

SUMMER HOLIDAY ACTIVITIES 2015



**BÀIDEANACH &
SRATH SPÈ**

CLEASAN SAOR-LÀITHEAN SAMHRAIDH

summer.highlifehighland.com

Your local centre Ionad na sgìre agad

Alness, Invergordon and Tain

Alness Swimming Pool
Dalmore Road, Alness IV17 0UY.
Tel: 01349 882456

Averon Centre
High Street, Alness, IV17 0QB.
Tel: 01349 882287

Invergordon Leisure Centre
Academy Road, Invergordon IV18 0LB.
Tel: 01349 853689

Tain Royal Academy Community Complex (TRACC)
Hartfield Road, Tain IV19 1DX.
Tel: 01862 893767

Badenoch and Strathspey

Aviemore Community Centre
Muirton, Aviemore PH22 1SF.
Tel 01479 813140

Badenoch Centre
Spey Street, Kingussie PH21 1EH.
Tel: 01540 662485

Craig Maclean Leisure Centre
Cromdale Road, Grantown-on-Spey PH26 3HU.
Tel: 01479 870281

Dingwall and the Black Isle

Black Isle Leisure Centre
Deans Road, Fortrose IV10 8TJ.
Tel: 01381 621252

Dingwall Leisure Centre
Tulloch Avenue, Dingwall IV15 9LH.
Tel: 01349 864226

Leanaig Centre
Ben Wyvis Primary School, Leanaig Road,
Conon Bridge IV7 8BE
Tel: 01349 860950

Farr, Thurso and Wick

Thurso Swimming Pool
Millbank Road, Thurso KW14 8PS.
Tel: 01847 893260

Wick Swimming Pool
Burn Street, Wick KW1 5EH.
Tel: 01955 603711

* Do not accept Card Payments. Some community centres have restricted booking times so please phone ahead to check that your chosen site is open and able to take your booking.

Inverness and the Great Glen

Craigmonie Centre*
Glenurquhart High School, Drumadrochit IV63 6XA.
Tel: 01456 459224

Charleston Academy Community Campus*
Kinmylies, Inverness IV3 8ET.
Tel: 01463 220128

Culloden Academy and Leisure Centre*
Keppoch Road, Culloden IV2 7JZ.
Tel: 01463 792794

James Cameron Community Centre*
Limetree Avenue, Dalneigh, Inverness IV3 5RH.
Tel: 01463 718773

Hilton Community Centre*
Oldtown Road, Hilton, Inverness IV2 4HT.
Tel: 01463 712844

Raigmore Community Centre*
Ashton Road, Inverness IV2 3UY.
Tel: 01463 713756

Spectrum Centre*
Margaret Street, Inverness, IV1 1LS.
Tel: 01463 221842

Lochaber

Lochaber Leisure Centre
Belford Road, Fort William PH33 6BU.
Tel: 01397 704359

Gairloch, Ullapool and Kinlochbervie

Gairloch Leisure Centre
Achtercairn, Gairloch IV21 2BP.
Tel: 01445 712345

Lochbroom Leisure Centre
Quay Street, Ullapool IV26 2TU.
Tel: 01854 612884

Golspie and Dornoch

Sutherland Swimming Pool
Back Road, Golspie KW10 6RA.
Tel: 01408 633437

Nairn

Nairn Leisure
Marine Road, Nairn IV12 4EA.
Tel: 01667 453061

Skye and Lochalsh

Àrainn Fhinn – The Fingal Centre
Viewfield Road, Portree IV51 9ET.
Tel: 01478 614819

Introduction Ro-ràdh

High Life Highland's 2015 summer activities programme is jam-packed with over 1000 fun things for children and young people to do across the Highlands.

From swimming lessons to mini-olympics, from mountain biking to martial arts – you'll find a host of activities on offer to exercise, inspire and entertain. Our experienced staff are highly trained, expertly qualified and on hand to make sure this is a summer holiday to remember.

What to Bring and Wear Na dh'Fheumas tu a Thoir leat agus a Chur ort

Many summer activities take place outside and can be affected by the Scottish summer. Always dress for the weather and at least bring sunscreen and a waterproof jacket. For water based activities like surfing and snorkelling – always bring a change of clothes, swimming kit and a towel.

It's always a good idea to bring a drink and some snacks. For all-day activities please bring a packed lunch and a drink (in a plastic or sports bottle please – no glass!).

If there's anything you're not sure about please ask one of the team at your local High Life Highland leisure centre or phone the summer bookings phone line.

Explaining Swimming Lesson Levels A' Mìneachadh Ìrean Leasain Snàimh

Our 'intensive' swimming lessons are hugely popular. To help book the correct level of lesson for your child have a wee look at the information below or speak to one of the staff at your nearest High Life Highland Leisure Centre who will be pleased to explain.

For Under 5s

For children 5 and under levels begin at tadpole (6-15 months) progressing to frog (16 months-2 ½ years), duckling (2 ½-3 ½ years) and finally otter (3 ½-5 years).

Aged 5 Years and Over

If your child is 5 years old or older levels start at seal 1 and seal 2 progressing to swordfish 3, swordfish 4, shark 5, shark 6 and then on to stroke school 7 and 8.

To move from one level to the next, your child will have to demonstrate that they have mastered the required elements of the preceding level.

For a full explanation of levels, please contact your local High Life Highland Leisure Centre or visit www.highlifehighland.com/swimming

How to Book Mar a Chlàras Sibh

Bookings commence from
8am on Saturday 20 June

ONLINE AIR-LOIDHNE

To complete your online booking, please visit summer.highlifehighland.com and follow the instructions on the screen.

To access the booking system you will need your High Life card number and Personal Identification Number (PIN) for each person. If you know your High Life card number but have forgotten your PIN please use our PIN recovery tool or alternatively contact your local leisure centre and our staff will be able to help you.

If you do not have a High Life leisure card you can still book online. You will need an email address and be able to pay by credit or debit card. Upon registering, you will automatically become eligible for 'Non-High Life' pricing.

** Note: if you have been given a High Life card at a library, but have not activated it as a leisure card, simply apply by taking your card to your nearest High Life Highland leisure centre.*

BY PHONE AIR A' FÒN

To complete your booking by phone please call the dedicated 'Summer Bookings Hotline' number on **01349 860 840**.

This service will be available from Saturday 20 June until Tuesday 23 June inclusive. Sat 20 June and Sun 21 June – 8am until 6pm Mon 22 June and Tues 23 June – 8am until 8pm.

Our helpful staff will be pleased to take your booking or answer any queries about summer programme activities.

After this period bookings can still be made online or contact your local High Life Highland leisure centre.

IN PERSON GU PEARSANTA

It is easy to book in person, just download and take your completed booking form along to your nearest High Life Highland leisure centre listed on the reverse of this flyer and our staff will do the rest. Payment can be made by cash, cheque, debit or credit card.

BY POST TRON PHOST

Postal bookings can be made by downloading and completing the booking form and posting to:

*Summer Activity Programme
High Life Highland
The Old Library
Tulloch Street
Dingwall
IV15 9JZ*

In the event of any activities being fully booked we will contact you to discuss alternatives.

