

Active Kids Term time Activities

Adventure,
sports, dance
and fitness for
5-12 years



Term 3
Mon 9 Jan - Sun 12 Feb

Term 4
Mon 20 Feb - Sun 25 Mar

Term 5
Mon 16 Apr - Sun 10 Jun

In
association
with

THE
THISTLES
STIRLING

Active Kids Term time Activities

Our Active Kids term time programme for kids has a huge range of activities to choose from in the Stirling area. Learn skills to take you to the podium or just take part in a fun way - with plenty to do for all.



Many of our programmes are also suitable for kids with additional support needs and will be supported by our specifically trained coaches. To discuss individual needs with one of our team please contact us on the number below.



Adventure sports

Term 3
Mon 9 Jan - Sun 12 Feb

Term 4
Mon 20 Feb - Sun 25 Mar

Term 5
Mon 16 Apr - Sun 10 Jun

Climbing *Come and Try Climbing*

Reach the heights in this one hour climbing taster. Learn the basic techniques and skills required to climb to The PEAK!

Day	Time	Age	Venue	Cost/Class
Saturday	2.00pm -3.00pm 3.00pm -4.00pm	8yrs+	The PEAK	£10
Sunday	1.00pm -2.00pm	8yrs+	The PEAK	£10

Indoor kayak *Come n Try Kayak*

Term 3: 18, 25 Jan and 1, 8 Feb (4 weeks)

Term 5: 18, 25 Apr and 2, 9 May (4 weeks)

Learn to kayak in the warmth of the swimming pool play games and have fun. Start recording your experiences on your Paddle Power Awards Scheme

Day	Time	Age	Venue	Cost/Term
Wednesday	6.00pm - 7.00pm	7-11yrs	Bannockburn High School	£40

Sports

Term 3
Mon 9 Jan - Sun 12 Feb

Term 4
Mon 20 Feb - Sun 25 Mar

Term 5
Mon 16 Apr - Sun 10 Jun

Athletics *Run, Jump & Throw*

Run, jump and throw your way to learning athletics in these fun classes. A great start for any young aspiring athlete!

Day	Time	Age	Venue	Cost/Term
Monday	6.00pm-7.00pm	5-12yrs	Bannockburn High School	£17 (5wk) £27.20 (8wk)
Tuesday	6.00pm-7.00pm	5-12yrs	Stirling High School	£17 (5wk) £27.20 (8wk)
Wednesday	6.00pm-7.00pm	9-12yrs	Dunblane High School	£17 (5wk) £27.20 (8wk)
Thursday	5.00pm-6.00pm	5-12yrs	McLaren Leisure Centre	£17 (5wk) £27.20 (8wk)
Friday	6.00pm-7.00pm	9-12yrs	Balfron High School	£17 (5wk) £27.20 (8wk)

Athletics *Agility, Balance & Coordination (ABC)*

Fun games and activities teaching the basics of athletics. A great fun way to learn essential skills for athletics and many other sports!

Day	Time	Age	Venue	Cost/Term
Wednesday	4.30pm-5.30pm	5-8yrs	The Dunblane Centre	£17 (5wk) £27.20 (8wk)
Friday	5.00pm-6.00pm	5-8yrs	Balfron High School	£17 (5wk) £27.20 (8wk)

Badminton *Badminton Basics*

Serve and smash your way to learn badminton. Play fun games, practices and competitions that will help develop your skill and technique.

Day	Time	Age	Venue	Cost/Term
Thursday	6.00pm-7.00pm	10-14 yrs	Dunblane High School	£17 (5wk) £27.20 (8wk)
Friday	4.00pm-5.00pm 5.00pm-6.00pm	8-12 yrs 10-14yrs	The PEAK	£17 (5wk) £27.20 (8wk)

Basketball *Basketball Basics*

Pass, dribble and shoot the hoops with these fun filled games and activities! Learn the basics of basketball to start out on the pathway to on-court success!

