



# East Ayrshire Leisure SPORTS COACHING



OCT - DEC 2018

2-14yrs





## Sports Coaching Programme

Each coaching programme will be delivered across an 8 week block (excluding public and school holidays). The developmental sessions are designed to improve children's key motor skills and sporting ability while having fun.

**Pre-booking is compulsory due to class popularity. Payment for the class must be made at the time of booking and is non-refundable.**

**TOTS** sessions are for 2-4 years, depending on sport, providing an excellent introduction to sport and structure. Parent/guardian must be present and for some classes, participation in the session is required.

**KIDS/YOUTH** sports sessions are for 5-14 years, age groups will be split into further age categories (5-7yrs, 8-10yrs and 11-14yrs) offering fun and developmental sports coaching for all levels of ability.

# ATHLETICS



## TOTS RUN, JUMP & THROW 3-5yrs

Introduction to the core skills involved in athletics; running, jumping and throwing. Our fun sessions are designed to help children learn the basic fundamentals important in every child's development.

## KIDS/YOUTH RUN, JUMP & THROW 5-12yrs

Tailored to suit all levels while teaching fundamental movement skills in athletics through progressive sessions and competitions.



Call the  
centre to  
book - see  
back page

## Ayrshire Athletics Arena - from w/c 22 Oct

DAY	TIME	AGE	SESSION	PER BLOCK
Monday	4pm-4.30pm	3-5yrs	£2.50	£17.50
Monday	5pm-6pm	5-7yrs	£4	£28
Monday	5.30pm - 6.30pm	8-12yrs	£4	£28
Tuesday	5.30pm-6.30pm	5-12yrs	£4	£28
Wednesday	4pm-4.30pm	3-5yrs	£2.50	£17.50
Wednesday	5.30pm-6.30pm	5-12yrs	£4	£28
Saturday	10am-12noon	5-12yrs	£5	£35

# BADMINTON



## KIDS/YOUTH BADMINTON 5-14yrs

A structured series of coaching sessions designed to challenge all abilities. Sessions will cover basic co-ordination, badminton movement patterns and game play through to structured drills.



Call the  
centre to  
book - see  
back page

## Badminton Coaching - from 28 Oct

Grange Leisure Centre

Sunday

11am-1pm

5-14yrs

£40 - 8 wk  
block

# FOOTBALL



## TOTS FOOTBALL 2-4yrs

An introduction to ball familiarity and spatial awareness, helping to improve motor skills. Each sessions will focus on introducing a new skill and will finish with games.

## KIDS FOOTBALL 5-12yrs

A developmental block of football coaching that will cover dribbling, passing and movement, shooting and game play. Through small sided games children will learn movement skills, improve spatial awareness and put new skills into practice.



Call the  
centre to  
book - see  
back page

## Football Coaching - from w/c 22 Oct

VENUE	DAY	TIME	AGE	SESSION	PER BLOCK
St Joseph's Leisure Centre	Mon	5pm-5.30pm	2-3yrs	£2.50	£20
	Mon	5.30pm-6pm	3-4yrs	£2.50	£20
	Mon	5.30pm-6.30pm	5-12yrs	£4	£32
Stewarton Sports Centre	Fri	4pm-4.30pm	2-4yrs	£2.50	£20
	Fri	4.30pm-5.30pm	5-12yrs	£4	£32

# GYMNASTICS



## TOTS BALANCE AND MOVEMENT (GYMNASTICS BASED) 3-4yrs

A fun and active way to learn while developing confidence and imagination through participation in a range of body movements with static and dynamic balances.



## KIDS BALANCE AND MOVEMENT (GYMNASTICS BASED) 5-12yrs

Aiming to develop children's confidence, co-ordination, balance and physical development through gymnastic based skills and techniques.



## Balance & Movement - Gymnastics Based Coaching

VENUE	DAY	TIME	AGE	SESSION	BLOCK
Loudoun Leisure Centre	Tue	5.30pm-6pm	3-4yrs	£3	£21 - 7wks
<b>From 6 Nov</b>	Tue	6pm-7pm	5-8yrs	£4	£28 - 7wks
	Tue	7pm-8pm	9-14yrs	£4	£28 - 7wks
Grange Leisure Centre	Sun	11am-11.30am	3-4yrs	£3	£18 - 6 wks
<b>From 18 Nov</b>	Sun	11.30am-12.30pm	5-12yrs	£4	£24 - 6 wks

# ACTIVITY CLUBS



## Friday Night Activity Clubs

Auchinleck Leisure Centre	6pm-7pm	5-7yrs	£2.50
	7.30pm-9pm	8yrs-P7	£3
Doon Valley Leisure Centre	6.30pm-7.30pm	5-7yrs	£2.50
	7.30pm-9pm	8-12yrs	£3
Grange Leisure Centre	6pm-8pm	5-12yrs	£3.20
Loudoun Leisure Centre	6.30pm-8pm	5-12yrs	£3
Mauchline Games Hall	5pm-6.30pm	5-12yrs	£3
St Joseph's Leisure Centre	6pm-7.30pm	5-8yrs	£3
	8pm-9.30pm	8-12yrs	£3

# LEARN TO SWIM

## Learn to Swim Programme

Swimming is one of the most important skills you can learn. We offer programmes for babies, pre-school and 5yrs+.

Contact Auchinleck Leisure Centre, Doon Valley Leisure Centre or Loudoun Leisure Centre to find out more. Contact details on reverse.





## Call or email to book

AUCHINLECK LEISURE CENTRE T: 01290 426416  
E: [AuchinleckLeisureCentre@east-ayrshire.gov.uk](mailto:AuchinleckLeisureCentre@east-ayrshire.gov.uk)

AYRSHIRE ATHLETICS ARENA T: 01563 555227  
E: [AyrshireAthleticsArena@east-ayrshire.gov.uk](mailto:AyrshireAthleticsArena@east-ayrshire.gov.uk)

DOON VALLEY LEISURE CENTRE T: 01292 550665  
E: [DoonValleyLeisureCentre@east-ayrshire.gov.uk](mailto:DoonValleyLeisureCentre@east-ayrshire.gov.uk)

GRANGE LEISURE CENTRE T: 01563 536997  
E: [GrangeLeisureCentre@east-ayrshire.gov.uk](mailto:GrangeLeisureCentre@east-ayrshire.gov.uk)

HUNTER CENTRE T: 01563 578665  
E: [HunterCentre@east-ayrshire.gov.uk](mailto:HunterCentre@east-ayrshire.gov.uk)

LOUDOUN LEISURE CENTRE T: 01563 820078  
E: [LoudounLeisureCentre@east-ayrshire.gov.uk](mailto:LoudounLeisureCentre@east-ayrshire.gov.uk)

MAUCHLINE GAMES HALL T: 01290 551163  
E: [MauchlineGamesHall@east-ayrshire.gov.uk](mailto:MauchlineGamesHall@east-ayrshire.gov.uk)

STEWARTON SPORTS CENTRE T: 01560 480883  
E: [StewartonSportsCentre@east-ayrshire.gov.uk](mailto:StewartonSportsCentre@east-ayrshire.gov.uk)

ST JOSEPH'S LEISURE CENTRE T: 01563 545929  
E: [StJosephsLeisureCentre@east-ayrshire.gov.uk](mailto:StJosephsLeisureCentre@east-ayrshire.gov.uk)



[eastayrshireleisure.com](http://eastayrshireleisure.com)



COLLABORATIVE AND CREATIVE | INNOVATIVE AND INSPIRATIONAL  
PROACTIVE AND PROFESSIONAL | OPEN AND HONEST | PASSIONATE AND PROUD



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