



# PRE SCHOOL 6 WEEK SPORTS ACTIVITIES



FOR CLASS DATES SEE 6 WEEK BLOCK TIMETABLE OR VISIT [WWW.INVERNESSLEISURE.CO.UK](http://WWW.INVERNESSLEISURE.CO.UK). AVAILABLE TO BOOK AT RECEPTION. ALL ACTIVITIES ARE INCLUDED IN THE ALL INCLUSIVE HIGH LIFE MEMBERSHIP UNLESS OTHERWISE STATED.

### BALANCEABILITY — LEVEL 1 (2 ½ — 5 years)

Learn on balance bikes to become competent cyclists. Classes are progressive learning through the development of balance and control, incorporating fun ways to learn to cycle.

### FUTSAL (3 — 5 years)

Futsal is an exciting, fast-paced small sided football game that is widely played across the world. Futsal soccer skills are the foundation of every player's development and become essential for progress.

### JUMPING FOR FUN (3 ½ — 5 years)

This class is a great way to develop new skills and improve co-ordination in this fun activity on the trampolines.

### MINI ATHLETICS (3 — 5 years)

During this class, we aim to teach the basic movements for running, jumping and throwing while learning the essential skills for athletics such as balance, co-ordination and flexibility.

### MINI CLIMBING (3 — 5 years)

Take part in safe and enjoyable sessions as a first step to climbing. Learn how to master the skills of vertical movement through fun and exciting climbing games in a controlled and friendly environment.

### MINI GYM (2 ½ — 5 years)

This activity allows children to play mini games and sports to help build their balance, co-ordination and social skills while having fun.

### MINI RACKET SPORTS (3— 5 years)

Our mini racket sports classes are a great way to develop hand eye co-ordination whilst learning the basic skills required for racket sports. This is a fun filled session for children of all abilities.

### PLAY & GO (1 — 5 years)

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.

	BALANCEABILITY	FUTSAL	JUMPING FOR FUN	MINI ATHLETICS	MINI CLIMBING	MINI GYM	MINI RACKET SPORTS	PLAY & GO
MONDAY		1545-1615			1430-1515 3-4 years			
TUESDAY			1230-1300 1300-1330 1330-1400 1400-1430 1430-1500				1115-1145	0915-1000 1010-1055
WEDNESDAY	1000-1045 Level 1 1100-1145 Level 1 1200-1245 Level 1 1300-1345 Level 2*					1415-1445 1445-1515		
THURSDAY			0930-1000 1000-1030 1030-1100 1100-1130 1130-1200	1230-1300 1300-1330 1330-1400				1030-1115 1120-1205
FRIDAY					1430-1530 5 years			

\* Payable activity.