



East Ayrshire Leisure SPORTS COACHING



JAN - MAR 2018



Sports Coaching Programme

Each coaching programme will be delivered across a 10 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 depending on the sport, participation in 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 3-4yrs
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 5-14yrs
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



Athletics - Run, Jump & Throw coaching w/c 15 Jan

Ayrshire Athletics Arena	Mon	4pm-5pm	3-5yrs	£3
	Mon	5pm-6pm	5-7yrs	£3
	Mon	5.30pm – 6.30pm	8-14yrs	£3
	Tue	5pm-6pm	5-14yrs	£3
	Wed	5.30-6.30pm	5-14yrs	£3
	Sat	10am-12noon	5-14yrs	£4
Stewarton Sports Centre	Tue	5.30pm-6pm	3-5yrs	£2
	Tue	6pm-7pm	5-14yrs	£3

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 w/c 15 Jan

Grange Leisure Centre	Sunday	11am-1pm	5-14yrs	£4
Doon Valley Leisure Centre	Tuesday	6pm-7pm	5-14yrs	£3

excluding school/public holidays

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 5-14yrs

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 - w/c 15 Jan

St Joseph's Leisure Centre	Mon	5pm-5.30pm	2-4yrs	£2
	Mon	5.30pm-6.30pm	5-12yrs	£3
Auchinleck Leisure Centre	Tue	5.30pm-6pm	2-4yrs	£2
	Tue	6pm-7pm	5-12yrs	£3
Loudoun Leisure Centre	Thu	5.30pm-6pm	2-4yrs	£2
	Thu	6pm-7pm	5-12yrs	£3
Stewarton Sports Centre	Wed	5.30pm-6.30pm	5-12yrs	£3
	Fri	4pm-4.30pm	2-4yrs	£2
	Fri	4.30pm-5.30pm	5-12yrs	£3
Doon Valley Leisure Centre	Sat	10am-10.30am	2-4yrs	£2
	Sat	10.30-11.30am	5-12yrs	£3

excluding school/public holidays

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) 5-14yrs

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



Advance booking essential

Call the centre to book - see back page

Balance & Movement - Gymnastics Based Coaching - w/c 15 Jan

Auchinleck Leisure Centre	Mon	5.30pm-6pm	3-4yrs	£3
Auchinleck Leisure Centre	Mon	6pm-7pm	5-12yrs	£4
Ayrshire Athletics Arena	Tue	4pm-4.30pm	3-4yrs	£3
Ayrshire Athletics Arena	Tue	4.30pm-5pm	3-4yrs	£3
Loudoun Leisure Centre	Tue	5.30pm-6pm	3-4yrs	£3
Loudoun Leisure Centre	Tue	6pm-7pm	5-8yrs	£4
Loudoun Leisure Centre	Tue	7pm-8pm	9-14yrs	£4
Hunter Centre	Fri	3.30pm-4pm	3-4yrs	£3
Hunter Centre	Fri	4pm-5pm	5-12yrs	£4
St Joseph's Leisure Centre	Fri	5.30pm-6pm	3-4yrs	£3
St Joseph's Leisure Centre	Fri	6pm-7pm	5-12yrs	£4
Grange Leisure Centre	Sun	11am-11.30am	3-4yrs	£3
Grange Leisure Centre	Sun	11.30am-12.30pm	5-12yrs	£4

excluding school/public holidays

HANDBALL



KIDS/YOUTH HANDBALL 5-12yrs

Developing transferable skills such as hand & eye coordination, spatial awareness and movement skills through progressive coaching drills and game play. Every session will finish with small sided games allowing players to develop confidence and communication.



Handball Coaching - w/c 15 Jan

St Joseph's Leisure Centre

Thursday 6pm-7pm 5-12yrs £3

excluding school/public holidays

CLIMBING WALL @ ST JOSEPH'S LEISURE CENTRE



Suitable for children and adults. Contact the Centre for more details.

New Farm Community **SPORTS HUB**

sport scotland
LOTTERY FUNDED



Call or email to book

AUCHINLECK LEISURE CENTRE T: 01290 426416
E: AuchinleckLeisureCentre@east-ayrshire.gov.uk

AYRSHIRE ATHLETICS ARENA T: 01563 555227
E: AyrshireAthleticsArena@east-ayrshire.gov.uk

DOON VALLEY LEISURE CENTRE T: 01292 550665
E: DoonValleyLeisureCentre@east-ayrshire.gov.uk

GRANGE LEISURE CENTRE T: 01563 536997
E: GrangeLeisureCentre@east-ayrshire.gov.uk

HUNTER CENTRE T: 01563 578665
E: HunterCentre@east-ayrshire.gov.uk

LOUDOUN LEISURE CENTRE T: 01563 820078
E: LoudounLeisureCentre@east-ayrshire.gov.uk

STEWARTON SPORTS CENTRE T: 01560 480883
E: StewartonSportsCentre@east-ayrshire.gov.uk

ST JOSEPH'S LEISURE CENTRE T: 01563 545929
E: StJosephsLeisureCentre@east-ayrshire.gov.uk



eastayrshireleisure.com



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



East Ayrshire Leisure Trust, A Scottish Charitable Incorporated Organisation.
Charity Number SC043987

