

## Trampolining 3 years – 5 years

Term 3 Mon 9 Jan – Mon 6 Feb £22.50 for 5 weeks

Term 4 Mon 20 Feb – Mon 19 Mar £22.50 for 5 weeks

Individual trampolining classes (1 coach/1child) for 15 minutes. As there is no break between lessons children should be ready for the changeover with shoes off but socks on.

Venue	Day	Term 3	Term 4	Time
The PEAK	Monday	9 Jan – 6 Feb	20 Feb – 19 Mar	2.30pm – 2.45pm 2.45pm – 3.00pm 3.00pm – 3.15pm 3.15pm – 3.30pm 3.00pm – 3.45pm

## Mini kickers Football 3 years – 5 years

Term 3 Sat 7 Jan - Fri 10 Feb £19 for 5 weeks

Term 4 Sat 18 Feb - Fri 23 Mar £19 for 5 weeks

These centres give both boys and girls an opportunity to develop their basic motor skills such as agility, balance and co-ordination. There is a huge emphasis on fun and parents are requested where possible to stay for the sessions to assist the coaches.

Venue	Day	Term 3	Term 4	Time
The PEAK	Wednesday	11 Jan - 8 Feb	22 Feb - 21 Mar	4.00 – 4.45pm
The PEAK	Thursday	12 Jan - 9 Feb	23 Feb - 22 Mar	10.00 – 10.45am
The PEAK	Friday	13 Jan - 10 Feb	24 Feb - 23 Mar	10.00 – 10.45am
Stirling High School	Saturday	7 Jan - 4 Feb	18 Feb - 17 Mar	11.00 – 11.45am 11.45 – 12.30pm



## How to book and pay

Bookings and payment for these classes can be made in 2 ways –

**1. Book and pay in person at The PEAK or Forthbank**

**2. Book by phone on 0300 028 0101**

If you would like to book by post please send a cheque to our Head Office address below. Please make your cheque payable to Active Stirling Ltd, write your cheque guarantee number on the back along with your name and address, the participant's name and age and the class you'd like to book into.

### Terms and conditions

**Refunds** Refunds are only given in exceptional circumstances. Please send your refund request to Active Stirling at our Head Office.

**Photographs** From time to time photographs may be taken of classes for promotional purposes. If you do not want your child being photographed, please inform us in writing.

**Supervision** Please note that for Bouncin beans and Jumpin beans 18months–3 years, an adult must stay with the child in the class.

**Parking** A disabled badge must be displayed at all times if you are parking in the disabled bays at either the Peak or the High Schools.

**Head Office** If you would like to write to us, please send any correspondence to our Head Office address below.

**Head Office** No. 23  
15 Borrowmeadow Road  
Stirling FK7 7UW



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12/12/11

**Book your activity today for Term 3 or Term 4 or both!**



# Pre school sport and physical activities

Saturday 7 January -  
Saturday 24 March 2012

For ages  
**6 months – 5 years**



## Bouncin beans 6 months – 18 months

Term 3 Mon 9 Jan – Sat 11 Feb £17 for 5 weeks

Term 4 Mon 20 Feb – Sat 24 Mar £17 for 5 weeks

Bouncin beans is for children aged 6 months to 18 months and is a fun setting for social interaction through play activities. Children will have the opportunity to develop body awareness, aid their physical development and participate in action songs.

Venue	Day	Term 3	Term 4	Time
The PEAK	Monday	9 Jan – 6 Feb	20 Feb – 19 Mar	10.00am – 10.35am
Allans Centre Bridge of Allan	Monday	9 Jan – 6 Feb	20 Feb – 19 Mar	9.15am – 9.50am
Braeport Centre Dunblane	Tuesday	10 Jan – 7 Feb	21 Feb – 20 Mar	10.30am – 11.05am
Dunblane Victoria Hall	Wednesday	11 Jan – 8 Feb	22 Feb – 21 Mar	9.30am – 10.05am
Killlearn Church Hall	Friday	13 Jan – 10 Feb	24 Feb – 23 Mar	9.55am – 10.30am
The PEAK	Friday	13 Jan – 10 Feb	24 Feb – 23 Mar	9.30am – 10.05am

## Jumpin beans 18 months – 3 years

Term 3 Mon 9 Jan – Sat 11 Feb £17 for 5 weeks

Term 4 Mon 20 Feb – Sat 24 Mar £17 for 5 weeks

Jumpin beans is for children aged 18 months to 5 years and through soft play gym equipment provides a structured play environment to help develop motor skills such as jumping, climbing and balance along with fine motor skills through exciting hand apparatus.

Venue	Day	Term 3	Term 4	Time
The PEAK	Monday	9 Jan – 6 Feb	20 Feb – 19 Mar	11.40am – 12.15pm 1.55pm – 2.30pm
Allans Centre Bridge of Allan	Monday	9 Jan – 6 Feb	20 Feb – 19 Mar	10.00am – 10.35am
Dunblane Braeport Centre	Tuesday	10 Jan – 7 Feb	21 Feb – 20 Mar	9.45am – 10.20am 1.25pm – 2.00pm
The PEAK	Tuesday	10 Jan – 7 Feb	21 Feb – 20 Mar	10.25am – 11.00am 11.10am – 11.45am
Dunblane Victoria Hall	Wednesday	11 Jan – 8 Feb	22 Feb – 21 Mar	10.15am – 10.50am 11.55am – 12.30pm
Cambusbarron Community Centre	Thursday	12 Jan – 9 Feb	23 Feb – 22 Mar	9.30am – 10.05am 10.15am – 10.50am 1.55pm – 2.30pm