*Please make cheques payable to
HIGHLAND COUNCIL
DO NOT SEND CASH BY POST*

*Changes and Cancellations:
We work hard to make sure that the information in each guide is correct at the time of printing. High Life Highland reserves the right to cancel or amend the times of any published activity or event at any time. For the most up-to-date info please pop in to your local High Life Highland leisure centre or visit summer.highlifehighland.com*

Booking forms are also available from your local High Life Highland leisure centre.

MONDAY 06 JULY
5 DAY ACTIVITY
TENNIS – WIMBLEDON
IN AVIEMORE

Wimbledon has come to Aviemore . Inspire your child to become a great tennis player with Rothiemurchus and Aviemore Tennis Club . These sessions will include fun games and activities ending with a tennis competition on the last day. Come along and have fun, run, serve, volley and smash your way to the top. In partnership with Rothiemurchus and Aviemore Tennis Club.

Rothiemurchus and Aviemore Tennis Club.

09:00-10:00. 5-8yrs. 12 max spaces. KING005321.

10:00-11:00. 9-16 yrs. 12 max. KING005322.

£15.00 / £15.00 / £15.00

5-16
Yrs

MONDAY 06 JULY
6 WEEK ACTIVITY
MINI MAYHEM **KING004939**

Drop into the Badenoch Centre and enjoy active and expressive play for accompanied under 5s.

Badenoch Centre, Kingussie.

09:30-10:45. 16 max spaces.

FREE / £0.50 / £2.60 (PER DAY)

0-5
Yrs

MONDAY 06 JULY
5 DAY ACTIVITY
TENNIS – WIMBLEDON
IN KINGUSSIE

Wimbledon has come to Kingussie. Inspire your child to become a great tennis player with Kingussie Tennis Club. These sessions will include fun games and activities ending with a tennis competition on the last day. Come along and have fun, run, serve, volley and smash your way to the top. In partnership with Kingussie Tennis Club.

The Badenoch Centre and the Kingussie Tennis Club.

10:00-11:00. 5-8 yrs. 12 max spaces. KING005319.

11:00-12:00. 9-16 yrs. 12 max. KING005320.

£15.00 / £15.00 / £15.00

5-16
Yrs

MONDAY 06 JULY
5 DAY ACTIVITY
TEEN BOOT CAMP **GRAN004985**

Have fun and get fit with your friends in this outdoor boot camp.

Outdoors, Craig MacLean Leisure Centre, Grantown.

10:00-11:30. 30 max spaces.

FREE / £2.50 / £19.50

12-17
Yrs

MONDAY 06 JULY
6 WEEK ACTIVITY
BOOKBUG **KING005066**

Come along for a fun, free session full of rhymes, songs and stories for adults and children to share and enjoy together.

Library, Aviemore Primary School and

Community Centre.

11:20-11:50. 20 max spaces.

FREE / FREE / FREE (PER DAY)

0-5
Yrs

MONDAY 06 JULY
6 WEEK ACTIVITY
POOL BEACH PARTY **GRAN004992**

Make a splash in this summer fun session.

Craig MacLean Leisure Centre, Grantown.

12:00-13:00. 20 max spaces.

FREE / £0.50 / £2.60

8-12
Yrs

MONDAY 06 JULY
4 DAY ACTIVITY
FIT KIDS **GRAN007564**

Health related fitness fun in the sun.

Craig MacLean Leisure Centre, Grantown.

14:00-15:30. 30 max spaces.

FREE / £2.00 / £15.60

5-12
Yrs

MONDAY 06 JULY
SINGLE DAY ACTIVITY
HLH LEADERSHIP PROGRAMME
AND SALTIRE AWARD SIGN UP
AND REVIEW SESSION **GRAN004735**

Sign up for the Leadership programme – organise a placement to volunteer in [this could be at the Craig Maclean Leisure Centre with the summer activities] and start working towards earning your colour coded hoody and a Saltire Award. Enhance your CV while developing yourself. Enjoy team building games with your fellow volunteers. Those already signed up, why not come along for some fun. In partnership with Active Schools and Volunteering Action Badenoch and Strathspey.

Games Hall, Craig MacLean Leisure Centre,

Grantown.

14:00-16:00. 16 max spaces.

FREE / FREE / FREE

12-25
Yrs

MONDAY 06 JULY
5 DAY ACTIVITY
TEEN BOOT CAMP **KING004979**

Have fun and get fit with your friends in this outdoor boot camp.

Outdoors, Aviemore Primary School and Community Centre.

14:30-16:00. 20 max spaces.

FREE / £2.50 / £19.50

12-17
Yrs

MONDAY 06 JULY
5 DAY ACTIVITY
TEEN BOOT CAMP **KING004941**

Have fun and get fit with your friends in this outdoor boot camp.

Outdoors and sports hall, Badenoch Centre, Kingussie.

14:45-16:15. 20 max spaces.

FREE / £2.50 / £19.50

12-17
Yrs

TUESDAY 07 JULY
SINGLE DAY ACTIVITY
MOUNTAIN BIKING
FOR BEGINNERS **GRAN005498**

Ride your bike in the Anagach woods. After a quick check of your bike, we will do some familiarisation exercises then head into the woods for an adventure. An ideal progression from those who have done their Bikeability in the schools. Participants must bring a mountain bike in good mechanical order, a fitting helmet, gloves and a water bottle. Clear eye protection is advised.

Meet in the foyer, Craig MacLean Leisure Centre, Grantown.

10:00-12:30. 8 max spaces.

£5.00 / £5.00 / £5.00

10-18
Yrs

TUESDAY 07 JULY
SINGLE DAY ACTIVITY
HIGH LIFE HIGHLAND LEADERSHIP
PROGRAMME AND SALTIRE AWARD
SIGN UP **KING005315**

Sign up to become a Young Leader as part of the High Life Highlands Leadership programme – Come along and make a plan to volunteer within the summer programme and start working towards your HLH award and your Saltire award. These awards will enhance your CV as well as developing your own personal skills. For those who are already signed up, why not come along and make a plan to work toward your next level award. In partnership with Youth Work.

Sports Hall, Newtonmore Primary School.

12:00-13:00. 10 max spaces.

FREE / FREE / FREE

12-25
Yrs

TUESDAY 07 JULY
SINGLE DAY ACTIVITY
MOUNTAIN BIKING FOR INTERMEDIATES **GRAN005499**

Ride your bike in the Anagach woods. After a quick check of your bike, we will do some familiarisation exercises then head into the woods for an adventure. An ideal progression from those who have done a little bit of mountain biking in the past and who wish to learn more. Participants must bring a mountain bike in good mechanical order, a fitting helmet, gloves and a water bottle. Clear eye protection is advised.

Meet in the foyer, Craig MacLean Leisure Centre, Grantown.

13:00-15:30. 8 max spaces.

