



# BLOCK-BOOKABLE SPORTS ACTIVITIES



**ATHLETICS (4 - 14 yrs)**  
Athletes will have great fun taking part in activities to promote running, jumping, and throwing skills. Athletics is fantastic for promoting physical development and is suitable for all abilities.

**BADMINTON (4 - 15 yrs)**  
Badminton sessions are for children of all abilities. Players will be introduced to the basic strokes and movements through fun games and activities.

**INTRODUCTION TO CLIMBING (5 - 15 yrs)**  
This course helps children become familiar with heights whilst participating in fun and friendly bouldering games, before scaling our 10m high wall.

**TRAMPOLINING (3yrs 6mths - 15 yrs)**  
We welcome all abilities for this exciting sport. Come along and experience the excitement of bouncing higher than you ever have before. Children will learn a variety of moves and build fun routines.

**PLAY & GO (PRE-SCHOOL 9 mths - 5 yrs)**  
Play & Go is a supervised play session involving a soft play circuit and inflatable bouncy castle. This class is suitable for all children who can walk, and is a great place for children and parents to socialise. **You now have the option to book this activity as individual sessions - one per week.**

**INTRODUCTION TO LIFEGUARDING\* (8 - 15 yrs)**  
This course includes valuable lifesaving and water safety skills, delivered in an exciting way that will get young people involved and motivated. Children must be competent swimmers in deep water.

**JUNIOR STROKE IMPROVEMENT\* (8 - 15 yrs)**  
This course is designed to further develop technique in all four strokes whilst working on swimming fitness and other skills. Children must be competent swimmers in deep water.

**CLUB PATHWAY\* (8 - 15 yrs)**  
Club Pathway is a block of coaching sessions over the course of **12 weeks\***. The programme is focused on development for competitive swimming, preparing children for entry trials to the Inverness Swimming Club.

**MINI ATHLETICS (PRE-SCHOOL 2yrs 6mths - 4 yrs)**  
Athletes will have great fun taking part in a wide range of activities to promote running, jumping, and throwing skills. Athletics is fantastic for promoting physical development and suitable for all abilities.

	ATHLETICS	BADMINTON	INTRODUCTION TO CLIMBING	SWIMMING ACTIVITIES*	TRAMPOLINING	MINI ATHLETICS	PLAY & GO
<b>MONDAY</b>		1600-1700 4-7 yrs 1700-1800 10-15 yrs					
<b>TUESDAY</b>			1730-1830 9-15 yrs	*Customers must have completed the Inverness Leisure Learn to Swim Scheme to book, or contact Inverness Leisure to arrange an assessment.	1330-1400 3.5-5 yrs 1600-1630 3.5-5 yrs 1400-1430 3.5-5 yrs 1630-1700 6-9 yrs 1430-1500 3.5-5 yrs 1700-1730 6-9 yrs 1530-1600 3.5-5 yrs 1730-1800 10-15 yrs		0945-1030 1030-1115
<b>WEDNESDAY</b>	1545-1630 4-6 yrs 1630-1715 6-8 yrs 1715-1800 8-10 yrs 1800-1900 10-14 yrs			CLUB PATHWAY 1730-1800 *TBC for Block 2 (beginning March 2023)			
<b>THURSDAY</b>	1600-1645 4-6 yrs 1645-1730 6-8 yrs 1730-1815 8-10 yrs	1600-1700 7-10 yrs	1730-1830 5-8 yrs		1530-1600 3.5-5 yrs 1600-1630 3.5-5 yrs 1630-1700 6-9 yrs 1700-1730 6-9 yrs 1730-1800 10-15 yrs	1230-1300 1300-1330 1330-1400	1015-1100 1100-1145
<b>FRIDAY</b>				STROKE IMPROVEMENT 1600-1630			
<b>SATURDAY</b>			0900-1000 5-8 yrs 1315-1415 9-15 yrs 1015-1115 9-15 yrs 1430 -1530 5-8 yrs 1130-1230 5-8 yrs 1545 -1645 9-15 yrs	STROKE IMPROVEMENT 1030-1100  IINTRODUCTION TO LIFEGUARDING 1100-1130			

- These activities will be available to **BOOK ONLINE** at <https://booking.highlifehighland.com/> on a first-come-first-served basis. Login and go to **Inverness Leisure Activities**, then use the search form. If you have any difficulty getting logged in you can contact our reception team on 01463 667500.
- You are only permitted to book one class of each sport/activity, per child, in each block.
- Block 1 in 2023 will take place between Monday 9th January - Saturday 4th March. Available to book from Tuesday 20th December at 8.00am for All-Inclusive/Budget Members, and at 10.00am for Pay-As-You-Go customers.