



**garioch.** ● ● ●   
**sportscentre**



# Children's Activities

*Taking your child from 4 months to school age and beyond...*



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Garioch Sports Centre



@Gariochsports

# "Making Fitness Fun"

Children typically have boundless energy and when properly channelled, is a good thing. Our classes enable children to develop the concepts and skills necessary for participation in a wide range of physical activities, sports and outdoor learning and enhances their physical wellbeing in preparation for leading a fulfilling, active lifestyle. We encourage children to develop healthy attitudes about exercise and fitness from a young age.

In the beginning, children do not need to be concerned about "fitness", but the focus should simply be on having fun. Many of the games that children enjoy most are physical in nature, helping them to use their natural energy to learn and develop in pleasurable, constructive ways .

Attending Garioch Sports Centre baby, preschool & school age classes gives our younger generation a springboard that will improve balance, co-ordination, social and educational skills and provide children with a quality physical movement experience.

We look forward to welcoming you.

Mark Wylie BEM  
Activities Manager  
Garioch Sports Centre

# Kid's Activity Timetable - Term Time

MONDAY				TUESDAY			
Pre School Trampoline	09:30	10:15	√	Ready Steady Go Kids	13:00	13:45	√
Gym Tots	12:00	12:45	√	Ready Steady Go Kids	14:00	14:45	√
Gym Kids	13:00	13:45	√	Trampoline Club	15:45	16:45	√
Gym Kids	14:00	14:45	√	Junior Running Club	16:00	16:45	√
WEDNESDAY				Badminton Beginners	17:00	18:00	√
Pre School Olympians	15:00	15.45	√	Badminton Advanced	18:00	19:00	√
Judo P1	15:30	16:00	√	THURSDAY			
Judo P2 – P3	16:00	16:45	√	Wee Kickers (2 – 3.5 years)	09.15	10.00	√
Junior Olympians	16:00	16.45	√	Pre School Olympians	10.15	11.00	√
Judo P4 - P6	16:45	17:45	√	Baby Gym	11:30	12:15	√
Junior Running Club	16:45	17:30	√	Gym Tots	12:15	13:00	√
Judo P7+	17:45	18:45	√	Gym Kids	13:15	14:00	√
FRIDAY				Pre School Trampoline	15:00	15:45	√
Pre-School Football	09:15	09:55	√	Beginners Trampoline	15.45	16:30	√
Pre School Football	14:15	15:00	√	Trampoline Club	16.30	17:45	√
Pre School Football	15:00	15:45	√				
Junior Football	15:45	16:30	√				

SUNDAY			
GSC All Stars Cheerleading Mini (4-8yrs)	13.30	14.30	√
GSC All Stars Cheerleading Youth (8+yrs)	14.45	16.15	√
Judo under 8's	17:15	18:15	
Judo over 8's	18:15	19.30	
Judo 14+	19:30	21:00	



## Baby Gym

This class is for parents / carers with children aged from 4 months to walking. This 45minute class involves some baby action songs and excersises as well as playtime using a selection of various toys and sensory equipment including light sensory, bubbles, beach balls, parachute and inflatable pools. An ideal introduction to our Games Hall and a useful stepping-stone for attending our Gym Tots classes.

## Gym Tots

This is an under 3 years class for children who have reached walking stage. The class is a small stage up from our Baby Gym classes using our circuit of equipment to develop various skills such as climbing, jumping, bouncing and balancing. The class also has a song time and occasional parachute play. Parents stay with their child during this 45 minute class.

## Gym Kids

This is a more structured class for pre school children who are 3 years and over. It is an introduction to fun gymnastics as well as more complex action songs. Children are taught various skills such as forward and backward rolls, balance skills on floor and beam as well as performing routines with ribbons and lummi sticks. Parents / Carers are encouraged to leave their children during this 45minute class.



### **Preschool Trampoline**

Come along for a fun introduction to our full sized trampolines and get your children bouncing, for children aged **2+ to 5 years**.

### **Beginners Trampoline**

This class is for children aged 6 years and above and at school. Come along and have an introduction to our trampoline, learn some basic skills and safety while having fun!

### **Trampoline Club**

Our trampoline club is for children aged 8 years and over, have some previous experience and want to progress further to learn more complex skills including somersaults.

### **Preschool Football**

This is a fun football training course for children aged **3 and a half to 5 years**.

It involves a fun warm up and very basic drills to improve early passing and shooting skills then finishing each session with a few small team games of football. The emphasis is on fun and scoring plenty of goals. Parents are encouraged to leave their children during this 45 minute class.

### **Junior Football**

This is a fun football training course for children aged **5 to 7 years**. Come along and improve your skills and techniques including shooting, passing, dribbling and teamwork. Parents are encouraged to leave their children during this 45 minute class.

### **Preschool Olympians**

A fun introduction to athletics for preschool children aged **3 and a half to 5 years**. Involving running, jumping, throwing techniques, playing games and having fun while they learn.