£5.00 / £5.00 / £5.00

10-18
Yrs

TUESDAY 07 JULY
SINGLE DAY ACTIVITY
HIGH LIFE HIGHLAND LEADERSHIP PROGRAMME AND SALTIRE AWARD SIGN UP **KING005317**

Sign up to become a Young Leader as part of the High Life Highland Leadership programme. Come along and make a plan to volunteer within the summer programme and start working towards your HLH award and your Saltire award. These awards will enhance your CV as well as developing your own personal skills. For those who are already signed up, why not come along and make a plan to work toward your next level award. In partnership with Youth Work. **Sports Hall, Badenoch Centre, Kingussie.**

14:00-15:00. 10 max spaces.

FREE / FREE / FREE

12-25
Yrs

TUESDAY 07 JULY
3 WEEK ACTIVITY
LAWN BOWLS – SUMMER FUN FOR ALL THE FAMILY **GRAN005447**

Come along and try lawn bowls. This fun activity can be played by all the family. Please wear shoes with flat soles and take a waterproof. Book in advance to reserve your place. (£2 per person or £5 for a family – paid to the club on the day). In partnership with Grantown on Spey Outdoor Bowling Club.

Club House, Bowling Green, Bowling Club, Heathfield Road, Grantown.

16:00-18:00. 10 max spaces.

FREE / FREE / FREE (PER DAY)

10+
Yrs

TUESDAY 07 JULY
SINGLE DAY ACTIVITY
HIGH LIFE HIGHLAND LEADERSHIP PROGRAMME AND SALTIRE AWARD SIGN UP **KING005318**

Sign up to become a Young Leader as part of the High Life Highland Leadership programme. Come along and make a plan to volunteer within the summer programme and start working towards your HLH award and your Saltire award. These awards will enhance your CV as well as developing your own personal skills. For those who are already signed up, why not come along and make a plan to work toward your next level award. In partnership with Youth Work. **Sports Hall, Aviemore Primary School and Community Centre.**

16:00-17:00. 10 max spaces.

FREE / FREE / FREE

12-25
Yrs

TUESDAY 07 JULY
3 WEEK ACTIVITY
TENNIS – WIMBLEDON IN GRANTOWN P1-ADULT

Wimbledon has come to Grantown - inspire your child to become a great tennis player with Grantown on Spey LawnTennis Club. These sessions will include fun games and activities. Come along and have fun, run, serve, volley and smash your way to the top. You can book or just come along, £3 per session payable directly to the club on the night.

Club House, Grantown on Spey Tennis Courts, Heathfield Road.

18:00-19:00. 5-7 yrs. 15 max spaces. GRAN004736.

19:00-20:00. 8-11 yrs. 15 max spaces. GRAN004746.

20:00-21:00. 12+. 15 max. GRAN005386.

FREE / FREE / FREE

5+
Yrs

WEDNESDAY 08 JULY
6 WEEK ACTIVITY
MINI MAYHEM **KING004978**

Active and expressive play for accompanied under 5s. Pre-booking not essential, drop ins welcome.

Aviemore Primary School and Community Centre.

10:00-11:30. 20 max spaces.

FREE / £0.50 / £2.60

0-4
Yrs

WEDNESDAY 08 JULY
SINGLE DAY ACTIVITY
DAIRY FUN **KING005072**

Come and have a go at all things dairy – milk our life size 'coo' and try your hand at cheese and butter making.

The Croft, Highland Folk Museum, Newtonmore.

10:30-12:30. 10 max spaces.

£2.50 / £3.50 / £4.50

8-12
Yrs

WEDNESDAY 08 JULY
7 DAY ACTIVITY
SPORTS LEADER AWARD – LEVEL 1 **KING005316**

The Level 1 Award in Sports Leadership provides the ideal starting point for anyone aged 13 and over who wish to develop their leadership skills. The benefits of taking part in this award includes: – Personal development, Obtaining Life long skills, Community involvement, Further training and a nationally recognised qualification. In partnership with Youth Work.

Sports Hall, Aviemore Primary School and Community Centre.

13:00-17:00. 20 max spaces.

£10.00 / £10.00 / £10.00

13-25
Yrs

WEDNESDAY 08 JULY
6 WEEK ACTIVITY
BOOKBUG **KING005029**

Come along for a fun, free session full of rhymes, songs and stories for parents / carers and children to share and enjoy together. Please note, the session on the 29th will be Gaelic Bookbug.

Library, Badenoch Library (in Badenoch centre), Kingussie.

14:00-14:45. 20 max spaces.

FREE / FREE / FREE

0-5
Yrs

THURSDAY 09 JULY
6 WEEK ACTIVITY
BOOKBUG **KING005068**

Come along for a fun, free session full of rhymes, songs and stories for children and families to share and enjoy together.

Library, Aviemore Primary School and Community Centre.

11:00-11:30. 20 max spaces.

FREE / FREE / FREE

0-5
Yrs

THURSDAY 09 JULY

6 WEEK ACTIVITY

BOOKBUG KING005031

Come along for a fun, free session full of rhymes, songs and stories for children and families to share and enjoy together.

Library, Badenoch Library (in Badenoch Centre), Kingussie.

11:00-11:30. 10 max spaces.

FREE / FREE / FREE (PER DAY)

0-5
Yrs

FRIDAY 10 JULY

SINGLE DAY ACTIVITY

INDOOR CLIMBING

Scale the heights of the indoor wall. Develop skills with bouldering games and climbing challenges.

Craig MacLean Leisure Centre, Grantown.

11:00-12:00. 9-12 yrs. 30 max spaces. GRAN005015.

12:00-13:00. 5-8 yrs. 30 max. GRAN005056.

FREE / £0.50 / £2.60

5-12
Yrs

FRIDAY 10 JULY

SINGLE DAY ACTIVITY

BASKETBALL KING005338

This session is open to any High School student at any skill level, just come along with your friends and shoot some baskets and play some games.. In partnership with Twilight Basketball.

Sports Hall, Aviemore Primary School and Community Centre.

20:00-22:00. 20 max spaces.

FREE / FREE / FREE

11-18
Yrs

FRIDAY 10 JULY

SINGLE DAY ACTIVITY

BOOKBUG

Come along for a fun, free session full of rhymes, songs and stories for parents / carers and children to share and enjoy together. In partnership with Leisure.

Craig MacLean Leisure Centre, Grantown.

10:45-11:15. 15 max spaces.

FREE / FREE / FREE

0-4
Yrs

MONDAY 13 JULY

SINGLE DAY ACTIVITY

FIRST CLUB GOLF KING005323

The Golf Open has come to Newtonmore . Inspire your child to become a great golfer with Active Schools and Newtonmore Golf Club. These sessions will include fun games and activities ending with a visit to the local golf club, Come along and join in the fun. In partnership with Newtonmore Golf Club.

Sports Hall, Newtonmore Primary and Newtonmore Golf Course.

09:00-11:00. 12 max spaces.

£3.00 / £3.00 / £3.00

8-11
Yrs

MONDAY 13 JULY

5 DAY ACTIVITY

LEARN TO SWIM INTENSIVE PROGRAMME

A five day intensive block of lessons aimed to progress swimmers through the skills relative to their ability in a fun and safe environment. Suitable for level 3/4 existing swimmers.

Craig MacLean Leisure Centre, Grantown.

09:30-10:15. 8 max spaces. GRAN004989.

10:15-11:00. 8 max spaces. GRAN004990.

