



S.T.E.P

Saturday Teenage Exercise Programme

SATURDAY
6.30pm - 9.00pm
S1 to S6

Whatever your game, you're bound to find something to suit you. Play football, badminton or visit the gym. Chill with your friends and keep fit at the same time.

For more details ask reception **01592 583305**

active KIDZCAMP



Did you know?
Splash Disco is
on every
Friday night!

7.30pm - 9.00pm
8 - 12 year olds.

Active Kidz Camps are exciting school holiday camps, led by skilled and motivated staff who are on hand at all times to ensure children have an excellent experience!

Our aim is to provide a safe, fun and nurturing environment for all children to participate in a variety of sports, games and activities whilst also making new friends and learning new lifelong skills.

These camps are on during the school holidays, 5 days a week. 9.00am - 4.00pm (8.30am - 9.00pm drop off, 4.00pm - 4.30pm, Pick up). Book early to avoid disappointment. For booking and up to-date cost, ask at reception or call **01592 583305**

SPORTSCAMPS

We offer sports coaching camps, in Trampolining and Football Coaching (Raith Rovers Community Foundation. Enquire today!

Junior Gym Fitness - 12 to 16 years

Come along and work out in a safe environment with our fitness professionals who are on hand to help and guide you through your workout. From resistance training to cardio, HIIT and circuits sessions, we have it all covered!

Tuesdays & Thursdays 4.30pm - 5.15pm



Ask about our Quid-a-kid offer for 17 and under, Football, Swimming and Racquet Sports! Weekends and School Holidays. Terms apply

michael woods
sports and leisure centre



Junior Activities

We have something for children of all ages and abilities including; Football, Gym, Trampolining, Swimming Gymnastics, S.T.E.P, Tri-athlon and ...much more!

fifeleisure.org.uk

@FifeLeisure    

Scottish Charity No S 002864 | Company Registration No SC286004

Junior Activities

All classes are run in blocks (school term dates). For more information or to book any of our classes contact the reception **01592 583305**.

FOOTBALL - All levels welcome

Our football coaching classes are brought to you in association with experienced SFA football coaches. These sessions are designed for boys and girls, all levels welcome.



Mini Kickers 3 - 5 years

Monday 10.00am - 10.45am
1.00pm - 1.45pm
Saturday 9.45am - 11.15am
10.30am - 11.15am

Football Coaching 5 - 8 years

Saturday 9.00am - 9.45am
11.15am - 12.00pm

TRAMPOLINE - Beginners and Intermediate classes available

Our classes offer a unique opportunity for children to participate in trampolining, learning lots of new skills and tricks. These classes develop balance, coordination, cardiovascular fitness and self-confidence.

5 - 8 years

Tuesday 4.00pm - 4.45pm
Wednesday 3.45pm - 4.30pm

8 - 14 years

Tuesday 5.00pm - 5.45pm
Tuesday 6.00pm - 6.45pm
Wednesday 4.45pm - 5.30pm
Sunday 11.00am - 11.45am

5 - 14 years

Sunday 10.00am - 10.45am

Also did you know? We offer adult classes. Wednesday 5.45pm – 6.30pm and Sunday 9.00am - 9.45pm. **Enquire at reception today!**

Junior Tri-athlon

An instructor led programme to learn the three main disciplines of multi-discipline sport of Triathlon. Swim, Bike and Run.

Age Group 1 / 8 - 12 years

Age Group 2 / 13 - 16 years

Tuesday 4.00pm - 6.00pm

What you need to bring?

Essential Kit

- Serviceable bike in date ISO
- Bike Helmet
- Trainers
- Swimwear
- Shorts
- T-Shirt
- Towel
- Bag
- Water Bottle

GYMNASTICS - Classes from only 9 months

Whether you are a boy or girl, a baby, a beginner or a more experienced gymnast our qualified coaches have the knowhow to help improve your gymnastic skills.

Gymnastics is a great sport for fitness, stamina, flexibility and co-ordination, which are beneficial at any age. Our gymnastics programme starts from just 9 months, then progresses to nursery and then to school aged children.

Creepie Crawlies 9 - 18 months

Friday 9.30am - 10.00am

Jumping Jacks 4 - 5 years

Tuesday 1.45pm - 2.30pm
Thursday 1.45pm - 2.30pm

Panda Club 18 - 36 months

Monday 10.30am - 11.15am
11.15am - 12.00pm
1.00pm - 1.45pm
Tuesday 1.00pm - 1.45pm
Wednesday 10.15am - 11.00am
Thursday 1.00pm - 1.45pm
Friday 11.00am - 11.45am

Sparkies 5 - 7 years

Tuesday 3.30pm - 4.30pm
Tuesday 4.30pm - 5.30pm
Friday 3.30pm - 4.30pm

Rebounders 8 years plus

Tuesday 5.30pm - 6.30pm
Friday 4.30pm - 5.30pm

Mini Movers 3 - 4 years

Monday 1.45pm - 2.30pm
Wednesday 9.30am - 10.15am
Friday 10.15am - 11.00am

Swimming Lessons - Adult and Child to Rookie Lifeguard

The **Learn to Swim** programme provides a fun, progressive and all-inclusive pathway for children to participate in any aquatic discipline to whatever level they aspire to. It has the core philosophy of being fun, child-centred and based on establishing the core aquatic skills which are fundamental to a child learning more complex skills.

Learn to Swim consists of: **Adult and Child, Preschool, Swim Skills 1, Swim Skills 2, Swim Skills 3, Swim Skills 4 and Club Ready to Rookie Lifeguard** with three overarching national standards: Gold, Silver and Bronze.

Ask at reception for more details.

