



**ACTIVE
KIDS CENTRE**



Falkirk
Community
Trust

Sport Classes for PreSchoolers

2017



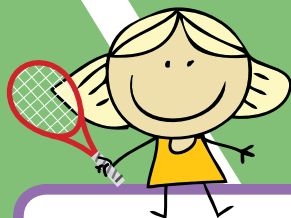
Welcome



Here at Falkirk Community Trust we offer a fantastic range of classes for pre-schoolers. Regular physical activity is essential for improving your child's health and wellbeing and our fun and exciting classes also provide a natural environment to develop their balance, coordination and confidence. Research shows that those who participate early are much more likely to try a new sport as they get older. This booklet contains all the information on the classes that we offer for children aged 5 and under.

How to Book

Please call **01324 506850** or email us at **bookings@falkirkcommunitytrust.org** (with the exception of Mini Gyms, where you should call your chosen venue to book).



Tennis

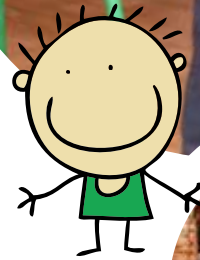
£3.00 per class or £21 for 7 weeks
Call Booking office on **01324 506850**

A fun introduction to tennis for all our budding Andy Murrays!

Class	Venue	Day	Time	Age
Tennis Tots	Polmont SC	Friday	3.15pm - 4.00pm	3-5yrs
Tennis Tots	Stenhousemuir SC	Friday	3.45pm - 4.30pm	3-5yrs

Once children have mastered the basics, they can progress on to our Mini Tennis classes. For more information visit **www.falkirkcommunitytrust.org/sport/sports-development/tennis**.





Preschool Mini Moves

£4.10 per class

Call Booking office on 01324 506850

Our under 5's dance programme aims to help your child to:

- Develop agility, balance, strength, speed and co-ordination
- Improve self confidence
- Learn to enjoy exercise from an early age
- Develop and increase concentration
- Develop an early creative spark as individuals and in a group

Through movement, songs, games and rhymes, children not only flex their muscles as they gain strength and endurance, but also learn movement and play in a creative dance setting that can help provide an essential educational experience.

Our classes will have your little one wiggling and giggling to action songs, whilst exploring movement. They will have great fun learning to sway and bounce to a new rhythm, whilst making new friends.

Class	Venue	Day	Time	Age
Pre-school Mini Moves Dance	Stenhousemuir SC	Mondays	1.15pm - 2.00pm	1-3yrs
			2.00pm - 2.45pm	3-5yrs
Pre-school Mini Moves Dance	Grangemouth Complex	Tuesdays	1.30pm - 2.15pm	1-3yrs
			2.15pm - 3.00pm	3-5yrs

Mini Gyms



£4.10 per class/£19 for a 4 week block
Call your chosen venue to book

Mini Gyms provide a range of agility, balance and coordination activities that are designed to help develop basic physical and social skills in a fun learning environment.

We provide classes for children in the following age groups:

- **1 - 2 years** (parents must stay with the child during the session)
- **2 - 3 years** (parents must stay with the child during the session)
- **3 - 5 years** (children in this age group can be left with the class instructor)

Venue	Day	Time	Age
Mini Gyms Bo'ness Recreation Centre 01506 778510	Mondays	10.45am - 11.30am	3-5yrs
		11.40am - 12.25pm	1-2yrs
		12.35pm - 1.20pm	2-3yrs
		1.30pm - 2.15pm	3-5yrs
Mini Gyms Polmont Sports Centre 01324 503845	Wednesdays	9.30am - 10.15am	3-5yrs
		10.25am - 11.10am	1-2yrs
		11.15am - 12.00pm	2-3yrs
		1.00pm - 1.45pm	3-5yrs
		1.55pm - 2.40pm	2-3yrs
Mini Gyms Grangemouth Sports Complex 01324 504560	Thursdays	9.30am - 10.15am	3-5yrs
		10.25am - 11.10am	1-2yrs
		11.15am - 12.00pm	2-3yrs
		1.00pm - 1.45pm	3-5yrs
		1.55pm - 2.40pm	2-3yrs
Mini Gyms Grangemouth Sports Complex 01324 504560	Saturday	9.30am - 10.15am	2-3yrs
		10.25am - 11.10am	1-2yrs
		11.20am - 12.05pm	3-5yrs
		12.15pm - 1.00pm	3-5yrs

Football

£3.00 per class, pay per term
Call Booking office on 01324 506850



Our football programme is delivered by Scottish FA qualified coaches who identify the needs of every child to ensure ability, potential and enjoyment is maximised.

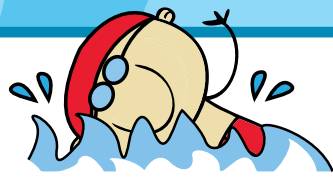
Coaching classes start with Soccer Tots (3 - 5 years), with follow on opportunities available with our Soccer School (6 - 8 years and 9 -12 years).