FREE / £2.50 / £20.50

5-11
Yrs

MONDAY 13 JULY

5 DAY ACTIVITY

LEARN TO SWIM INTENSIVE PROGRAMME

A five day intensive block of lessons aimed to introduce swimmers to the skills relative to their ability in a fun and safe environment. Suitable for non-swimmers and level 1/2 existing swimmers.

Craig MacLean Leisure Centre, Grantown.

09:30-10:15. 8 max spaces. GRAN004987.

10:15-11:00. 8 max spaces. GRAN004988.

FREE / £2.50 / £20.50

5-11
Yrs

MONDAY 13 JULY

5 DAY ACTIVITY

AQUA FUN AWARDS FOR 4 YEAR OLDS GRAN004991

Beginner swim class to gain confidence in the water without parents.

Craig MacLean Leisure Centre, Grantown.

11:15-11:45. 12 max spaces.

FREE / £2.50 / £20.50

4
Yrs

MONDAY 13 JULY

SINGLE DAY ACTIVITY

FIRST CLUB GOLF KING005324

The Golf Open has come to Kingussie . Inspire your child to become a great golfer with Active Schools and Kingussie Golf Club. These sessions will include fun games and activities ending with a visit to the local golf club, Come along and join in the fun.

In partnership with Kingussie Golf club.

Sports Hall, The Badenoch Centre and Kingussie Golf Course.

12:00-14:00. 12 max spaces.

£3.00 / £3.00 / £3.00

8-11
Yrs

MONDAY 13 JULY

4 DAY ACTIVITY

SUMMER SOCCER SKILLS GRAN005010

Soccer skills, drills and games, shoot for success in this 4 day footy camp.

Outdoors, Craig MacLean Leisure Centre, Grantown.

14:00-15:30. 20 max spaces.

FREE / £2.00 / £15.60

5-11
Yrs

MONDAY 13 JULY

4 DAY ACTIVITY

SUMMER SOCCER SKILLS KING004980

Soccer skills, drills and games, shoot for success in this 4 day footy camp.

Outdoors, Aviemore Primary School and Community Centre.

14:30-16:00. 20 max spaces.

FREE / £2.00 / £15.60

5-11
Yrs

MONDAY 13 JULY

4 DAY ACTIVITY

SUMMER SOCCER SKILLS KING004943

Soccer skills, drills and games, shoot for success in this 4 day footy camp.

Outdoors, Badenoch Centre, Kingussie.

14:45-16:15. 20 max spaces.

FREE / £2.00 / £15.60

5-11
Yrs

MONDAY 13 JULY

SINGLE DAY ACTIVITY

FIRST CLUB GOLF KING005325

The Golf Open has come to Aviemore - Inspire your child to become a great golfer with Active Schools and Dalfaber Golf Club. These sessions will include fun games and activities ending with a visit to the local golf club, Come along and join in the fun. In partnership with Dalfaber, Aviemore Golf Club.

Sports Hall, Aviemore Community Centre and Dalfaber Golf Club.

15:00-17:00. 12 max spaces.

£3.00 / £3.00 / £3.00

8-11
Yrs

TUESDAY 14 JULY

SINGLE DAY ACTIVITY

TREASURE HUNT KING005285

Follow the clues in the library to a secret treasure.

Library, Aviemore Primary School and Community Centre.

10:00-12:00. 14 max spaces.

FREE / FREE / FREE

5-11
Yrs

TUESDAY 14 JULY

SINGLE DAY ACTIVITY

MINI HIGHLAND GAMES KING005076

Your chance to toss a caber and take part in other Highland Games antics!

Shinty Pitch, Highland Folk Museum, Newtonmore.

13:30-15:00. 10 max spaces.

£2.00 / £3.00 / £4.00

8-12
Yrs

WEDNESDAY 15 JULY
SINGLE DAY ACTIVITY
POSITIVE COACHING SCOTLAND –
POSITIVE SPORTS PARENTS
WORKSHOP **GRAN005214**

Positive Coaching Scotland doesn't claim to have all the answers, but recognises that, as a parent, one of your most important roles is to help your child understand the important life lessons to be gained from participating in sport, such as leadership, handling adversity, teamwork, persistence and compassion. This workshop will involve entertaining video clips and discussion around how you can encourage your child to have fun, inspire your child to be the best they can be in both sport and life, help develop self confidence, show unconditional support and encouragement for your child in their sporting activities, ensure your child benefits from the valuable life lessons participating in sport offers. In partnership with SportScotland.

Sports Hall/Foyer, Craig MacLean Leisure Centre, Grantown.

10:00-12:00. 14 max spaces.

FREE / FREE / FREE

13+
Yrs

WEDNESDAY 15 JULY
SINGLE DAY ACTIVITY
RECORD BREAKERS **GRAN004742**

What is the wackiest record breaker you've ever heard of? How about the most socks put on in a minute? Come along and help set our own records.

Grantown Library.

14:00-15:00. 12 max spaces.

FREE / FREE / FREE

7-9
Yrs

THURSDAY 16 JULY
SINGLE DAY ACTIVITY
RECORD BREAKERS **KING005180**

What is the wackiest record breaker you've ever heard of? How about the most socks put on in a minute? Come along and help set our own records.

Library, Badenoch Centre, Kingussie.

14:00-16:30. 10 max spaces.

FREE / FREE / FREE

5-12
Yrs

FRIDAY 17 JULY
4 WEEK ACTIVITY
CREATIVE KIDS **KING004964**

Arts and crafts with a special theme.

Youth room, Badenoch Centre, Kingussie.

14:45-15:45. 20 max spaces.

FREE / £0.50 / £2.60

5-11
Yrs

FRIDAY 17 JULY
4 WEEK ACTIVITY
CREATIVE KIDS **KING004984**

Arts and crafts with a special theme.

Aviemore Primary School and Community Centre.

15:00-16:00. 20 max spaces.

FREE / £0.50 / £2.60

5-11
Yrs

FRIDAY 17 JULY
4 WEEK ACTIVITY
CREATIVE KIDS
GRAN005014

Arts and crafts with a special theme.

Craig MacLean Leisure Centre, Grantown.

15:30-16:30. 20 max spaces.

FREE / £0.50 / £2.60

5-11
Yrs

FRIDAY 17 JULY
SINGLE DAY ACTIVITY
BASKETBALL **KING005339**

This session is open to any High School student and at any skill level, just come along with your friends and shoot some baskets and play some games. In partnership with Twilight Basketball.

Sports Hall, Aviemore Primary School and Community Centre.

20:00-22:00. 20 max spaces.

FREE / FREE / FREE

11-18
Yrs

MONDAY 20 JULY
5 DAY ACTIVITY
ROOKIE LIFEGUARD **GRAN004986**

Rookies is a national water safety education programme that teaches water skills, rescue techniques and resuscitation skills in a fun and safe environment. Prerequisite swim ability of (50m bronze, 200m silver and 400m gold) is required for this award. Official certificate and badge can be purchased from reception for £2.50.

Pool, Craig MacLean Leisure Centre, Grantown.

10:30-12:00. 20 max spaces.