Day	Time	Age	Venue	Cost/Term
Monday	7.00pm – 8.00pm	5-12 yrs	Stirling High School	£17 (5wk) £27.20 (8wk)
Tuesday	4.00pm-5.00pm 5.00pm-6.00pm 6.00pm-7.00pm	5-6 yrs 7-8 yrs 9-12 yrs	Dunblane Centre	£17 (5wk) £27.20 (8wk)

Disability multisport *sporting tasters*

A variety of fun games and activities to introduce you to a number of different sports! Sports included are athletics, football, basketball, badminton, tennis and boccia! All of our coaches have undergone extensive disability sport specific training.

Day	Time	Age	Venue	Cost/Term
Wednesday	6.00pm – 7.00pm	5-12 yrs	Wallace High School	£17 (5wk) £27.20 (8wk)

Curling *Junior Beginner Classes (2nd Feb – 1st March exc 16/2)*

Learn to curl at the same rink as the Olympians! Pick up the skills and techniques needed to start out in this precision sport!

Day	Time	Age	Venue	Cost/Term
Thursday	4.00pm-5.15pm	8-12 yrs	The PEAK	£13.60 (4wk)

Term 3 Mon 9 January - Sun 12 February

Term 4 Mon 20 February - Sun 25 March

Term 5 Mon 16 April - Sun 10 June

Tennis *Tennis fundamentals*

Take the first steps to becoming the next Andy Murray! Serving, smashing and passing shots are all part of the skills you'll learn!

Day	Time	Age	Venue	Cost/Term
Tuesday	5.00pm - 6.00pm 6.00pm - 7.00pm	5-8 yrs 9-13 yrs	Balforn High School	£17 (5 wk) £27.20 (8wk)

Hockey *Hockey FUNdamentals*

Improve your skills and technique and play fun and competitive games to develop your hockey performance!

Day	Time	Age	Venue	Cost/Term
Thursday	5.00pm-6.00pm	8-12 yrs	Forthbank Hockey Pitch	£17 (5wk) £27.20 (8wk)

Lacrosse *Lacrosse FUNdamentals*

Learn the skills and develop your technique to play lacrosse through fun drills, games and competitions!

Day	Time	Age	Venue	Cost/Term
Wednesday	6.00pm – 7.00pm	9-12 yrs	Balforn High School	£17 (5wk) £27.20 (8wk)

Multi Sport *Sporting tasters*

Get a taster of a range of sports, learn new skills and techniques to equip you to play and compete in team and individual sports!

Day	Time	Age	Venue	Cost/Term
Wednesday	5.00pm-6.00pm	5-12 yrs	Balforn High School	£17 (5wk) £27.20 (8wk)

Netball *Netball FUNdamentals*

Fun netball games and activities to help you learn the game and have fun on court.

Day	Time	Age	Venue	Cost/Term
Wednesday	7.00pm–8.00pm	9-12 yrs	Wallace High School	£17 (5wk) £27.20 (8wk)
Tuesday	7.00pm - 8.00pm	9-12 yrs	Bannockburn High School	£17 (5wk) £27.20 (8wk)
Thursday*	6.00pm–7.00pm	9-12 yrs	Balforn High School	£17 (5wk) £27.20 (8wk)

* Block 5 for Balforn Netball class runs from wb 22nd April – wb 11th June

Trampolining *Trampoline technique and tasters*

Build your confidence and bouncing skills in these coached sessions on the Olympic trampolines! Sessions are on a 1-2-1 basis for 15 minutes, as a group of 3 for 30 minutes or as a group of 6 for 1 hour classes.

Day	Time	Age	Venue	Cost/Term
Monday	2.30pm-2.45pm(1-2-1)	3yrs+	The PEAK	£22.50 (5wk) £36 (8wk)
	2.45pm-3.00pm(1-2-1)	3yrs+	The PEAK	£22.50 (5wk) £36 (8wk)
	3.00pm-3.15pm(1-2-1)	3yrs+	The PEAK	£22.50 (5wk) £36 (8wk)
	3.15pm-3.30pm(1-2-1)	3yrs+	The PEAK	£22.50 (5wk) £36 (8wk)
	4.00pm-4.30pm	5-8yrs	The PEAK	£17 (5wk) £27.20 (8wk)
	4.30pm -5.00pm	5-8yrs	The PEAK	£17 (5wk) £27.20 (8wk)
Thursday	5.00pm-6.00pm	9yrs+	The PEAK	£17 (5wk) £27.20 (8wk)
	5.00pm -5.30pm	5-7yrs	The PEAK	£17 (5wk) £27.20 (8wk)
	5.30pm -6.00pm	5-7yrs	The PEAK	£17 (5wk) £27.20 (8wk)
	6.00pm -7.00pm	8-10yrs	The PEAK	£17 (5wk) £27.20 (8wk)
	7.00pm -8.00pm	10yrs+	The PEAK	£17 (5wk) £27.20 (8wk)

