



# 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.

**MINI ATHLETICS (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.

**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.

**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 (9 mths - 5 yrs)**  
Play & Go is a supervised play session involving a soft play circuit and bouncy castle. This class is suitable for children who can walk, and is a great place for children to socialise.

**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\* (7 - 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\***  
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 RACKET SPORTS (3 - 5 yrs)**  
Great for developing hand to eye co-ordination and learn the basic skills required for all racket sports. It is a fun-filled session for pre-school children of all abilities and parents are encouraged to join in.

	ATHLETICS	MINI ATHLETICS	SWIMMING ACTIVITIES*	TRAMPOLINING	BADMINTON	MINI RACKET SPORTS	PLAY & GO*
<b>MONDAY</b>					1600-1700 4-7 yrs 1700-1800 10-15 yrs		<i>*You can book this activity as individual sessions - maximum one session per child per week.</i>
<b>TUESDAY</b>			<i>*Customers must have completed the Inverness Leisure Learn to Swim Scheme to book, or contact Inverness Leisure to arrange an assessment.</i>	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		1130-1200	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				
<b>THURSDAY</b>	1600-1645 4-6 yrs 1645-1730 6-8 yrs 1730-1815 8-10 yrs	1230-1300 1300-1330 1330-1400		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	1600-1700 7-10 yrs		1015-1100 1100-1145
<b>FRIDAY</b>			JUNIOR STROKE IMPROVEMENT 1600-1630				
<b>SATURDAY</b>			JUNIOR STROKE IMPROVEMENT 1030-1100  INTRODUCTION 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 - Block #**, 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 (except Play & Go which is one session per child per week).
- Please see the separate Block-Bookable Activities Schedule for details of each block, and the respective booking dates in 2023.