

All week long  
**October  
activities**

# SCHOOLS' OUT



Available to book from Monday 10th September 2018 at 10:00

Inverness Leisure, Bught Lane  
Inverness IV3 5SS T: 01463 667500 [www.invernessleisure.co.uk](http://www.invernessleisure.co.uk)

### WEEK LONG ACTIVITIES

Swimming Lessons, Climbing classes, Balanceability, Athletics and Introduction to Lifeguarding courses!

### SINGLE SESSION ACTIVITIES

Team Games, GameFit, Inflatables, Teen Exercise, Waterwalkerz, Play & Go, Play Time, Mini Tennis Futsal and Racket Sports.

All activities available to book online at: [booking.highlifehighland.com](http://booking.highlifehighland.com)

Monday 22 - Friday 26 October 2018

## Swimming Lessons & Coached Activities

### Week Long Intensive: Monday-Friday

TIME	CLASS LEVEL	HL MEMBER/PAYG	CODE
0930-1000	Swim Start	FREE/£15	001034CHAR
0930-1000	Deep Water Confidence	FREE/£15	001038CHAR
1000-1030	Diving	FREE/£15	001040CHAR
1000-1030	Swim Back Crawl	FREE/£15	001041CHAR
1030-1100	Swim Front Crawl	FREE/£15	001043CHAR
1030-1100	Swim Confidence	FREE/£15	001044CHAR
1100-1130	Swim For Fitness	FREE/£15	001045CHAR
1100-1130	Swim Start	FREE/£15	001035CHAR
1130-1200	Over 8 Beginners	FREE/£15	001046CHAR
1130-1200	Swim Start	FREE/£15	001036CHAR
1300-1330	Swim Breast Stroke	FREE/£15	001051CHAR
1300-1330	Deep Water Confidence	FREE/£15	001039CHAR
1330-1400	Swim Start	FREE/£15	001037CHAR
1330-1400	Introduction To Lifeguarding	FREE/£15	001047CHAR
1400-1430	Introduction To Lifeguarding	FREE/£15	001048CHAR
1400-1430	Swim Back Crawl	FREE/£15	001042CHAR

TIME	ACTIVITY CLIMBING WALL	HL MEMBER/PAYG	CODE
1000-1100	Climbing (5-8 years)	£15/£20	001022CHAR
1115-1215	Climbing (5-8 years)	£15/£20	001023CHAR
1230-1330	Climbing (9-15 years)	£15/£20	001024CHAR
1415-1515	Climbing (5-8 years)	£15/£20	001025CHAR
1530-1630	Climbing (9-15 years)	£15/£20	001026CHAR

Please ensure parental permission slips are completed prior to the session

TIME	ACTIVITY SPORTS HALL 1	HL MEMBER/PAYG	CODE
1030-1115	Balletbatix (3-5 years)	£15/£20	001107CHAR
1115-1215	Balletbatix (6-12 years)	£15/£20	001108CHAR

TIME	ACTIVITY QUEENS PARK	HL MEMBER/PAYG	CODE
1200-1230	Athletics (3-4 years)	£15/£20	001020CHAR
1230-1315	Athletics (5-7 years)	£15/£20	001218CHAR
1315-1400	Athletics (8-12 years)	£15/£20	001021CHAR

TIME	ACTIVITY SPORTS HALL 2	HL MEMBER/PAYG	CODE TIME
1515-1600	Balanceability (2.5-5 years)	£15/£20	001027CHAR

