



Black Isle Leisure Centre

It's time for the Black Isle Leisure Centre's October Holiday Club

Monday 10th October – Friday 14th October 2016

Monday 17th October – Friday 21st October 2016

We have got absolutely heaps of exciting activities to keep you busy throughout the two weeks of the October holidays.

Open to ALL Primary 1 – 7 children

10.30 am – 1.00 pm

(Bookings open Friday 30th September from 6.00 -7.30pm)

Most activities FREE on High Life

Black Isle Leisure Centre, Deans Road, Fortrose, IV10 8TJ

01381 621252

IMPORTANT INFORMATION

Welcome to our activity programme for the October holidays. We hope everyone will enjoy this fun packed playscheme as much as usual.

Please register at reception on arrival and please make sure you have your

High Life Card so we can process your registration to the Playscheme quickly.

To ensure a prompt service please bring the correct payment as change is limited.

Playscheme times are 10.30am – 1.00pm.

Week One	Monday 10th October – Friday 14th October 2016
Week Two	Monday 17th October – Friday 21st October 2016

Below is a quick summary of the arrangements:

10.30am	Registration time, please arrive promptly.
11.00am - 1.00pm	Activity Session – an hour of specific activity e.g Crazy Maze Session and an hour of games (activities vary each day).

Activities provided by the Leisure Centre staff *

High Life All Inclusive Members FREE

Budget £0.50

Non High Life Members £2.75

Activities provided by teachers/instructors who are not L.C. staff **

Additional costs may be charged to support the cost of running this activity - the additional cost for any individual activity is indicated on the programme.

How to book:

Your children must be booked on to our activities by using the enclosed booking form. All booking forms must be **received along with payment in advance** of activity day to confirm your place. Please note bookings cannot be made over the telephone.

Bookings will be open on Friday 30th September 6.00pm at the Leisure Centre - no bookings will be taken prior to this time.

FITNESS CLASS INFORMATION

Why not come along and try some of the other activities that are on offer at the Black Isle Leisure Centre. Below are only a few of the activities that are included by the Highlife All Inclusive membership.

Pump FX

Mondays 6.00-6.45pm

Wednesdays 6.30-7.30pm

Thursdays 10.00-11.00 am

Body Attack

Mondays 6.50-7.35pm

Thursdays 6.45-7.45pm

Body Balance

Mondays & Wednesdays 8.15-9.15pm

Fridays 10.00-11.00am

CX Worx

Mondays 7.40-8.10pm

Thursdays 8.00-8.30pm

Metafit

Wednesdays 7.35-8.05pm

Spinning

Mondays & Wednesdays 7.00-7.45pm

Tuesdays 7.30-8.15pm

Thursdays 6.30-7.15pm

Sundays 10.15-11.00am

HIGH LIFE INFORMATION

Join in and Join **High Life** Today

Fantastic Value

All Inclusive membership:

Family £29.00 per month

Individual £20.00 per month

Pay as you go prices from 1st of April:

Fitness Suite session £6.20 per session

Exercise class £5.50 per session

Children's class £2.75 per session

If you do your sums then you will find it's to your benefit if you join the **High Life** Membership scheme.

It's quick and easy to do, just ask at reception or call us and we will be happy to help and give you any more information you need.

Your **High Life** Membership gives you access to 22 leisure centres in the Highlands and enables you to borrow books from any Highland library.

OCTOBER PROGRAMME

Week One

Age Group	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th
P1-2	Airtrack Attack	Ghost Busters	Colourful Creations	Whacky Races	Frankie & Lolas Trip ** £13.00 per child
P3-4					
P5-7	Sporting Challenge	Construction Day	Nairn Fun Day ** £9.00 per child	Gym & Fitness Challenge	

Week Two

Age Group	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st
P1-2	Team Wars	Movie Time	Creepy Crafts	Bouncing Balls	Fancy Dress Party
P3-4					
P5-7	Horror Make-up	Inflatable Day	Extreme Dodgeball & Handball	Crazy Costumes	Halloween Party

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INFORMATION ABOUT OUR OCTOBER ACTIVITIES

Airtrack Attack P1-P4—Let us kick off the October Playscheme in style by running, climbing and bouncing on our new super bouncy air track!

Sporting Challenge P5-P7—A mixture of your favourite sports and races to get you moving on the first morning of October Playscheme.

