



# BLOCK-BOOKABLE SPORTS ACTIVITIES



## 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.

## 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 have passed Level 5 of the High Life Highland Learn to Swim Programme. Alternatively for new customers, we can arrange a competency assessment.

## 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 (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.

## 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.

	ATHLETICS	MINI ATHLETICS	INTRODUCTION TO LIFEGUARDING	TRAMPOLINING	BADMINTON	MINI RACKET SPORTS	PLAY & GO*
MONDAY					16:00-17:00 (4-7 yrs) 17:00-18:00 (10-15 yrs)		<i>*You can book this activity as individual sessions - maximum one session per child per week.</i>
TUESDAY	<b>NEW CLASSES!</b> 16:00-16:45 (6-8 yrs) 16:45-17:30 (4-6 yrs)	12:30-13:00 13:00-13:30 <b>NEW CLASS!</b> 13:30-14:00				11:30-12:00	09:45-10:30 10:30-11:15
WEDNESDAY	15:45-16:30 (4-6 yrs) 16:30-17:15 (6-8 yrs) 17:15-18:00 (8-10 yrs) 18:00-19:00 (10-14 yrs)						
THURSDAY	16:00-16:45 (4-6 yrs) 16:45-17:30 (6-8 yrs) 17:30-18:15 (8-10 yrs)	12:30-13:00 13:00-13:30 13:30-14:00		<b>NOW AVAILABLE FOR BLOCK 3</b> 15:30-16:00 (3.5-5 yrs) 16:00-16:30 (3.5-5 yrs) 16:30-17:00 (6-9 yrs) 17:00-17:30 (6-9 yrs) 17:30-18:00 (10-15 yrs)	16:00-17:00 (7-10 yrs)	<b>NEW CLASS!</b> 11:30-12:00	09:45-10:30 10:30-11:15
FRIDAY							
SATURDAY			11:00-11:30				

- 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 2025.