### **Junior Olympians**

This new course is for School aged children from **5 to 12 years** and introduces your child to the basics of running, jumping and throwing. It aims to improve their techniques while becoming a team player.



## Ready Steady Go Kids

For children aged three and a half to five years old.

This is an exciting new multi sport class which will introduce your child to a number of sports including Athletics, Gymnastics and Football as well as fun Yoga and other activities.

This class is perfect for burning off some excess energy while at the same time having fun being taught early skills in various sports by our qualified coaches.

## GSC All Stars Cheerleading

We have a programme of classes for all ages ranging from 3 years all the way up to teens.

Cheerleading is made up of 4 elements, Stunting, Tumbling, Jumps and Dance. There's something in it for everyone. It combines gymnastics tumbling through the air with fierce dance moves brought together by the teamwork and strength of lifting each other into the air all compacted into a 2 min 30 second routine. All of this of course takes time as your child develops and moves through the age groups.

As well as becoming a well rounded athlete Cheerleading can help you become a well rounded person as it also teaches important life skills such as working together to solve problems, trust and confidence. It's a fun sport that builds strong friendships and is unlike anything else.

## Wee Kickers

This is a fun introduction to football for toddlers from the age of 2 years and up to 3 and a half. A parent attends the class working together with their child to help with fun activity songs and ball skills. This is an ideal class to try before moving up when three and a half years to our Pre School Football classes.

# GSC CLUBS CONTINUED.....

## Garioch Judo Club



In one of the most established clubs running within the Sports Centre, all newcomers are welcome. We offer classes for all abilities, from Beginners to Intermediate and Advanced..

You can take part simply just to enjoy the sport, become more disciplined and perhaps advance further if you wish.

As well as our term time block bookings on a Wednesday, we also offer pay as you go classes on Sunday's:-

Under 8's:	17:15 - 18:15		£4.50
Over 8's:	18:15 - 19:30		£4.50
14+:	19:30 - 21:00	U16	£4.50
		Adults	£5.50

The club is run and coached by:  
**Stuart McWatt**



## Garioch Badminton Club

There are three badminton sessions running every week, one on Tuesday 5pm - 6pm for beginners/intermediate and 6pm - 7pm for advanced players, and the third on Thursday 730pm-10pm for intermediate/advanced adult players. Both sessions on Tuesday are coach led fun sessions for juniors while the session on Thursday is doubles matches for adults and advanced teenagers.

U16's £4.00

16+ £5.00

The club is coached by:

**Adrienne Mackie**



## Junior Running Club

Our very popular Junior Running Club is ideal for children aged 8 - 14 years.

We train both inside with drills, races and games as well as outside doing various routes to improve stamina and speed with a view to entering various runs and races throughout the year if they wish.

For more information please visit our website [www.gariochsports.co.uk](http://www.gariochsports.co.uk) or our facebook page(s)  
Garioch Sports Centre and Garioch Sports  
Centre Out of School Club





## Breakfast / Out of Schools Club

Our award winning Out of Schools Club provides care for children (aged 5 - 16 yrs) attending schools in Inverurie.

The Club takes place at Garioch Sports Centre, is registered with the Care Inspectorate and is run by paid staff who are all Enhanced Disclosure PVG checked, SSSC registered and supported by Management of the Centre.

### HEALTHY BREAKFAST & SNACK

As the Breakfast Club is open from 7.00am, we are offering a range of healthy cereals, toast, fruit and fruit juice to give children a healthy start to the morning if children are in before 8:00am.

Snack is available in the afternoon which consists of 3 fruit / vegetable choices along with the snack. Milk, water or no added sugar diluting juice to drink. An allergen list is available and displayed on the noticeboard.



<b>Monday to Friday (Term Time)</b>		<b>Cost</b>
Breakfast Club	7.00am - 9.00am	£6.50
After Schools Club	3.00pm - 6.00pm	£8.00

## Camps

Our camps operate throughout school holidays and most in-service days.

Early drop-off 7.00 - 9.00am	£3.00 (includes breakfast, if required)
Morning 9.00 - 1.00pm	£11.00
Afternoon 1.00 - 5.00pm	£11.00
Late pick-up 5.00 - 6.00pm	£2.00

For more information or to book your child's place please contact reception on 01467 626141 option 0 or the **OOSC Manager Nicola** on 01467 626141 option 3 or email [nicola.park@gariochsports.co.uk](mailto:nicola.park@gariochsports.co.uk)



Open for children from babies to 5yrs

### Opening Times

Monday	9.25am - 11.25am
Tuesday	9.25am - 11.25am
Wednesday	9.25am - 11.25am
Thursday	9.25am - 11.25am
Friday	9.25am - 11.25am
Saturday	8.55am - 10.55am



### Fees

1 hour	£2.50 (minimum charge)
1.5 hours	£3.75
2 hours	£5.00

**The maximum stay for a child at crèche is 2 hours.**

Staff are all Enhanced Disclosure PVG checked.