Ghost Busters P1-P4—Come along and help us hunt down all the ghosts we have lurking around the centre. The more ghosts you catch, the better!

Construction Day P5-P7—We have wood and cardboard galore so lets see what you can make from it all.

Colourful Creations P1-P4—Just as it sounds. Today we take out all the colours we have in the form of paint, pens, paper and glitter. What will you create?

Nairn Fun Day P5-P7—Lets board the bus at the Leisure Centre and take a trip to the sea-side followed by a swim at Nairn Leisure.

Whacky Races P1-P4—Ready, Steady, GO! These races will get you both moving and laughing.

Gym & Fitness Challenge P5-P7—Are you ready for Gareth's gym & fitness challenge? Make sure you take plenty of water in case it's a tough work out!

Frankie & Lola's Trip P1-P4—Hop on the bus as it is taking us to Frankie & Lola's for hours of fun in the soft play area with some time for lunch in-between. *Please note this will be an extended session and lunch will be provided by Frankie & Lola's.*

Team Wars P1-P4—This morning we are turning our main hall into a battlefield for you to roam. Will it be your team that comes out victorious?

Horror make up P5-P7—Don't worry boys its not make up just for girls, its horror make up! Who can create the nastiest look?!

Movie Time P1-P4—Feet up, relax and don't forget your snacks this morning as we watch a film on our very own cinema screen.

Inflatable Day P5-P7—Today is all about bouncing, bouncing and more bouncing! Who can go the highest?!

Creepy Crafts P1-P4—Come along for some spooky & creepy crafts just in time for Halloween.

Extreme Dodgeball & Handball P5-P7—Hand-eye co-ordination is essential for this morning. We are going to be throwing and catching all session to earn your team points.

Bouncing Balls P1-P4—Today we are using all things round. We have some games, challenges and fun in-store for you.

Crazy costumes P5-P7—What costume can you make from the old rags that we have? Feel free to bring any old unwanted material with you to make yourself a crazy costume.

Fancy Dress Party P1-P4—The end of playscheme is here so lets get dressed up in your favourite fancy dress costumes and have a party.

Halloween Party P5-P7—Lets celebrate the end of our fun filled playscheme with a Halloween Party. Remember to wear your crazy costume you made yesterday or bring along another.

BILC PLAYScheme POLICIES

OUR AIM

We aim to provide a range of different and stimulating activities for all to enjoy.

We aim for all participants to have lots of fun in a safe environment.

We are committed to delivering a professional service lead by dedicated, experienced and trained staff.

We provide the following information for you, to help to enhance your child's enjoyment of the activities.

CLOTHING

As the children will be doing a great deal of physical activity and also various craft projects it is advisable for them to wear loose, comfortable clothing. Clean training shoes are the preferred footwear, please do not wear Crocs. During craft days it would be advisable to wear old clothes. Some activities may be outside so please bring a coat/waterproof.

*ARRIVAL AND DEPARTURE TIMES

We are expecting high participant numbers for many of the activities so you need to come in good time to register so you don't miss any of the fun.

*Entry after activities have started will be at the Manager's discretion. Please pick your child up promptly at the end of the session.

We will be asking you to collect your child from one of the rooms within the centre as your child's safety is of paramount concern to us. If you are unable to collect your child and have asked someone else to do so can you please let reception staff know. (Please check that your child has all his/her belongings with them on departure as we cannot be held responsible for lost or damaged items).

BRING A SNACK

At the Black Isle Leisure Centre we are committed to a healthy lifestyle. Where possible can you provide your child with a healthy snack to re-enforce our healthy eating policy?

MEDICATION

Your child's needs are always our primary concern so we will be asking you to fill in a medical questionnaire with any medication needs. We will treat any medical information with the strictest confidence and the information will be stored in a locked cabinet.

B.I.L.C. POLICIES

The centre operates under High Life Highland policy guidelines which include Health and Safety, Equal Opportunities, Child Protection and Confidentiality. Any parent wishing to read these policies can ask the staff. We also operate under a management led code of conduct and if any parent has concerns or worries please do not hesitate to speak to a member of staff.

APPROPRIATE BEHAVIOUR

The centre seeks to promote a positive ethos using praise and encouragement rather than sanction. However, we do have certain rules of good behaviour which we will constantly re-enforce. If issues with behaviour do occur, we will speak to the individual child and the parent/carer if appropriate.