FREE / £2.50 / £30.75

8-15
Yrs

MONDAY 20 JULY
SINGLE DAY ACTIVITY
CAIRNGORM SPORT4ALL –
ACTIVITY DAY **KING005326**

The Cairngorm Sport4all activity days will be full of fun, these sessions are aimed at children who have a disability and who would like to try activities like biking and boccia... In partnership with Cairngorm Sport4all.

Sports Hall, Aviemore Primary School and Community Centre.

12:00-14:00. 15 max spaces.

FREE / FREE / FREE

5-18
Yrs

MONDAY 20 JULY
4 DAY ACTIVITY
SUMMER SPORTS CAMP **GRAN005011**

Four days of fast paced fun, experience an assortment of wacky relays, races, obstacle courses and an array of summer sports; rounders, ultimate Frisbee, parachute play, team games and tournaments. Activities will be outdoors where possible, please provide sun protection.

Craig MacLean Leisure Centre, Grantown.

14:00-15:30. 30 max spaces.

FREE / £2.00 / £15.60

5-11
Yrs

MONDAY 20 JULY
4 DAY ACTIVITY
SUMMER SPORTS CAMP **KING004981**

Four days of fast paced fun, experience an assortment of wacky relays, races, obstacle courses and an array of summer sports; rounders, ultimate Frisbee, parachute play, team games and tournaments. Activities will be outdoors where possible, please provide sun protection.

Outdoors, Aviemore Primary School and Community Centre.

14:30-16:00. 30 max spaces.

FREE / £2.00 / £15.60

5-11
Yrs

MONDAY 20 JULY
4 DAY ACTIVITY
SUMMER SPORTS CAMP **KING004951**

Four days of fast paced fun, experience an assortment of wacky relays, races, obstacle courses and an array of summer sports; rounders, ultimate Frisbee, parachute play, team games and tournaments. Activities will be outdoors where possible, please provide sun protection.

Outdoors, Badenoch Centre, Kingussie.

14:45-16:15. 30 max spaces.

FREE / £2.00 / £15.60

5-11
Yrs

MONDAY 20 JULY
SINGLE DAY ACTIVITY
GYMNASTICS

Come and meet some of the coaches from your local Gymnastic Club. This session will enhance Gymnastic skills, strength and agility as well as develop fundamental movement, balance and coordination. In partnership with Kingussie Gymnastic Club.

Sports Hall, Badenoch Centre, Kingussie.

16:00-17:00. 5-10 yrs. 12 max spaces. KING005331.

17:00-18:00. 11-18 yrs. 12 max. KING005332.

£3.00 / £3.00 / £3.00

5-18
Yrs

TUESDAY 21 JULY
SINGLE DAY ACTIVITY
IN A SPIN

KING005073

Watch one of our sheep being sheared then see how the fleece is washed, dyed spun and woven into cloth!
The Croft and Tweed Cottage, Highland Folk Museum, Newtonmore.

10:30-13:00. 10 max spaces.

£2.50 / £3.50 / £4.50

8-12
Yrs

TUESDAY 21 JULY
SINGLE DAY ACTIVITY
GYMNASTICS

Come and meet some of the coaches from your local Gymnastic Club. This session will enhance Gymnastic skills, strength and agility as well as develop fundamental movement, balance and coordination. In partnership with Kingussie Gymnastics Club.
Sports Hall, Badenoch Centre, Kingussie.

16:00-17:00. 5-10 yrs. 12 max spaces. KING005333.

17:00-18:00. 11-18 yrs. 12 max. KING005334.

£3.00 / £3.00 / £3.00

5-18
Yrs

WEDNESDAY 22 JULY
SINGLE DAY ACTIVITY
GIRLS ON BIKES

KING005329

This Mountain Bike session is for girls, and led by girls. No matter what your level of biking is, come along and join in the fun. In partnership with Petalpower Mountain Bike Club.

**Rothiemurchus Tennis Club Car Park,
Rothiemurchus and Glenmore, Aviemore.**

13:00-16:00. 12 max spaces.

£5.00 / £5.00 / £5.00

9-18
Yrs

THURSDAY 23 JULY
SINGLE DAY ACTIVITY
GYMFEST

KING005337

Develop your Gymnastic and Dance skills, have fun making up a dance which you can perform. In partnership with Aviemore Aftershok Gympfest Club.
Sports Hall, Aviemore Primary School and Community Centre.

16:00-18:00. 20 max spaces.

£5.00 / £5.00 / £5.00

8-18
Yrs

FRIDAY 24 JULY
SINGLE DAY ACTIVITY
BOOKBUG

GRAN005009

Come along for a fun, free session full of rhymes, songs and stories for parents / carers and children to share and enjoy together. In partnership with Leisure.

Craig MacLean Leisure Centre, Grantown.

10:45-11:15. 15 max spaces.

FREE / FREE / FREE

0-4
Yrs

FRIDAY 24 JULY
SINGLE DAY ACTIVITY
GIRLS ON BIKES

KING005330

This Mountain Bike session is for girls, and led by girls. No matter what your level of biking is, come along and join in the fun. In partnership with Petalpower Mountain Bike Club.

**Rothiemurchus Tennis Club Car Park,
Rothiemurchus and Glenmore, Aviemore.**

13:00-16:00. 12 max spaces.

£5.00 / £5.00 / £5.00

9-18
Yrs

FRIDAY 24 JULY
SINGLE DAY ACTIVITY
BASKETBALL

KING005340

This session is open to any High School student and at any skill level, just come along with your friends and shoot some baskets and play some games.

In partnership with Twilight Basketball.

Sports Hall, Aviemore Primary School and Community Centre.

20:00-22:00. 20 max spaces.

FREE / FREE / FREE

11-18
Yrs

MONDAY 27 JULY
5 DAY ACTIVITY
LEARN TO SWIM
INTENSIVE PROGRAMME

A five day intensive block of lessons aimed to introduce swimmers to the skills relative to their ability in a fun and safe environment. Suitable for non-swimmers and level 1/2 existing swimmers.

Craig MacLean Leisure Centre, Grantown.

09:30-10:15. 8 max spaces. GRAN004993.

10:15-11:00. 8 max spaces. GRAN004995.

FREE / £2.50 / £20.50

5-11
Yrs

MONDAY 27 JULY
5 DAY ACTIVITY
LEARN TO SWIM
INTENSIVE PROGRAMME

A five day intensive block of lessons aimed to progress swimmers through the skills relative to their ability in a fun and safe environment. Suitable for level 3/4 existing swimmers.

Craig MacLean Leisure Centre, Grantown.

09:30-10:15. 8 max spaces. GRAN004997.

10:15-11:00. 8 max spaces. GRAN004998.

FREE / £2.50 / £20.50

5-11
Yrs

MONDAY 27 JULY
SINGLE DAY ACTIVITY
GYMFEST

KING005336

Develop your Gymnastic and Dance skills, have fun making up a dance which you can perform. In partnership with Aviemore Aftershok Gympfest Club.
Sports Hall, Aviemore Primary School and Community Centre.

10:00-12:00. 20 max spaces.