The objective of Soccer Tots is to develop each child's basic physical skills together with emotional and social development, using the foundation and excitement of football. We are always looking to improve and development our programme. If you have any suggestions for new football classes, please contact bookings@falkirkcommunitytrust.org

Class	Venue	Day	Time	Age
Soccer Tots	Woodlands Games Hall	Monday	4.00pm - 4.45pm	3 - 5 yrs
Soccer Tots	Bo'ness Recreation Centre	Monday	4.00pm - 4.45pm	3 - 5 yrs
Soccer Tots	Denny Sports Centre	Tuesday	5.00pm - 5.45pm	3 - 5 yrs
Soccer Tots	Polmonts Sports Centre	Sunday	10.00am - 10.45am	3 - 5 yrs



Swimming



Call Booking office on 01324 506850

Adult and Child classes start from 6 months – 3 years. We provide a bright and happy environment, facilitating interaction between child, adult and teacher and aims to build confidence and skills. Our pre-school swim programme is designed to build up children's confidence in the pool, and to teach them basic swimming skills.

The classes all last half an hour and cost £15.50 (£13.50 for siblings) per month with our easy to pay direct debit system. You may join the classes at any time during the year.

Grangemouth Sports Centre

Day	Time
Monday	1.00pm - 2.30pm
Tuesday	9.30am - 11.00am
	1.00pm - 2.30pm
Wednesday	1.00pm - 2.30pm
Thursday	1.00pm - 2.30pm
Friday	9.30am - 11.00am

Bo'ness Recreation Centre

Day	Time
Friday	1.00pm - 2.30pm

Mariner Centre

Day	Time
Monday	9.30am - 11.00am
	12.30pm - 2.00pm
	4.30pm - 6.00pm
Tuesday	9.30am - 11.00am
	12.30pm - 2.00pm
Wednesday	9.30am - 11.00am
	12.30pm - 2.00pm
Thursday	9.30am - 11.00am
	12.30pm - 2.00pm
Friday	9.30am - 11.00am
	12.30pm - 2.00pm
Saturday	9.00am - 10.00am
Sunday	9.00am - 10.00am



Skiing

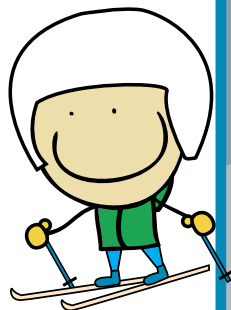
Introduce your child to a lifelong adventure!

Skiing has many benefits. It increases muscle and bone strength, improves flexibility, improves balance and co-ordination, increases blood flow, increases spatial awareness and reaction time. Skiing encourages outdoor play and learning and offers the opportunity for making new friends and having fun!

We offer

Polmonthill Snowsports Centre

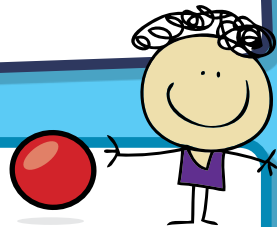
Class	Age	Hours	Price
Mini Sliders	4 - 5 yrs	1hr - 8 week block	£69.80
Penguins	4.5 - 6 yrs	1hr - 8 week block	£69.80
Private Lessons	3+ yrs	30 mins	£13.80



Adults needn't feel left out - we can provide lessons for you as well!
For further details or to book please call the Centre on **01324 503835** or enquire at snowsports@falkirkcommunitytrust.org



Also Available for Little Ones Across Falkirk Community Trust...



Creche

Both Grangemouth Sports Complex and The Mariner Centre offer Creche facilities for pre-school children. This facility is available to customers who are participating in an activity in the sports complex. The Creche is supervised by qualified staff who specialise in active play for pre-school children.

Opening hours at Grangemouth are 9am - 12pm and at The Mariner Centre are 9.15am - 12.30pm and 1.30pm - 3pm.



Baby Bees and Ballet Bees at Falkirk Town Hall



**Baby Bees: 0 - 18 months
Thursdays 9.45am - 10.15am | £3.75**

Wee ones and their grown-ups can join Jennifer in an interactive play park with song and dance, where they can explore colour, shape and rhyme together.

**Ballet Bees: 18 months - 3 years
Thursdays 10.15am - 11.00am | £4**

Our parent and toddler ballet class introduces children to the wonderful world of ballet. Through nursery rhymes and fun props, sing and dance and encourage wee eons to develop confidence, imagination and co-ordination.

Call 01324 506850 for more information.

All details correct at time of going to press but we would encourage you to check online or with Bookings Team for up-to-date information.

**Falkirk Community Trust
4 Stadium Way,
Falkirk FK2 9EE**

www.falkirkcommunitytrust.org/sport

Stay in touch - join the e-newsletter online at www.falkirkcommunitytrust.org

 **Falkirk Sport**  **@FalkirkSport**