

DRY ACTIVITY DESCRIPTION

Multi-Sport	<p>P1-3 : Focusing on basic sports skills like co-ordination, throwing, catching, running and jumping through fun games. A great way to develop skills for a range of sports.</p> <p>P4-7 : Learn new sports and develop your skills and technique. A great option for kids wanting to try a range of sports before joining specific sports clubs.</p>
Fitba Focus	This fun football session works on skills through drills with plenty of time for games as well.
Dodgeball	Fun dodgeball games to keep you entertained and on the move. Good session for developing hand eye co-ordination and working in a team.
Junior Climbing	An instructed session to gain confidence and skill in Climbing. Push yourself to try new and harder routes each week.
Climbing Come & Try	A family fun hour that allows up to 4 to this come and try session. Equipment and supervision provided by our Climbing Instructor. An adult must be present to provide assistance.

POOL ACTIVITY DESCRIPTION

Pre-School	For 3-5 year olds. Aimed to understand and develop core aquatic skills to build confidence and get Swim Skills ready. These lessons will have a teacher in the water.
Swim Skills 1A (NC)	For children who are NOT CONFIDENT in the water by themselves and require assistance. An instructor will be in the water for this session.
Swim Skills 1A (C)	For children who are CONFIDENT in the water on their own and do not need any assistance. These lessons do NOT require an instructor in the water.
Swim Skills 1B - 4	Work towards achieving the 4 Learn to Swim awards. These levels help to develop a safer swimmer by developing water confidence, core aquatic skills, stroke technique, achieving triple S standard (Deep end test) along with multi-aquatic and basic life-saving skills.

Junior Activities



Bookable from **Friday 27th March**

Tel: 01595 807713

Web: srt.org.uk



Shetland Recreational Trust
Scottish Charity SC002179

Funded by

 Shetland Charitable Trust

Junior Dry Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Monday						
Multi-Sport	1545 - 1630	13 Apr	18 May	6	P1-3	£25.20
	1630 - 1715				P4-7	
Tuesday						
Fitba Focus	1545-1630	14 Apr	30 Jun	12	P4-7	£50.40
Wednesday						
Dodgeball	1545-1630	15 Apr	1 Jul	12	P4-S1	£50.40
Junior Climbing	1600-1700	15 Apr	1 Jul	12	5-7 Yrs	£64.80
	1700-1800				8yrs +	
	1800-1900				8yrs +	
Saturday						
Climbing Come & Try	1215-1315 1330-1430	18 Apr	4 Jul	12	P1 +	A £11.20 J £7.10

Junior Pool Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Tuesday						
Pre-School Swim	1330-1400	14 Apr	30 Jun	12	3-5yrs	£70.80
Swim Skills 1A (C)	1600-1630	14 Apr	30 Jun	12	5+yrs	£70.80
Swim Skills 1B	1630-1700					
Swim Skills 2	1700-1730					
Swim Skills 3	1730-1800					
Swim Skills 4	1800-1830					
Wednesday						
Pre-School Swim	1330-1400	15 Apr	1 Jul	12	3-5yrs	£70.80
Thursday						
Swim Skills 1A (NC)	1550-1620	16 Apr	2 Jul	12	5+yrs	£70.80
Swim Skills 1A (C)	1620-1650					
Swim Skills 1B	1650-1720					
Swim Skills 3	1720-1750					