ranger and of course we have made sure there is some quiet time for story telling. Meet lots of new friends on this camp which is just long enough to pack in those exciting activities and allows you to relax for the next day. Please come prepared for both indoor and outdoor activity, so indoor and outdoor shoes, hats, jackets and sunscreen for our unpredictable weather! Bring a water bottle and a snack. Please register at 9.45am at the Culloden Academy reception area. In partnership with Active Schools, Sports Leaders, Libraries and Country Side Ranger. Gym Hall, Culloden Academy Leisure Centre, Inverness.

10:00-12:00. 20 max spaces.

**£4.00 / £4.00 / £4.00 (PER DAY)**

4-6  
Yrs

**MONDAY 10 AUGUST**  
**3 DAY ACTIVITY**  
**CULLODEN MULTI SPORTS**  
**SUMMER CAMP** **CULL004749**

Join us for 3 days of amazing activity which includes playing a little sport, dancing, painting mugs, gymnastics, exploring the outdoors with the country side ranger. Meet lots of new friends on this camp which is just long enough to pack in those exciting activities and allows you to relax for the next day. Please come prepared for both indoor and outdoor activity, so indoor and outdoor shoes, hats, jackets and sunscreen for our unpredictable weather! Bring a packed lunch and plenty water. Please register at 9.45am at the Culloden Academy reception area.

In partnership with Country Side Ranger, Sports Leaders and Active Schools.

Sports Hall, Culloden Academy Leisure Centre, Inverness.

10:00-14:00. 20 max spaces.

**£6.00 / £6.00 / £6.00 (PER DAY)**

7-11  
Yrs

**MONDAY 10 AUGUST**  
**5 DAY ACTIVITY**  
**LEARN TO SWIM –**  
**INTENSIVE PROGRAMME**

A five day intensive block of lessons aimed to progress swimmers through the skills relative to their ability in a fun and safe environment. Suitable for levels 1 & 2 or new swimmers.

Swimming Pool, Culloden Academy Leisure Centre.

10:00-10:30. 12 max spaces. CULL004589.

10:30-11:00. 12 max spaces. CULL004590.

11:00-11:30. 12 max spaces. CULL004591.

11:30-12:00. 12 max spaces. CULL004592.

18:00-18:30. 12 max spaces. CULL004593.

18:30-19:00. 12 max spaces. CULL004594.

**FREE / £2.50 / £20.50**

5-12  
Yrs

**WEDNESDAY 12 AUGUST**  
**SINGLE DAY ACTIVITY**  
**SPIES & ALIENS** **INHS005269**

Imagine what it was like to live in the Highlands during World War One. You would need to have a Defence of the Realm Pass. Come along and look at old passes from the time and make your own pass complete with photograph.

Learning Centre, Highland Archive Centre, Inverness.

10:00-12:00. 10 max spaces.

**£3.00 / £3.00 / £3.00**

8-11  
Yrs

**THURSDAY 13 AUGUST**  
**SINGLE DAY ACTIVITY**  
**FOSSILIZE!** **INRA005168**

Get your hands on some of the amazing fossils at Inverness Museum, including our humungous dinosaur vertebrae and a 'flying fish' from the bottom of the loch. Then get busy making your own fantastic fossils!

Room to Discover, Inverness Museum and Art Gallery.

10:30-12:00. 14 max spaces.

**£3.50 / £3.50 / £3.50**

8-12  
Yrs

**THURSDAY 13 AUGUST**  
**SINGLE DAY ACTIVITY**  
**WEAVING MAGIC** **INRA005169**

Learn about what people in the Highlands wore in the past and then learn how to weave your own piece of Viking, Jacobite or Victorian inspired cloth!

Room to Discover, Inverness Museum and Art Gallery.

13:00-14:30. 14 max spaces.

**£3.50 / £3.50 / £3.50**

8-12  
Yrs



# YOUTH ACTIVITIES IN YOUR AREA

FRIDAY 26 JUNE  
SINGLE DAY ACTIVITY

**FUSION** **INHS005356**

Two hours of mixed activities chosen by young people for young people, including Caledonian FC football skills, arts & crafts, silent disco and circus skills.

Merkinch, Merkinch Community Centre, Inverness.

19:00-21:00. 30 max spaces.

**FREE / FREE / FREE**

11-18  
Yrs

FRIDAY 03 JULY  
SINGLE DAY ACTIVITY

**FUSION** **INRA005376**

Come along and join in the fun. Activities include football, badminton, table tennis, jewellery making, arts and crafts.

Hilton Community Centre.

19:00-22:00. 70 max spaces.

**FREE / FREE / FREE**

12-18  
Yrs

FRIDAY 03 JULY  
SINGLE DAY ACTIVITY

**FUSION** **MILL005347**

Fusion at the Spectrum Centre, loads of Activities, Arts and Crafts, Xbox 360's and pool etc.

All areas, Spectrum Centre, Inverness.

19:00-21:00. 30 max spaces.

**FREE / FREE / FREE**

11-18  
Yrs

SATURDAY 04 JULY  
SINGLE DAY ACTIVITY

**FUSION** **CHAR005438**

Schools out for summer – celebrate the start of the holidays at Fusion in Inverness Leisure. Our Programme is jam packed full of fantastic free activities to enjoy including swimming, gym (prior gym induction required) climbing wall and lots more. In partnership with Inverness Leisure.

Inverness Leisure, Inverness.

19:30-21:30. 200 max spaces.

**FREE / FREE / FREE**

12-18  
Yrs

SATURDAY 11 JULY  
SINGLE DAY ACTIVITY

**FUSION** **GLKI005365**

Lasertag – come and shoot your pals with lasers, hide behind obstacles. Other activities on offer as well.