## Single Session Activities

TIME	AGE GROUP	LOCATION	PAYABLE/HIGH LIFE	CODE
<b>GAMEFIT (Monday &amp; Thursday)</b>				
1500-1530	4 - 7	Sports Hall 1	HL	001052CHAR
1530-1600	8- 12	Sports Hall 1	HL	001053CHAR
<b>FUTSAL (Wednesday)</b>				
1230-1330	4 - 7	Sports Hall 1	HL	001058CHAR
1330-1430	8 - 12	Sports Hall 1	HL	001059HCHAR
<b>INFLATABLE FUN (Monday, Wednesday &amp; Friday)</b>				
1500-1545	Pre-School	Sports Hall 1	£1	001056CHAR
1545-1630	5 - 10	Sports Hall 1	£1	001057CHAR
<b>PLAY &amp; GO (Thursday)</b>				
1230-1315	3 and under*	Sports Hall 1	HL	001049CHAR
1315-1400	4 - 7	Sports Hall 1	HL	001050CHAR
*Children must be walking to take part in this activity				
<b>PLAY TIME (Tuesday)</b>				
1330-1415	Pre-school	Sports Hall 1	£1	001054CHAR
1415-1500	5 - 10	Sports Hall 1	£1	001055CHAR
<b>MINI TENNIS (Thursday)</b>				
1030-1130	5 - 8	Sports Hall 1	HL	001060CHAR
1130-1230	9 - 12	Sports Hall 1	HL	001061CHAR
<b>RACKET SPORTS (Tuesday)</b>				
1030-1130	4 - 7	Sports Hall 1	HL	001062CHAR
1130-1230	8 - 12	Sports Hall 1	HL	001063CHAR
<b>TEAM GAMES (Monday, Wednesday &amp; Friday)</b>				
1230-1330	4 - 7	Sports Hall 1	HL	001064CHAR
1330-1430	8 - 12	Sports Hall 1	HL	001065CHAR
<b>TEEN FITNESS (Tuesday)</b>				
1400-1500	11 - 16	Queens Park/Sports Hall 1	HL	001067CHAR
<b>TEEN GYM (Thursday)</b>				
1600-1700	11 - 16	Gym	HL	001066CHAR
<b>WATERWALKERZ (Monday, Wednesday &amp; Friday)</b>				
1515-1615	5 - 15	Competition Pool	HL	001068CHAR
1615-1715	5 - 15	Competition Pool	HL	001069CHAR

## Outdoor Activities

TIME	AGE GROUP	LOCATION	HL MEMBER/PAYG	CODE
<b>STAND UP PADDLE BOARDING (25th October)</b>				
0930-13:00	8+	Queens Park Office	£12.75/£15	001116INHS
13:30:1600	8+	Queens Park Office	£12.75/£15	001117INHS
<b>PADDLE POWER PASSPORT AT THE PARK (18th &amp; 19th October) 2 DAY COURSE</b>				
0930-1600	8-15	Queens Park Office	£62/£80	001115INHS
<b>MULTI ACTIVITY WEEK (15th-17th October) 3 DAY COURSE</b>				
0930-1600	8-15	Queens Park Office	£90/110	001113INHS
<b>MULTI ACTIVITY WEEK (21st-23rd October) 3 DAY COURSE</b>				
0930-1600	8-15	Queens Park Office	£90/110	001114INHS

*Where High Life is specified, activities are charged at £3 for Pay as You Go users*

Please note that children age 7 years and under **MUST** have a parent/guardian present for the duration of all activities

## Athletics

### WEEK LONG INTENSIVE

Children will learn and develop athletics skills in a range of fun run, jump and throw events. During the sessions, children will take part in a variety of games and activities to promote development and movement skills. The week long athletics classes are a fun activity and are suitable for all children regardless of their ability/skill level.



## Climbing

### WEEK LONG INTENSIVE

Our week long introduction to climbing classes provides children the opportunity to become familiar with heights whilst participating in fun and friendly bouldering games and scale the heights of our 10m high main wall. Older age groups will also learn how to fit their own harnesses, tie knots and belay (hold the rope) for their fellow climbers.



## BALANCEABILITY

### WEEK LONG INTENSIVE

Balanceability provides children with a great opportunity to become competent cyclists at an early age through the development of balance and control. The classes are made up of progressive learning experiences, incorporating fun ways to learn to cycle on balance bikes.



## Introduction to Lifeguarding FREE\*

### WEEK LONG INTENSIVE

Are you a competent swimmer? Would you like to learn some lifesaving skills? If you answered yes, then this course is for you. During this week long intensive course you will learn basic lifesaving skills both in and out of the pool.

\* Free to all inclusive HighLife members  
£15 to Pay As You Go Users



## Swimming FREE\*

### WEEK LONG INTENSIVE

Are you currently in our swimming programme? Our week long intensive courses may be just what you need to move up to the next level. If you are unsure what level to enrol in, please ask at reception to arrange an assessment prior to the programme commencing. If you are a competent swimmer or have already completed our Learn To Swim scheme, our Swim For Fitness classes are ideal to improve fitness, stamina and stroke technique.

\* Free to all inclusive HighLife members £15 to Pay As You Go Users





## Inflatable Fun £1

Our inflatable slide and bouncy castle is a great way to let the kids run around and burn off some energy! Bring your kids along and if they love it, don't forget you can book these for private hire, birthday parties etc.