Venue	Day	Term 3	Term 4	Time
Killlearn Church Hall	Friday	13 Jan – 10 Feb	24 Feb – 23 Mar	11.35am – 12.10pm 1.35pm – 2.10pm
The PEAK	Friday	13 Jan – 10 Feb	24 Feb – 23 Mar	10.15am – 10.50am 1.55pm – 2.30pm
The PEAK	Saturday	14 Jan – 11 Feb	25 Feb – 24 Mar	9.55am – 10.30am 11.35am – 12.10pm

## Jumpin beans 3 years – 5 years

Term 3 Mon 9 Jan – Sat 11 Feb £19 for 5 weeks

Term 4 Mon 20 Feb – Sat 24 Mar £19 for 5 weeks

Venue	Day	Term 3	Term 4	Time
The PEAK	Monday	9 Jan – 6 Feb	20 Feb – 19 Mar	1.00pm – 1.45pm
Allans Centre Bridge of Allan	Monday	9 Jan – 6 Feb	20 Feb – 19 Mar	10.45am – 11.30am
Dunblane Braeport Centre	Tuesday	10 Jan – 7 Feb	21 Feb – 20 Mar	12.30pm – 1.15pm
The PEAK	Tuesday	10 Jan – 7 Feb	21 Feb – 20 Mar	9.30am – 10.15am
Dunblane Victoria Hall	Wednesday	11 Jan – 8 Feb	22 Feb – 21 Mar	11.00am – 11.45am 1.00pm – 1.45pm
Cambusbarron Community Centre	Thursday	12 Jan – 9 Feb	23 Feb – 22 Mar	1.00pm – 1.45pm
Killlearn Church Hall	Friday	13 Jan – 10 Feb	24 Feb – 23 Mar	10.40am – 11.25am
The PEAK	Friday	13 Jan – 10 Feb	24 Feb – 23 Mar	11.00am – 11.45am
The PEAK	Saturday	14 Jan – 11 Feb	25 Feb – 24 Mar	9.00am – 9.45am 10.40am – 11.25am

## Snow babies 2 years – 5 years

Term 3 Sat 14 Jan – Sat 4 Feb (exc 28 Jan) £9 for 3 weeks

Term 4 Sat 25 Feb – Sat 24 Mar £15 for 5 weeks

Snow babies is specifically for under 5's to allow toddlers to enjoy being on the ice in a safe environment with toys on the ice and supervised by a qualified coach. Must be accompanied on ice by parent/guardian to assist. Skate hire included.

Venue	Day	Term 3	Term 4	Time
The PEAK	Saturday	14 Jan – 4 Feb (exc 28 Jan)	25 Feb – 24 Mar	12.10pm – 12.40pm

## Sporty beans 4 years – 5 years

Term 3 Mon 9 Jan – Sat 11 Feb £19 for 5 weeks

Term 4 Mon 20 Feb – Sat 24 Mar £19 for 5 weeks

Sporty beans is most suited for children aged 4 to 5 years as a progression from Jumpin beans, however children aged 3 may attend. Children will have the opportunity to experience and explore different sporting activities in a fun environment, developing their gross motor skills such as running, throwing and catching. Sessions will also aid social skills development through co-operation activities.

Venue	Day	Term 3	Term 4	Time
The Peak	Monday	9 Jan – 6 Feb	20 Feb – 19 Mar	10.45am – 11.30am
McLaren Leisure Centre, Callander	Monday	9 Jan – 6 Feb	20 Feb – 19 Mar	1.45pm – 2.30pm
Allans Centre Bridge of Allan	Monday	9 Jan – 6 Feb	20 Feb – 19 Mar	11.40am – 12.25pm
Dunblane Braeport Centre	Tuesday	10 Jan – 7 Feb	21 Feb – 20 Mar	11.15am – 12.00pm
The Peak	Tuesday	10 Jan – 7 Feb	21 Feb – 20 Mar	11.55am – 12.40pm
Dunblane Victoria Hall	Wednesday	11 Jan – 8 Feb	22 Feb – 21 Mar	1.55pm – 2.40pm
Cambusbarron Community Centre	Thursday	12 Jan – 9 Feb	23 Feb – 22 Mar	11.00am – 11.45am
Killlearn Church Hall	Friday	13 Jan – 10 Feb	24 Feb – 23 Mar	12.40pm – 1.25pm
The Peak	Friday	13 Jan – 10 Feb	24 Feb – 23 Mar	1.00pm – 1.45pm
The Peak	Saturday	14 Jan – 11 Feb	25 Feb – 24 Mar	12.20pm – 1.05pm

## Dance – Wriggle 3 years – 5 years

Term 3 Thurs 12 Jan – Fri 10 Feb £19 for 5 weeks

Term 4 Thurs 23 Feb – Fri 23 Mar £19 for 5 weeks

Children will be improving their balance, co-ordination and motor skills, increasing their confidence and having lots of fun developing their skills in dance.

Venue	Day	Term 3	Term 4	Time
The Peak	Thursday	12 Jan – 9 Feb	23 Feb – 22 Mar	1.30pm – 2.15pm
Balfron High School	Friday	13 Jan – 10 Feb	24 Feb – 23 Mar	4.00pm – 4.45pm