

BLACK ISLE LEISURE CENTRE HIGHLIFE ACTIVITIES AUG 2011 - JUNE 2012



DAY	ACTIVITY	TIME	INSTRUCTOR	CLASS INFORMATION
MONDAYS	* Trampolining P1 - P3	4.00 - 4.40pm	Laura	Develop your confidence and ability by learning all the basic moves and techniques at the same time as having lots of fun.
	* Trampolining P1 - P3	4.40 - 5.20pm	Laura	
	* Trampolining P4 - P7	5.20 - 6.00pm	Laura	
TUESDAYS	* Kindergym 2 - 3yrs	11.30am - 12.00noon	Laura	Learn lots of skills from forward and backwards tumbles to balancing and shapes.
	* Kindergym 3 - 5yrs	12.00 - 12.45pm	Laura	
WENESDAYS	* Badminton P4 - P7	5.00 - 6.00pm	Stewart	Come along and get some top tips from our very own ex Scotland badminton player.
THURSDAYS	* Archery P4 - 7	6.00 - 7.00pm	Jan	Introduction to archery suitable to all levels of ability.
	* Archery Adult	7.00 - 8.00pm	Jan	
SATURDAYS	Saturday Club P1 - P7	10.00am - 12.00noon	May / Leisure Centre staff	Lots of action from physical to craft activity. Check with reception for dates of Sat Club.

TERM	WEEK BEGINNING	BOOKING DATE WEEK BEGINNING
TERM 1	22 nd August - 19 th September 2011 (5 weeks)	15 th August 2011
TERM 2	31 st October - 12 th December 2011 (7 weeks)	24 th October 2011
TERM 3	9 th January - 6 th February 2012 (5 weeks)	12 th December 2011
TERM 4	20 th February - 19 th March 2012 (5 weeks)	13 th February 2012
TERM 5	23 rd April - 11 th June 2012 (8 weeks)	16 th April 2012

All above activities are included in Highlife All Inclusive membership. Activities marked with a * must be booked at reception for the whole block.

HOLIDAY ACTIVITIES

OCTOBER ACTIVITIES 2011	Monday 10 th October - Friday 21 st October (weekdays only)
EASTER ACTIVITIES 2012	Monday 2 nd April - Friday 13 th April (weekdays only)
SUMMER ACTIVITIES 2012	Monday 2 nd July - Friday 27 th July (weekdays only)

Come along to our fun filled holiday activities.

We have loads on offer from craft activities to high energy games and outdoor trips.

All you need to do is look out for our activity brochures in your school bags. These should be handed out 3 - 4 weeks before the end of each term.

You must be quick to book to avoid disappointment.

MAIN HALL AVAILABILITY

	DAYTIME	EVENING
MONDAY	10.00am - 11.00am	4.00pm - 10.00pm
TUESDAY	11.00am - 1.00pm	6.00pm - 10.00pm
WEDNESDAY	3.00pm - 4.00pm	5.00pm - 10.00pm
THURSDAY	10.00am - 12.00pm	6.00pm - 10.00pm
FRIDAY	10.00am - 11.00am	4.00pm - 10.00pm
SATURDAY	10.00am - 4.00pm	
SUNDAY	10.00am - 4.00pm	

We have a main hall available to hire for various sports including football, badminton, short tennis, table tennis, basketball and netball. Bookings can be made at reception or over the phone.

FITNESS SUITE OPENING HOURS

	OPENING TIMES
MONDAY	10.00am - 10.00pm
TUESDAY	10.00am - 10.00pm
WEDNESDAY	10.00am - 10.00pm
THURSDAY	9.00am - 10.00pm
FRIDAY	9.00am - 10.00pm
SATURDAY	10.00am - 4.00pm
SUNDAY	10.00am - 4.00pm

Our Fitness Suite consists of 10 Cardio Vascular machines and 7 weight resistance machines. An induction must be completed prior to using the fitness suite. These can be booked at reception or over the phone.

BOUNCI NG BI RTHDAY PARTI ES

Come along and use our bouncy castle and let our staff organise all the fun and games in the main hall.

The Dolphin Room can be used for all your catering arrangements.

No pressure and no mess to clean up - we take care of it all.

MEETI NG ROOMS

We have 2 rooms available within the leisure centre that can be hired for meetings, AGM's, club meetings and small group instruction classes.

For further information please contact reception.