Sports Field, Craigmonie Centre, Drumnadrochit.

18:00-21:00. 40 max spaces.

**FREE / FREE / FREE**

11-18  
Yrs

FRIDAY 24 JULY  
SINGLE DAY ACTIVITY

**FUSION** **CULL005314**

Want something different to do on Friday evening?

Come along to this free inflatable fun session for teenagers only. Other activities are on offer.

Swimming Pool, Culloden Academy Leisure Centre.

19:00-21:00. 30 max spaces.

**FREE / FREE / FREE**

11-18  
Yrs

FRIDAY 07 AUGUST  
SINGLE DAY ACTIVITY

**FUSION** **INRA005377**

Come along to our fun fusion event in Hilton with football, dance, badminton, table tennis, arts and crafts, games and quizzes

Hilton Community Centre.

19:00-22:00. 60 max spaces.

**FREE / FREE / FREE**

12-18  
Yrs

SATURDAY 15 AUGUST  
SINGLE DAY ACTIVITY

**FUSION** **MILL005044**

Fusion at Inverness leisure, all facilities open, Gym Swimming pool, Games halls for Badminton and football, laser quest and much much more.

All areas, Inverness Leisure, Inverness.

19:00-21:00. 30 max spaces.

**FREE / FREE / FREE**

11-18  
Yrs

SATURDAY 15 AUGUST  
SINGLE DAY ACTIVITY

**FUSION** **CHAR005439**

celebrate the end of the summer holidays at Fusion in Inverness Leisure. Programme jam packed full of fantastic free activities to enjoy including swimming, gym (prior gym induction required) climbing wall and lots more. In partnership with Inverness Leisure.

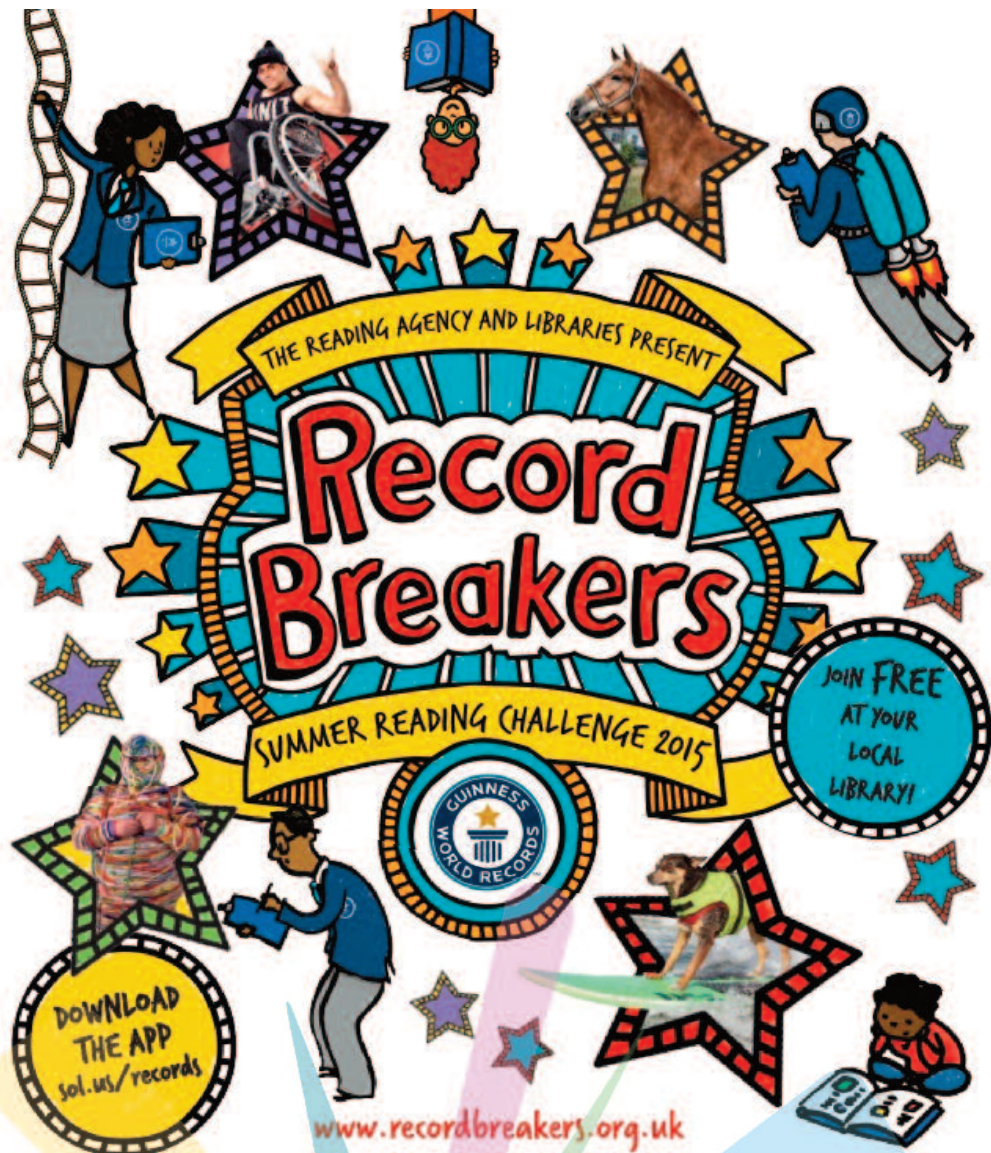
Inverness Leisure, Inverness.

19:30-21:30. 400 max spaces.

**FREE / FREE / FREE**

11-18  
Yrs





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