

pitreavie
athletics centre

Fife sports
and leisure
trust

ACTIVITY PROGRAMME

JANUARY 2012 - AUGUST 2012



Pitreavie Athletics Centre,
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www.fifeleisure.org.uk

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Be Fit, Be Healthy, Enjoy Life

Take the first step towards a happier and healthier lifestyle with Fife Sports and Leisure Trust. No matter what your age, or your ability, we have a class to suit you. You will also discover that taking part in different activities can be great fun and you'll be sure to meet some new friends along the way.

Opening Times

Monday - Thursday	10.00am - 9.00pm
Friday	12.00pm - 8.00pm
Saturday & Sunday	9.00am - 4.45pm

Junior Classes

Junior Weights

The ideal safe environment in which to learn strength training.

12 - 16 years

Saturday	9.00am - 10.00am
Saturday	10.00am - 11.00am

Run Jump and Throw

5 - 6 years

Wednesday	5.00pm - 6.00pm
Thursday	4.15pm - 5.15pm

5 - 8 years

Thursday	4.15pm - 5.15pm
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7 - 8 years

Monday	4.15pm - 5.15pm
Wednesday	6.15pm - 7.15pm
Thursday	4.15pm - 5.15pm

9 - 14 years

Monday	4.15pm - 5.15pm
Thursday	5.30pm - 6.30pm

Strength and Conditioning

To use the Strength and Conditioning Suite you must undertake an induction session. This is not the same as the gym induction sessions for Trust gyms.

Induction / Familiarisation Sessions

Tuesday	6.00pm - 7.00pm
Tuesday	7.00pm - 8.00pm
Thursday	6.00pm - 7.00pm
Saturday	12.00pm - 1.00pm

Athletics

Disability Sport Fife

Tuesday	4.30pm - 5.30pm
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Team Training Sessions

We have availability for team training sessions in the following areas:

- Group Cycle
- Circuit Class

These sessions can be tailored to your needs, for more information please contact reception 01383 602212.

Fife Sports and Leisure Trust offer over 800 classes and sports activities every week at centres across Fife. Activity Programme accurate at time of going to print. Any changes to the programme will be updated on our website www.fifeleisure.org.uk