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shetland recreational trust  
Scottish Charity SC002179

# JUNIOR COURSES

APRIL - JUNE 2019

BOOK FROM MONDAY 25 MARCH 2019



Shetland Recreational Trust  
is part funded by



Shetland  
Charitable Trust

# SWIMMING COURSES

15 April - 05 July 2019

**BLOCK PRICE £46.80**

## MONDAY

Preschool	15:20-15:50
Swim Skills 3	15:20-15:50
Swim Skills 2	15:55-16:25
Swim Skills 1b	15:55-16:25

## TUESDAY

Swim Skills 2	15:20-15:50
Swim Skills 1b	15:20-15:50
Swim Skills 1a	15:55-16:25
Rookie Lifeguard - Silver (Swim Skills 4+)	15:55-16:25
Preschool (3.5-5yrs)	16:30-17:00
Rookie Lifeguard - Bronze (Swim Skills 4+)	16:30-17:00

## WEDNESDAY

Adult & Baby (0-12months)	10:45-11:15
Adult & Toddler (12-24months)	11:20-11:50
Adult & Child (24-42months)	11:55-12:25
Swim Skills 1b	15:20-15:50
Swim Skills 2	15:20-15:50
Preschool (3.5-5yrs)	15:55-16:25
Swim Skills 1a	15:55-16:25

## THURSDAY

Swim Skills 2	15:20-15:50
Swim Skills 1b	15:20-15:50
Swim Skills 1a	15:55-16:25
Swim Skills 3	15:55-16:25
Preschool (3.5-5yrs)	16:30-17:00

## FRIDAY

Preschool (3.5-5yrs)	15:20-15:50
Swim Skills 1a	15:20-15:50
Swim Skills 1b	15:55-16:25
Swim Skills 4 / Club Ready	15:55-16:25



## ONE-TO-ONE LESSONS

Available Mon, Wed, Thu & Fri 16:30-17:00 - £16.60 per lesson

# DRY COURSES

Block 1 (22 April - 24 May 2019)

Block 2 (27 May - 28 June 2019)



**BLOCK PRICE £15.25**

## MONDAY

Peerie Kickers (3-4yrs)

12:45-13:30

Mini Messi's (4-5yrs)

13:45-14:30

Peerie Olympians (3-5yrs)

14:45-15:30

Beginners Squash (P3-P6)

16:15-17:00

Junior Athletics (P1-P3)

16:15-17:00

## TUESDAY

Gym Tots (walking-3yrs)\*

10:30-11:15

Gym Tots (walking-3yrs)\*

11:30-12:15

Gym Kids (3-5yrs)

13:30-14:15

Gym-tastics (P1-P3)

16:15-17:00

## WEDNESDAY

Pre-school Fun (3-5yrs)

13:15-14:00

Pre-school Netball (3-5yrs)

14:15-15:00

Muckle Messi's (P1-P3)

16:15-17:00

Mini Messi's (4-5yrs)

16:15-17:00

## THURSDAY

Gym Kids (3-5yrs)

10:00-10:45

Baby Gym (6 months-walking)\*

11:00-11:30

Gym Tots (walking-3yrs)\*

12:30-13:15

Gym Kids (3-5yrs)

13:30-14:15

Mini Golf (P1-P3)

16:15-17:00

## FRIDAY

Muckle Messi's (P1-P3)

16:15-17:00



Please make the booking in the name of the child who will be attending the course. All classes are non refundable.

\*Activities marked with an asterisk require parents/guardians to remain with their child.



# DRY COURSE DESCRIPTIONS

- ★ **Peerie Kickers**  
In a friendly play-orientated environment our coaches will introduce the class to some fun based basic football skills and will aim to develop the core skills of the game.
- ★ **Mini Messi's**  
A step up from Peerie Kickers, this class introduces some fun but structured football drills covering areas of the game from passing, control and goal scoring. The search for Shetland's next football star starts here!
- ★ **Muckle Messi's**  
A step up from Mini Messi's, this class develops children's football skills through a range of structured drills improving the young footballer's passing, control and dribbling as well as introducing them to basic rules within a game situation.
- ★ **Peerie Olympians**  
Gives children a taster into some athletics events, developing their running, jumping and throwing skills. Fun games and activities are also included.
- ★ **Junior Athletics**  
Introducing your child to the basics of running, jumping and throwing whilst having fun.
- ★ **Beginners Squash**  
A fun introduction to squash, developing eye to hand co-ordination.
- ★ **Preschool Fun**  
Gives children a taster into a variety of sports and fun activities. Gymnastics, football, parachute play, colouring in, catchy games and a lot more.
- ★ **Gym Tots**  
Promotes early development and provides a strong foundation for your child's first three years. Weekly classes will help your child achieve new milestones and prepare for more advanced challenges during each stage of growth. Parents lead and support their child around our soft play circuit which includes balance beams and trampettes. Fun activity songs are also included with the use of bubbles, ribbons and a parachute.
- ★ **Gym Kids**  
A progression from Gym Tots which aims to further develop children's confidence and motor skills through different movements. They will have great fun venturing around our play circuit and join in singing action songs.
- ★ **Gym-tastics**  
Introduces children to some basic gymnastic floor based skills such as forward rolls and handstands. An introduction to some gymnastics equipment is also covered along with some pompom play and ribbon dance.
- ★ **Baby Gym**  
Includes activity songs, sensory play equipment and gives children the opportunity to explore the soft play circuit by crawling and climbing. The perfect way for the little explorers to build their confidence in a safe environment.
- ★ **Preschool Netball**  
A fun based class introducing the fundamentals of netball, throwing, catching, jumping, shooting, team games and a lot more.
- ★ **Mini Golf**  
An introduction to golf which aims to improve the children's basic co-ordination while having fun. Coaches will lead games to improve children's throwing and catching as well as hitting soft balls at targets and learning basic golf terminology.