£5.00 / £5.00 / £5.00

8-18
Yrs

MONDAY 27 JULY
5 DAY ACTIVITY
AQUA FUN AWARDS
FOR 4 YEAR OLDS

GRAN004999

Beginner swim class to gain confidence in the water without a parent

Craig MacLean Leisure Centre, Grantown.

11:15-11:45. 12 max spaces.

FREE / £2.50 / £20.50

4
Yrs

MONDAY 27 JULY
4 DAY ACTIVITY
SUMMER SPORTS CAMP

GRAN005012

Four days of fast paced fun, experience an assortment of wacky relays, races, obstacle courses and an array of summer sports; rounders, ultimate Frisbee, parachute play, team games and tournaments. Activities will be outdoors where possible, please provide sun protection.

Craig MacLean Leisure Centre, Grantown.

14:00-15:30. 30 max spaces.

FREE / £2.00 / £15.60

5-11
Yrs

MONDAY 27 JULY

4 DAY ACTIVITY

SUMMER SPORTS CAMP KING004982

Four days of fast paced fun, experience an assortment of wacky relays, races, obstacle courses and an array of summer sports; rounders, ultimate Frisbee, parachute play, team games and tournaments. Activities will be outdoors where possible, please provide sun protection.

Outdoors, Aviemore Primary School and Community Centre.

14:30-16:00. 30 max spaces.

FREE / £2.00 / £15.60

5-11
Yrs

MONDAY 27 JULY

4 DAY ACTIVITY

SUMMER SPORTS CAMP KING004959

Four days of fast paced fun. Experience an assortment of wacky relays, races, obstacle courses and an array of summer sports; rounders, ultimate Frisbee, parachute play, team games and tournaments. Activities will be outdoors where possible, please provide sun protection.

Outdoors, Badenoch Centre, Kingussie.

14:45-16:15. 30 max spaces.

FREE / £2.00 / £15.60

5-11
Yrs

TUESDAY 28 JULY

SINGLE DAY ACTIVITY

RECORD BREAKERS KING005286

What is the wackiest record breaker you've ever heard of? How about the most socks put on in a minute? Come along and help set our own records.

Library, Aviemore Primary School and Community Centre.

10:00-12:00. 13 max spaces.

FREE / FREE / FREE

5-11
Yrs

TUESDAY 28 JULY

SINGLE DAY ACTIVITY

A SPORTING ADVENTURE!

DRAMA WORKSHOP KING005328

Become a sporty explorer and spend 2 hours creating a high energy adventure with thrills, spills and a few surprises on the way. Perform your finished play to parents and friends....if they're brave enough to watch it! Wear something comfortable that you can move around in. In partnership with Eden Court Creative Theatre Arts.

Sports Hall, Aviemore Primary School and Community Centre.

10:00-12:00. 20 max spaces.

FREE / FREE / FREE

8-12
Yrs

TUESDAY 28 JULY

SINGLE DAY ACTIVITY

MINI HIGHLAND GAMES KING005077

Your chance to toss a caber and take part in other highland games antics.

Shinty Pitch, Highland Folk Museum, Newtonmore.

13:30-15:00. 10 max spaces.

£2.00 / £3.00 / £4.00

8-12
Yrs

WEDNESDAY 29 JULY

SINGLE DAY ACTIVITY

A SPORTING ADVENTURE!

DRAMA WORKSHOP GRAN005170

Become a sporty explorer and spend 2 hours creating a high energy adventure with thrills, spills and a few surprises on the way. Perform your finished play to parents and friends... if they're brave enough to watch it! Wear something comfortable that you can move around in. In partnership with Eden Court Creative Theatre Arts.

Sports Hall, Craig Maclean Leisure Centre, Grantown.

10:00-12:00. 20 max spaces.

FREE / FREE / FREE

8-12
Yrs

THURSDAY 30 JULY

SINGLE DAY ACTIVITY

TOWNSHIP TIMES KING005079

Step back in time and spend a day as a member of our Township Community in the 1700s. Learn how people lived and try your hand at some ancient crafts and skills. Then work with Eden Court to create a performance for families and visitors to enjoy! In partnership with Eden Court Theatre.

Township, Highland Folk Museum, Newtonmore.

10:00-16:00. 10 max spaces.

£7.50 / £7.50 / £7.50

8-12
Yrs

FRIDAY 31 JULY

SINGLE DAY ACTIVITY

BASKETBALL

KING005341

This session is open to any High School student and at any skill level, just come along with your friends and shoot some baskets and play some games. In partnership with Twilight Basketball.

Sports Hall, Aviemore Primary School and Community Centre.

20:00-22:00. 20 max spaces.

FREE / FREE / FREE

11-18
Yrs

MONDAY 03 AUGUST

5 DAY ACTIVITY

OUTDOOR

ADVENTURE WEEK GRAN005453

A fun packed week of outdoor activities, please see the individual day descriptions for more information. Monday is Archery, Tuesday High Ropes, Wednesday kayaking, Thursday rock-climbing/ abseiling and the finale is gorge walking on the Friday. The booking for the week is at a discounted price compared to booking 5 days individually. **An additional consent form will be sent out upon booking.**

Meet in the cafe, Craggan Outdoors, Grantown-on-Spey, PH26 3NT.

09:30-12:30. 12 max spaces.

£139.00 / £139.00 / £139.00

9-16
Yrs

MONDAY 03 AUGUST

SINGLE DAY ACTIVITY

ARCHERY GRAN005451

It's great fun, turn up and have a go. Our range of recurve bows are suited for use by anybody from a 9 year old through to the largest adult. We use shatter-proof aluminium arrows, and if required provide protective finger and arm guards. Please wear a long sleeve top. **An additional consent form will be sent out upon booking.**

Meet in the cafe, Craggan Outdoors, Craggan, Grantown-on-Spey, Morayshire PH26 3NT.

10:00-12:30. 12 max spaces.

£21.00 / £21.00 / £21.00

9-16
Yrs

MONDAY 03 AUGUST

4 DAY ACTIVITY

SUMMER SPORTS CAMP GRAN005013

Four days of fast paced fun, experience an assortment of wacky relays, races, obstacle courses and an array of summer sports; rounders, ultimate Frisbee, parachute play, team games and tournaments. Activities will be outdoors where possible, please provide sun protection.

Craig MacLean Leisure Centre, Grantown.

14:00-15:30. 20 max spaces.

FREE / £2.00 / £15.60

5-11
Yrs

MONDAY 03 AUGUST

4 DAY ACTIVITY

SUMMER SPORTS CAMP KING004983

Four days of fast paced fun. Experience an assortment of wacky relays, races, obstacle courses and an array of summer sports; rounders, ultimate Frisbee, parachute play, team games and tournaments. Activities will be outdoors where possible, please provide sun protection.

Outdoors, Aviemore Primary School and Community Centre.

14:30-16:00. 30 max spaces.

FREE / £2.00 / £15.60

5-11
Yrs

MONDAY 03 AUGUST

4 DAY ACTIVITY

SUMMER SPORTS CAMP KING004960

Four days of fast paced fun. Experience an assortment of wacky relays, races, obstacle courses and an array of summer sports; rounders, ultimate Frisbee, parachute play, team games and tournaments. Activities will be outdoors where possible, please provide sun protection.

