

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!



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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)

0300 028 0101



Scottish FA *Football Centres for 9-12 years*

Day	Time	Age	Venue	Cost/Term
Monday	7.15pm–8.00pm	9–12 yrs	Balfour 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)

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