

Quid-a-Kid Offers

During the school term, we offer weekend **Quid-a-Kid sessions from 9am to 5pm** for football and racquet sports, including tennis, mini-tennis, squash, and badminton. These sessions are available for just £1 for all participants aged 17 and under. Additionally, adults participating with juniors in racquet sports and football only pay £2.

During the **school holidays and in-service days**, we offer football and racquet sports from Monday to Sunday (9am to 5pm) and swimming (excluding weekends). For full details, please visit us online!

£1
Aged 17 & Under

Quid a kid

- oSwimming
- oFootball
- oRacquet Sports



Junior Coaching

Fife sports
and leisure
trust



Scan me!

Junior Holiday Camps

Looking to keep your child active and entertained during the holiday periods?

Fife Sports and Leisure Trust's Junior Holiday Programme offers an exciting range of camps across multiple sports. It's a great chance for children to stay active, make new friends and enjoy a variety of experiences, all in a welcoming and supportive environment suitable for all abilities.

Our offerings include:

- ✓ Athletics
- ✓ Basketball
- ✓ Dance
- ✓ Football
- ✓ Gymnastics
- ✓ Multi Sports
- ✓ Mixed Racquet Sports
- ✓ Swimming

Join us today and watch your child thrive! For detailed information about our Junior Holiday Programme, simply scan the QR code.

Find out more by visiting us online today!



Scan me!

Book Today

How to book your junior coaching class today!

Please call the venue or visit reception to secure your child's place. For any enquires about booking, contact our Activities Team by email at: coaching@fifeleisure.org.uk

Contact numbers for venues

Beacon Leisure Centre	01592 583383
Bowhill Swimming Pool	01592 583304
Carnegie Leisure Centre	01383 602304
Cowdenbeath Leisure Centre	01383 602305
Cupar Sports Centre	01334 659324
Dalgety Bay Sports and Leisure Centre	01383 602306
Dulloch Leisure Centre	01383 602209
East Sands Leisure Centre	01334 659473
Kirkcaldy Leisure Centre	01592 583306
Levenmouth Swimming Pool and Sports Centre	01334 659325
Michael Woods Sports and Leisure Centre	01592 583305
Waterstone Sports Centre	01334 659366

Scan QR Code to email us today!



Scan me!



Junior Coaching Programme

Athletics • Dance • Football • Gymnastics
Trampolining • Basketball • ...and more!

fifeleisure.org.uk

Scottish Charity No. SC020484 / Company Registration No. SC368001

@fifeleisure     

Junior Coaching Programme

Get active, build skills, and have fun! Our exciting junior coaching sessions are designed to introduce children to sport in a fun, supportive, and engaging environment.

Preschool Football

Tots Kickers
(Walking – 3 Years, Adult & Child)
& Mini Kickers (3–5 Years)

Little feet, big goals! Our preschool football sessions are fun, using stories and themed games to help your child develop early ball skills and coordination. It's the perfect introduction to sport for little ones!



Junior Football

(P1-P3 & P4-P7)

Our junior football sessions provide fast-paced games, skill drills, and team fun, from first touches to goal celebrations. They are ideal for developing future football stars or simply enjoying the beautiful game!



Rise Gymnastics

Rise Tots (Walking – 3 Years, Adult & Child) & Rise Discover (3–5 Years)

Give your child the perfect start with our fun and engaging preschool gymnastics programmes. Whether they're just finding their feet in Tots Gymnastics (for walking to 3 years) or ready to explore new skills in our RISE Discover classes (ages 3–5), we'll help them build confidence, coordination, and a love of movement, all in a safe, friendly, and supportive environment.



Rise Explore & Excel

(P1+)

Whether your child is new to gymnastics or looking to build on existing skills, our sessions offer fun, challenge, and progression in a safe and supportive environment. With experienced coaches and a focus on movement, strength, and coordination, there's something for every young gymnast to enjoy.



Freestyle Dance

(Age 3-5 & P1-P7)

Step, spin, and groove! Our high-energy classes allow children to explore dance styles from hip-hop to jazz and everything in between. It's all about having fun, building confidence, and expressing themselves through movement and music!

Basketball

(P1-P7)

The fast-paced sport of basketball is a great way to engage your child in a new activity! This programme introduces children to the fundamentals of basketball, including shooting, passing, dribbling, and teamwork. Delivered through fun games and activities, it's the perfect way to build skills and fall in love with the game.



Run, Jump, Throw

(P1–P3)

A fun-filled athletics class introducing young children to the fundamentals of running, jumping, and throwing. Perfect for building confidence and coordination through sport.

Dive into award-winning swimming lessons!

Experience the joy of swimming with Fife Sports and Leisure Trust, the 2023 Scottish Water Learn to Swim Service Provider of the Year. Join our thriving community of over 8,000 learners who trust us every week with their swimming journey!

Book Today

Don't miss out! Turn to the next page to find out how to easily secure your child's spot for one of these sports classes.

Fine out more scan our QR code on front cover or visit online www.fifeleisure.org.uk/activity/junior-coaching

Multi Sports

(P1–P7)

A fast-paced mix of games, sports, and non-stop fun! From dodgeball to basketball, racquet games and more. An excellent way for children to explore different activities and develop all-round skills.

Junior Trampolining

(P1–P3 & P4–S6)

Bounce, spin, and soar! This exciting sport introduces children to the basics of trampolining in a safe and supportive environment. With fun routines and confidence-building activities, it's the perfect way for young jumpers to develop balance and coordination and have a blast in the air!

Mixed Racquet Sports

(P1–P7)

Pick up a racquet and jump into the action! This high-energy class allows kids to try everything from tennis to badminton to pickleball. Packed with fun games and fast-paced activities, it's perfect for building skills, coordination, and confidence on the court.