Outdoors, Badenoch Centre, Kingussie.

14:45-16:15. 30 max spaces.

FREE / £2.00 / £15.60

5-11
Yrs

TUESDAY 04 AUGUST

SINGLE DAY ACTIVITY

HIGH ROPES

GRAN005381

High ropes is fun, work in groups to climb Jacob's Ladder and the crate stack. Ascend one of the 30-foot / 10 metre telegraph poles, then jump out to touch the red buoy that is suspended as far out in front of you as you've chosen to set it. **An additional consent form will be sent out upon booking.**

Meet in the cafe, Craggan Outdoors, Grantown, PH26 3NT.

09:30-12:30. 12 max spaces.

£29.00 / £29.00 / £29.00

9-16
Yrs

WEDNESDAY 05 AUGUST

SINGLE DAY ACTIVITY

KAYAKING – FLAT WATER GRAN005382

Perfect for the beginner, novice or occasional paddler. Sessions take place on a shallow pond. Once everybody has mastered the basic paddle skills and balance, a series of fun team games will help hone those skills and there is an exciting finale with a slide down the seal launch.

Wear clothing and footwear that you won't mind getting wet, bring a complete change of clothing as well as footwear and towel for afterwards. **An additional consent form will be sent out upon booking.**

Meet in the cafe, Craggan Outdoors, Grantown, PH26 3NT.

09:30-12:30. 10 max spaces.

£29.00 / £29.00 / £29.00

9-16
Yrs

THURSDAY 06 AUGUST

SINGLE DAY ACTIVITY

CLIMBING AND ABSEILING

AT HUNTLY'S CAVE GRAN005383

Fancy trying rock-climbing outdoors at an excellent crag for those that wish to learn or extend their skills. There is a range of routes to suit the ability of each climber, as well as some great abseils! Please wear loose fitting / flexible trousers. Footwear should be light & flexible. **An additional consent form will be sent out upon booking.**

Meet in the cafe, Craggan Outdoors, Grantown, PH26 3NT.

09:30-12:30. 12 max spaces.

£35.00 / £35.00 / £35.00

9-16
Yrs

FRIDAY 07 AUGUST

SINGLE DAY ACTIVITY

GORGE WALKING

GRAN005452

Walk, wade, swim, scramble and clamber up small waterfalls, gullies and chutes until reaching the plunge pool at the top of the gorge. Participants need to be water confident for this activity. We provide wetsuit, buoyancy aid & helmet, but you need to bring a 'base layer'. Thermals / micro fleece are ideal, but otherwise leggings also work well. A pair of thick socks (or two pairs of regular socks) and old trainers that will get wet are also required. A complete change of clothing, footwear and a towel are required for afterwards. **An additional consent form will be sent out upon booking.** In partnership with Craggan Outdoors.

Meet in the cafe, Craggan Outdoors, Grantown, PH26 3NT.

09:30-12:30. 12 max spaces.

£39.00 / £39.00 / £39.00

9-16
Yrs

FRIDAY 07 AUGUST

SINGLE DAY ACTIVITY

BASKETBALL

KING005342

This session is open to any High School student and at any skill level, just come along with your friends and shoot some baskets and play some games in partnership with Twilight Basketball.

Sports Hall, Aviemore Primary School and Community Centre.

20:00-22:00. 20 max spaces.

FREE / FREE / FREE

11-18
Yrs

MONDAY 10 AUGUST

5 DAY ACTIVITY

ACTION AND ADVENTURE

PASSPORT TO AN OUTDOOR

ACTIVITY CAMP

KING005367

Do you like action and adventures? If you do, then this camp is for you! Come and get wet and wild in our action-packed outdoor activity week. You will take part in a number of challenge and fun activities including: – White Water Rafting, Kayaking, Canoeing, Gorge Scrambling, Rock climbing, Abseiling and Zip line. A full-on adventure! Also as part of this camp, you will have the opportunity to complete the Saltire Award. If you are unable to attend the full week then why not take part in our mini Action and Adventure days, which you can book individually. In partnership with Active Outdoor.

Meet at Aviemore Sports Centre for transport to activity, Cairngorm National Park, Aviemore.

09:30-15:30. 30 max spaces.

£150.00 / £150.00 / £150.00

10-16
Yrs

MONDAY 10 AUGUST

SINGLE DAY ACTIVITY

ACTION AND ADVENTURE

OUTDOOR ACTIVITY DAY KING005371

Do you like action and adventure? If you do then this day is for you! Come and get wet and wild in our action packed White Water Rafting activity day. In partnership with Active Outdoor Pursuits.

Meet at Aviemore Sports Centre for transport to activity, Cairngorm National Park area, Aviemore.

09:30-15:30. 30 max spaces.

£35.00 / £35.00 / £35.00

10-16
Yrs

MONDAY 10 AUGUST

4 DAY ACTIVITY

SUMMER SWIM CAMP

GRAN004398

An intensive week of swimming with Grantown-On-Spey Swimming Club, for those at, or above the level 5 of the Learn To Swim Scheme **AT THE TIME OF BOOKING**, or be in the swim clubs development squad. We will be aiming towards level 7 and will be focussing on how to perfect starts, turns and finishes. In partnership with Grantown-On Spey Swimming Club.

Swimming Pool, Craig Maclean Leisure Centre, Grantown.

10:00-12:00. 16 max spaces.

FREE / £4.00 / £31.20

7-14
Yrs

TUESDAY 11 AUGUST

SINGLE DAY ACTIVITY

ACTION AND ADVENTURE

OUTDOOR ACTIVITY DAY KING005372

Do you like action and adventure? If you do then this day is for you! Come and get wet and wild in our action packed Kayaking and Canoeing activity day. In partnership with Active Outdoor Pursuits.

Meet at Aviemore Sports Centre for transport to activity, Cairngorm National Park area, Aviemore.

09:30-15:30. 30 max spaces.

£35.00 / £35.00 / £35.00

10-16
Yrs

TUESDAY 11 AUGUST

SINGLE DAY ACTIVITY

MINI HIGHLAND GAMES KING005078

Your chance to toss a caber and take part in other highland games antics.

Shinty Pitch, Highland Folk Museum, Newtonmore.

13:30-15:00. 10 max spaces.

£2.00 / £3.00 / £4.00

8-12 Yrs

WEDNESDAY 12 AUGUST

SINGLE DAY ACTIVITY

ACTION AND ADVENTURE
OUTDOOR ACTIVITY DAY KING005373

Do you like action and adventure? If you do then this day is for you! Come and get wild in our action packed George Scrambling activity day. In partnership with Active Outdoor Pursuits.

Meet at Aviemore Sports Centre for transport to activity, Cairngorm National Park Area, Aviemore.

09:30-15:30. 30 max spaces.

£35.00 / £35.00 / £35.00

10-16 Yrs

THURSDAY 13 AUGUST

SINGLE DAY ACTIVITY

ACTION AND ADVENTURE
OUTDOOR ACTIVITY DAY KING005374

Do you like action and adventure? If you do then this day is for you! Come and fly through the tree tops in our action packed Zip Line activity day. In partnership with Active Outdoor Pursuits.