Term 3 Mon 9 January - Sun 12 February

Term 4 Mon 20 February - Sun 25 March

Term 5 Mon 16 April - Sun 10 June



Scottish FA Football

for 3 – 16 years

- Scottish FA Football Centres for 5–12 years
- Scottish FA Goalkeeping for 8–14 years
- Scottish FA Skill Academies for 7–12 years

Learn the skills and techniques to beat the opposition or put the ball in the back of the net through these superb football programmes!



Football Centres take boys and girls through their paces, helping them develop skills including passing, shooting, heading and dribbling! All sessions include small sided games to put the skills into practice!

Scottish FA *Football Centres for 5-6 years*

Day	Time	Age	Venue	Cost/Term
Monday	5.00pm–5.45pm 5.45pm - 6.30pm	5-6 yrs	Balforn High School (Indoors)	£12.75 (5wk) £20.40 (8wk)
Monday	4.30pm - 5.30pm	5-6 yrs	The Peak (Indoors)	£17 (5wk) £27.20 (8wk)
Tuesday	5.00pm - 6.00pm	5-6 yrs	Newton Primary School (Indoors)	£17 (5wk) £27.20 (8wk)
Wednesday	4.00pm - 5.00pm	5-6 yrs	Cambusbarron Community Centre (Indoors)	£17 (5wk) £27.20 (8wk)
Thursday	3.45pm - 4.30pm	5-6 yrs	Allans Centre, Bridge of Allan (Indoors)	£12.75 (5wk) £20.40 (8wk)
Friday	5.00pm–6.00pm 6.00pm–7.00pm 7.00pm–8.00pm	5-6 yrs	Dunblane Primary School (Indoors)	£17 (5wk) £27.20 (8wk)
Saturday	9.00am–10.00am	5-6 yrs	Stirling High School (Indoors)	£17 (5wk) £27.20 (8wk)

Scottish FA *Football Centres for 7-8 years*

Day	Time	Age	Venue	Cost/Term
Monday	6.30pm–7.15pm	7-8 yrs	Balforn High School (Indoors)	£12.75 (5wk) £20.40 (8wk)
Monday	5.30pm–6.30pm	7-8 yrs	The Peak (Indoors)	£17 (5wk) £27.20 (8wk)
Tuesday	6.00pm–7.00pm	7-10 yrs	Newton Primary School (Indoors)	£17 (5wk) £27.20 (8wk)
Wednesday	5.00pm–6.00pm	7-8 yrs	Cambusbarron Community Centre (Indoors)	£17 (5wk) £27.20 (8wk)
Thursday	4.30pm–5.15pm	7-8 yrs	Allans Centre, Bridge of Allan (Indoors)	£12.75 (5wk) £20.40 (8wk)
Friday	6.00pm–7.00pm	7-8 yrs	Dunblane High School (Indoors)	£17 (5wk) £27.20 (8wk)
Saturday	10.00am– 11.00am	7-8 yrs	Stirling High School (Indoors)	£17 (5wk) £27.20 (8wk)



Scottish FA *Football Centres for 9-12 years*

Day	Time	Age	Venue	Cost/Term
Monday	7.15pm–8.00pm	9–12 yrs	Balforn High School (Indoors)	£12.75 (5wk) £20.40 (8wk)
Monday	5.30pm–6.30pm	9–12 yrs	The Peak (Indoors)	£17 (5wk) £27.20 (8wk)
Wednesday	6.00pm–7.00pm	9–12 yrs	Cambusbarron Community Centre (Indoors)	£17 (5wk) £27.20 (8wk)
Thursday	5.15pm–6.00pm	9–12 yrs	Allans Centre, Bridge of Allan (Indoors)	£12.75 (5wk) £20.40 (8wk)
Friday	7.00pm–8.00pm 8.00pm–9.00pm	9–12 yrs	Dunblane High School (Indoors)	£17 (5wk) £27.20 (8wk)
Saturday	10.00am–11.00am	9–12 yrs	Stirling High School (Indoors)	£17 (5wk) £27.20 (8wk)