## Play Time £1

Play Time is a fun interactive activity including team games, soft play and bouncy castle.

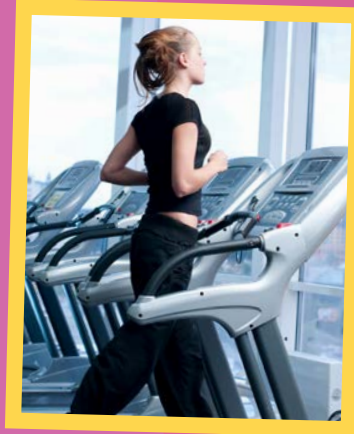
This is a fun filled 45 minute session with full use of half the main sports hall.

## Teen Exercise FREE\*

**Teen Gym** is small group gym sessions which focuses on the correct instruction of gym equipment, how to use it safely and effectively whilst ensuring you get the most out of your workout!

**Teen Fitness** is group training sessions and is an exciting way to exercise, get healthy, make friends and have fun! Keep fit and learn about nutrition at the same time!

\* Free to all inclusive HighLife members  
£3 to Pay As You Go Users



## Mini Tennis FREE\*

Inverness Leisure's mini tennis classes are a great introduction to the sport. Played on smaller courts, with short rackets and lower bouncing balls, mini tennis is a fun and enjoyable session for all. Classes include lots of exciting drills and games associated with mini tennis to assist children in developing the required skills and techniques.

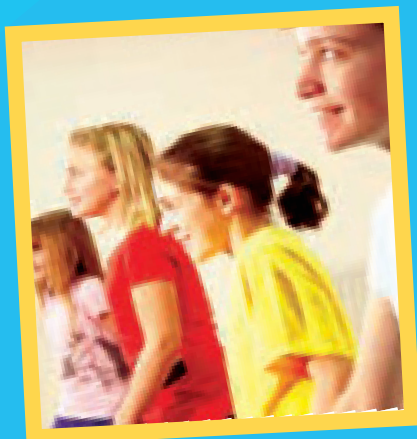
\* Free to all inclusive HighLife members  
£3 to Pay As You Go Users



## GameFit FREE\*

GameFit is one of our newest activities at Inverness Leisure. During the session children will run, hop, jump and move their way to fitness. This energetic class is suitable for children of all abilities.

\* Free to all inclusive HighLife members  
£3 to Pay As You Go Users



## Waterwalkerz FREE\*

Waterwalkerz is one of our most popular attractions to Inverness Leisure. Children step inside a completely watertight ball whilst we fill it with air, zip it up and let them try to stand up, walk, run and roll across the water. Whilst inside the ball, children will stay clean, dry and will have an enormous amount of fun!

\* Free to all inclusive HighLife members  
£3 to Pay As You Go Users



## Stand Up Paddle Boarding £12.75/15

Come along for a morning or afternoon of introduction to Paddle Boarding in Whin Park. This is fully instructed and wetsuits are provided. The session is open to children and families. Please book a place for all participants that wish to take part.

**25th October 001116INHS / 001117INHS**

## OUTDOOR ACTIVITIES

High Life Highland Outdoor Activities offer a wide range of courses and pursuits across the whole range of adventurous activities across the year.

To find out more:

[www.highlifehighland.com/outdoor-activities](http://www.highlifehighland.com/outdoor-activities)

## Paddle Power Passport in the Park 2 Day Course £62/£80

Are you aged 16 or under and looking for a fun and exciting award while developing your kayak skills? HLH are proud to offer the BCU Paddlepower Award. You can work your way through the different levels one after the other, or start at the level you or your coach feels suits you best. During each level you will get to learn a variety of paddle skills and challenges to improve your knowledge – all in a fun and flexible way. This is a two day course and both days must be booked.

**18th & 19th October 001115INHS**



## Adventure Week: Multi Activity (3 Days) £90/£110

Join the Outdoor Activities Team for three days of adventurous outdoor activities. You and your team mates will get to choose what to try next from paddle sports and archery, to biking the local trails. All activities are weather dependent. The week will kick off with a few ice breakers so you can get to know your adventure buddies. Price is for the Monday-Wednesday inclusive

**15/16/17 October 001113INHS**

**22/23/24 October 001114INHS**