Meet at Aviemore Sports Centre for transport to activity, Cairngorm National Park Area, Aviemore.

09:30-15:30. 30 max spaces.

£35.00 / £35.00 / £35.00

10-16 Yrs

THURSDAY 13 AUGUST

SINGLE DAY ACTIVITY

RECORD BREAKERS KING005181

What is the wackiest record breaker you've ever heard of? How about the most socks put on in a minute?

Come along and help set our own records.

Library, Badenoch Centre, Kingussie.

14:00-16:00. 13 max spaces.

FREE / FREE / FREE

5-12 Yrs

FRIDAY 14 AUGUST

SINGLE DAY ACTIVITY

ACTION AND ADVENTURE
OUTDOOR ACTIVITY DAY KING005375

Do you like action and adventure? If you do then this day is for you! Come and climb some of our local crags in our action packed Rock Climbing and Abseiling activity day. In partnership with Active Outdoor Pursuits.

Meet at Aviemore Sports Centre for transport to activity, Cairngorm National Park Area, Aviemore.

09:30-15:30. 30 max spaces.

£35.00 / £35.00 / £35.00

10-16 Yrs

FRIDAY 14 AUGUST

SINGLE DAY ACTIVITY

ELITE SUMMER
SWIM CAMP GRAN005308

An intensive session of swimming with Grantown-On-Spey Swimming Club. Looking at pacing and video analysis of techniques. Must be able to swim 400m of front crawl and 100m in less than 2:30. In partnership with Grantown-On Spey Swimming Club.

Swimming Pool, Craig Maclean Leisure Centre, Grantown.

10:00-12:00. 16 max spaces.

FREE / £1.00 / £7.80

7-14 Yrs

FRIDAY 14 AUGUST

SINGLE DAY ACTIVITY

INDOOR CLIMBING GRAN005017

Scale the heights of the indoor wall. Develop skills with bouldering games and climbing challenges.

Craig MacLean Leisure Centre, Grantown.

11:00-12:00. 9-12 yrs. 12 max spaces. GRAN005017.

12:00-13:00. 5-8 yrs. 12 max. GRAN005018.

FREE / £0.50 / £2.60

5-12 Yrs

FRIDAY 14 AUGUST

SINGLE DAY ACTIVITY

BASKETBALL KING005343

This session is open to any High School student and at any skill level, just come along with your friends and shoot some baskets and play some games.

In partnership with Twilight Basketball.

Sports Hall, Aviemore Primary School and Community Centre.

20:00-22:00. 20 max spaces.

FREE / FREE / FREE

11-18 Yrs

YOUTH ACTIVITIES IN YOUR AREA

FRIDAY 10 JULY
SINGLE DAY ACTIVITY

FUSION GRAN005354

Come along, grab a laser gun and shoot your pals with beams of light! Other activities on offer

Games Hall, Craig MacLean Centre, Grantown on Spey.

19:00-21:00. 24 max spaces.

FREE / FREE / FREE

11-18 Yrs

FRIDAY 07 AUGUST
SINGLE DAY ACTIVITY

FUSION KING005355

Come along for an hour of bouncing off your pals in bubble football and then an hour of hunting them down in some nerf wars!

Games Hall, Badenoch Centre, Kingussie.

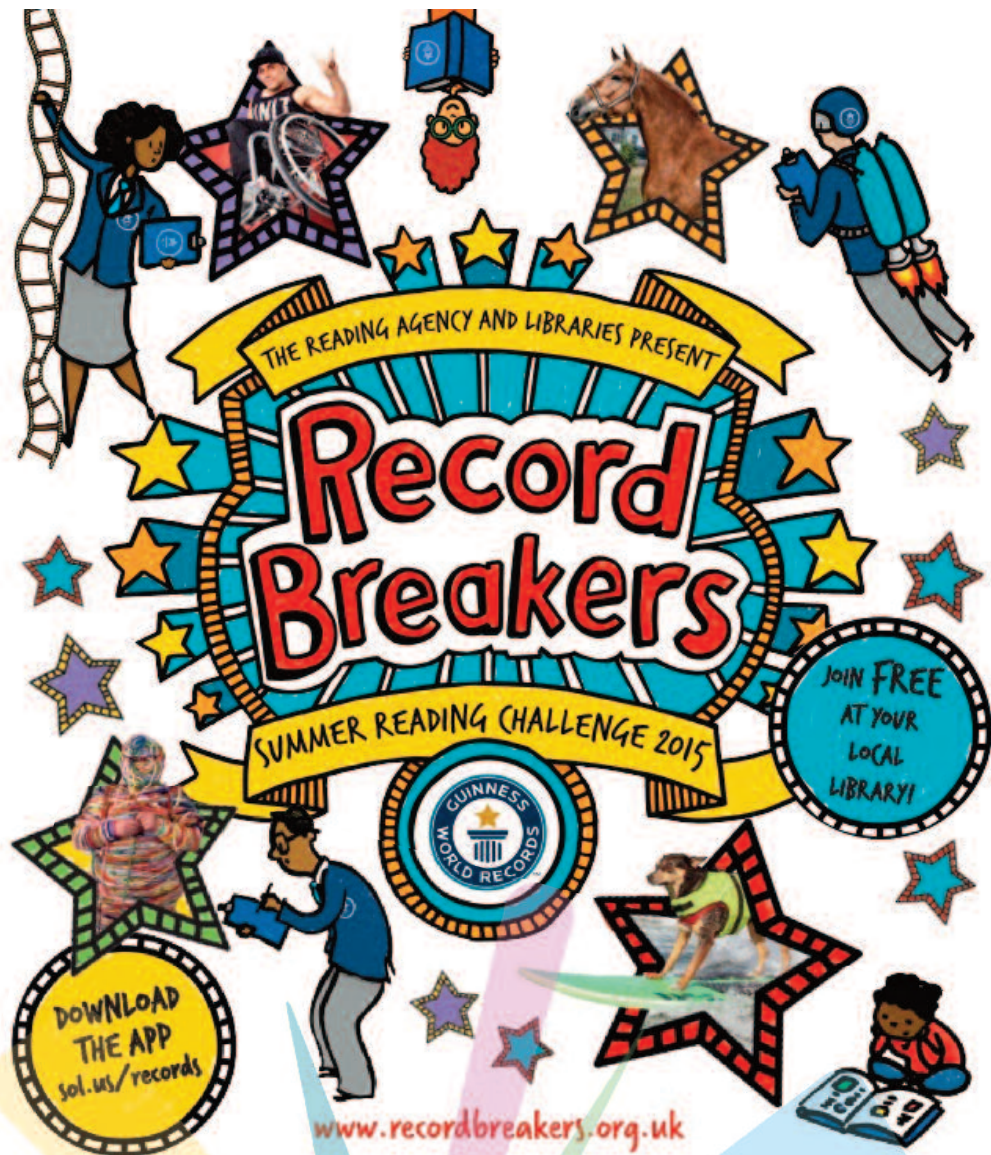
19:00-21:00. 20 max spaces.

FREE / FREE / FREE

11-18 Yrs



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