



BLOCK-BOOKABLE SPORTS ACTIVITIES



INTRODUCTION TO LIFEGUARDING (8 - 15 yrs)

This course includes valuable lifesaving and water safety skills, delivered in an exciting way that will get young people involved and motivated.

Children must have passed Level 5 of the High Life Highland Learn to Swim Programme. Alternatively for new customers, we can arrange a competency assessment.

MINI ATHLETICS (2yrs 6mths - 4 yrs)

Athletes will have great fun taking part in a wide range of activities to promote running, jumping, and throwing skills. Athletics is fantastic for promoting physical development and suitable for all abilities.

BADMINTON (4 - 15 yrs)

Badminton sessions are for children of all abilities. Players will be introduced to the basic strokes and movements through fun games and activities.

TRAMPOLINING (3yrs 6mths - 15 yrs)

We welcome all abilities for this exciting sport. Come along and experience the excitement of bouncing higher than you ever have before. Children will learn a variety of moves and build fun routines.

MINI RACKET SPORTS (3 - 5 yrs)

Great for developing hand to eye co-ordination and learn the basic skills required for all racket sports. It is a fun-filled session for pre-school children of all abilities and parents are encouraged to join in.

ATHLETICS (4 - 14 yrs)

Athletes will have great fun taking part in activities to promote running, jumping, and throwing skills. Athletics is fantastic for promoting physical development and is suitable for all abilities.

PLAY & GO (9 mths - 5 yrs)

Play & Go is a supervised play session involving a soft play circuit and bouncy castle. This class is suitable for children who can walk, and is a great place for children to socialise.

Inverness Leisure is delivering the exciting new High Life Highland Learn to Swim Programme.

Junior Stroke Improvement and Club Pathway are being replaced with the new Level 6 class.

Please contact

IL_Activities@highlifehighland.com for more information if your child has previously participated or completed the original Learn to Swim Scheme.

	ATHLETICS	MINI ATHLETICS	SWIMMING ACTIVITIES	TRAMPOLINING	BADMINTON	MINI RACKET SPORTS	PLAY & GO*
MONDAY					1600-1700 4-7 yrs 1700-1800 10-15 yrs		*You can book this activity as individual sessions - maximum one session per child per week.
TUESDAY		NEW CLASSES! 1230-1300 1300-1330				1130-1200	0945-1030 1030-1115
WEDNESDAY	1545-1630 4-6 yrs 1630-1715 6-8 yrs 1715-1800 8-10 yrs 1800-1900 10-14 yrs		*** Please see above for an update about Junior Stroke Improvement and Club Pathway.				
THURSDAY	1600-1645 4-6 yrs 1645-1730 6-8 yrs 1730-1815 8-10 yrs	1230-1300 1300-1330 1330-1400		1530-1600 3.5-5 yrs 1600-1630 3.5-5 yrs 1630-1700 6-9 yrs 1700-1730 6-9 yrs 1730-1800 10-15 yrs	1600-1700 7-10 yrs		1015-1100 1100-1145
FRIDAY			*** Please see above for an update about Junior Stroke Improvement and Club Pathway.				
SATURDAY			INTRODUCTION TO LIFEGUARDING 1100-1130				

- These activities will be available to **BOOK ONLINE** at <https://booking.highlifehighland.com/> on a first-come-first-served basis. Login and go to **Inverness Leisure Activities - Block #**, then use the search form. If you have any difficulty getting logged in you can contact our reception team on 01463 667500.
- You are only permitted to book one class of each sport/activity, per child, in each block (except Play & Go which is one session per child per week).
- Please see the separate Block-Bookable Activities Schedule for details of each block, and the respective booking dates in 2024.