Scottish FA *Goalkeeping for 8-16 years*

These centres give boys and girls the chance to develop their goalkeeping skills further. Sessions include all the essential skills like shape, positioning and distribution.

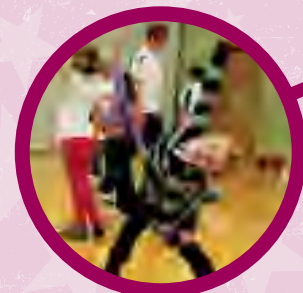
Day	Time	Age	Venue	Cost/Term
Tuesday	6.00pm–7.00pm	8-16 yrs	Forthbank 5-a-sides	£17 (5wk) £27.20 (8wk)

Scottish FA *Skill Academies for 7-12 years*

These centres focus on individual technique training as coaches attempt to develop creative aspects of players, and aim to create more technically able performers. Sessions also include game related practices. Sessions are for both boys and girls.

Day	Time	Age	Venue	Cost/Term
Tuesday	5.00pm–6.00pm	7-12 yrs	Forthbank 5-a-sides	£17 (5wk) £27.20 (8wk)

Dance and fitness



Term 3
Mon 9 Jan - Sun 12 Feb

Term 4
Mon 20 Feb - Sun 25 Mar

Term 5
Mon 16 Apr - Sun 10 Jun



Term 3 Mon 9 January - Sun 12 February

Term 4 Mon 20 February - Sun 25 March

Term 5 Mon 16 April - Sun 10 June

Dance

Just Dance! Kick, turn and leap to the latest tunes! We will help develop your dance technique; you bring your own style. Classes will have the opportunity to perform at the MacRobert in June 2012! Bounce for 5-7yrs and Pulse for 8-12 yrs.

Day	Time	Age	Venue	Cost/Term
Monday	6.00pm-7.00pm 7.00pm-8.00pm	Bounce 5-7yrs Pulse 8-12yrs	St.Modan's High School St.Modan's High School	£17.00(5wk) £27.20(8wk)
Tuesday	6.00pm-7.00pm	Bounce and Pulse 5-12yrs	McLaren High School	£17.00(5wk) £27.20(8wk)
Wednesday	6.00pm-7.00pm 7.00pm-8.00pm	Bounce 5-7yrs Pulse 8-12yrs	Stirling High School Stirling High School	£17.00(5wk) £27.20(8wk)
Friday	5.00pm-6.00pm 6.00pm-7.00pm	Pulse 8-12yrs Bounce 5-7yrs	Balfron High School Balfron High School	£17.00(5wk) £27.20(8wk)

Dance Mats

The SHOKK Dance Mat system will help you get fit and improve your coordination, while you work on your dance moves! Try and beat your top score or just work on your technique at these fun filled sessions!

Day	Time	Age	Venue	Cost/Term
Saturday	11.15am-12.00pm	5+	The PEAK	£3.50



Fitness Classes

Energetic cardio programme to build strength and stamina using an array of different weekly activities. Improve your coordination on the dance mats, kick and punch your way to a fitter you with Combat, or simply enjoy the Zumba sensation.

Day	Time	Age	Venue	Cost/Term
Tuesday	4.15pm-5.15pm	8-12yrs	Mayfield Centre, Bannockburn	£17 (5wk) £27.20 (8wk)
Wednesday	6.00pm-7.00pm	8-12yrs	McLaren High School	£17 (5wk) £27.20 (8wk)
Thursday	4.00pm-5.00pm	8-12yrs	Raploch Community Campus	£17 (5wk) £27.20 (8wk)
Thursday	6.00pm-7.00pm	8-12yrs	St. Modan's High School	£17 (5wk) £27.20 (8wk)
Friday	6.00pm-7.00pm	8-12yrs	Dunblane High School	£17 (5wk) £27.20 (8wk)

Zumbatomic

After watching adults let loose, have fun and get in shape with the Zumba program an official ZUMBA FOR KIDS Program has arrived in the form of Zumbatomic! Young dancers are given the opportunity to get fit through repetition, great music and cool lyrics!

