

Dry activity description

Badminton	Develop the initial movement patterns, hand-eye coordination and racket skills through fun structured activities.
Football Focus	This fun football session works on skills through drills with plenty of time for games.
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 Gym	3-week course for 13-15 year olds. Learn how to safely use our gym equipment and gain independent access over 3 x 1hr sessions with an instructor.
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

Beginner Pre-School	For 3-5 year olds who lack confidence in the water and need to wear armbands or need a lot of help to swim. Aimed to encourage water confidence and develop core aquatic skills through fun games and activities. These lessons will have a teacher in the water.
Improver Pre-School	For 3-5 year olds who are confident in the water with no arm-bands. Aimed to understand, develop and improve on core aquatic skills to build confidence to swim without any aids and get them 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 lifesaving skills.

Junior Activities



Bookable from - Tuesday 13th October @ 9.30am

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						
Badminton	Novice 1545 - 1630 Intermediate 1630 - 1715	02 Nov	14 Dec	7	P1-S4	£29.40
Tuesday						
Football Focus	1545-1630	03 Nov	15 Dec	7	P4-7	£29.40
Wednesday						
Dodgeball	1545-1630	28 Oct	9 Dec	7	P4-S1	£29.40
Junior Gym	1630-1730	28 Oct	11 Nov	3	13yrs +	£18.30
Junior Climbing	1600-1700 1700-1800 1800-1900	28 Oct	9 Dec	7	5-7 Yrs 8yrs + 8yrs +	£37.80
Saturday						
Climbing Come & Try	1015-1115 1130-1230	31 Oct	12 Dec	7	P1 +	A £11.20 J £7.10

Junior Pool Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Tuesday						
Beginner Pre-school Swim	1330—1400	02 Nov	14 Dec	7	3-5yrs	£39.55
Improver Pre-school Swim	1400—1430					
Swim Skills 1A (C)	1600-1630	03 Nov	15 Dec	7	5+yrs	£39.55
Swim Skills 1B	1630-1700					
Swim Skills 2	1700-1730					
Swim Skills 3	1730-1800					
Swim Skills 4	1800-1830					
Wednesday						
Beg / Imp Pre-School Swim	1345-1415	28 Oct	10 Dec	7	3-5yrs	£39.55
Thursday						
Swim Skills 1A (C)	1550-1620	29 Oct	11 Dec	7	5+yrs	£39.55
Swim Skills 1A (NC)	1620-1650					
Swim Skills 1B	1650-1720					