Day	Time	Age	Venue	Cost/Term
Sunday	10.00am-11.00am	5+	The PEAK	£3.50



Active Kids

October. Easter. Summer

Easter: Mon 2 Apr - Fri 6 Apr
 Summer: Mon 2 Jul - Fri 10 Aug
 October: Mon 15 Oct - Fri 19 Oct

Keep your kids active during the school holidays!

Every Easter, Summer and October we run a wide range of sport and activities for kids during the school holidays at The PEAK and other venues across the Stirling area. We have classes to suit all ages – from 1 hour sessions to full day and full week PEAK camps. Kids can improve existing skills or try out something new and meet new friends. Classes include football, rugby, ice skating, swimming, dance and outdoor activities.

There are 3 weekly PEAK camps –



for 5–7 year olds



for 8–10 year olds



for 11–13 year olds

Look out for our brochures at The PEAK and other venues, or online at www.activestirling.org.uk/activekids

Active Stirling Ltd No. 23, 15 Borrowmeadow Rd, Stirling, FK7 7UW

How to book and pay

Bookings and payment for the term time programme can be made in 3 ways:

- 1 Book and pay in person at Forthbank or The PEAK
- 2 Phone Active Stirling on **0300 028 0101** to book and pay by debit or credit card (open 9am–5pm)
- 3 Phone The PEAK/Forthbank on **01786 273555** to book and pay by debit or credit card (see opening times below)

Facility opening times:

Forthbank:

Mon–Fri 9.00am–10.00pm
 Sat 9.00am–5.00pm
 Sun 9.00am–10.00pm

The PEAK:

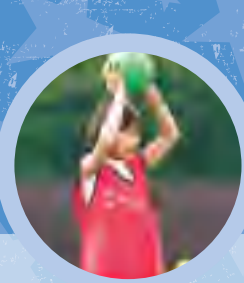
Mon–Fri 6.00am–10.00pm
 Sat 7.00am–8.00pm
 Sun 8.00am–8.00pm

You can book for any of the terms or all 3 together -

Term 3
 Mon 9 Jan - Sun 12 Feb

Term 4
 Mon 20 Feb - Sun 25 Mar

Term 5
 Mon 16 Apr - Sun 10 Jun



Child consent & medical form

This form must be completed by an adult and brought with the child prior to participating in any activity. If booking by phone you must sign and complete this consent form and bring on the day, to allow your child to participate in any activity.

First name : _____ Surname: _____

Address: _____

Postcode: _____ Contact tel no: _____ Mobile no: _____

Alternative emergency contact name and number:
Name: _____ Mobile: _____

Does the above named participant suffer from any ongoing medical condition, or have special needs of which we should be aware? *(Please tick)* Yes No

If Yes please give details _____

Email address: _____

I give permission for photographs and video to be taken of my child whilst on session.
The photos and video will be used for Active Stirling promotional work. *(Please tick)* Yes No

I fully consent to my child taking part in the activity. A member of my family or friend can be contacted on the above telephone number in the event of an emergency.

Signed / Guardian

Date

Note: All activities by nature have inherent risks and dangers. By participating in these activities you are exposing yourself to these risks. Experienced, trained and qualified staff combined with appropriate safety equipment, help manage and reduce the risks. Nonetheless the risks and dangers will never disappear. Active Stirling does not provide personal accident or belongings insurance. Participants should arrange their own insurance as necessary.

If you do not wish to receive details of future offers and incentives from Active Stirling please tick

Registered office:

Active Stirling Ltd No. 23, 15 Borrowmeadow Road, Stirling FK7 7UW
T. 0300 028 0101 E. askus@activestirling.org.uk W. activestirling.org.uk

Registered in Scotland SC298585. Registered charity SC037632



follow us on facebook

