

SUMMER HOLIDAY ACTIVITIES 2015



INBHIR NARANN

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.

THURSDAY 02 JULY
SINGLE DAY ACTIVITY
INTRODUCTION TO
KAYAKING **NAIR005384**

Learn to Kayak with the coaches from Nairn Kayak Club. Lots of fun in Nairn pool before a final splash in the outdoors at Geddes on 16th July. All participants must be competent swimmers and be able to swim 50m. In partnership with Nairn Kayak Club.

Swimming Pool, Nairn Leisure Centre.

19:30-20:30. 12 max spaces.

£5.00 / £5.00 / £5.00

8-18
Yrs

MONDAY 06 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 1 only.

Swimming Pool, Nairn Leisure Centre.

09:30-10:00. 6 max spaces. NAIR004551.

10:00-10:30. 6 max spaces. MAIR004553.

FREE / £2.50 / £20.50

5-12
Yrs

FRIDAY 03 JULY
7 WEEK ACTIVITY
GOLF **NAIR005366**

Junior golfers come along and enjoy an introduction on Cawdor Castle's 9 hole golf course. Coaching by Nairn Dunbar volunteer coaches. Golf Clubs can be provided on request. Open to all abilities. In partnership with Nairn Dunbar Golf Club.

Cawdor Castle, Castle Golf Course, Cawdor.

18:30-20:30. 10 max spaces.

FREE / FREE / FREE (PER DAY)

9-16
Yrs

MONDAY 06 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 2 only.

Swimming Pool, Nairn Leisure Centre.

09:30-10:00. 6 max spaces. NAIR004552.

10:00-10:30. 6 max spaces. NAIR004554.

FREE / £2.50 / £20.50

5-12
Yrs

MONDAY 06 JULY
5 DAY ACTIVITY
RLSS ROOKIE LIFEGUARD –
BRONZE AWARD **NAIR004555**

Learn the basics of lifeguarding and life saving techniques through fully qualified coaching from a National Pool Lifeguard Trainer.

Swimming Pool, Nairn Leisure Centre.

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

FREE / £2.50 / £20.50

8-12
Yrs

MONDAY 06 JULY
5 DAY ACTIVITY
SUMMER SPORTS
SCHEME **NAIR004439**

Sainsbury's
live well for less

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled week of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. There is something for everyone, Football, basketball, badminton, trampolining, athletics, dance and games, too many to mention. Meet new friends, learn new sports having fun inside and out. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. Book for any available morning, afternoon or whole day over 1,2 or 3 weeks, the choice is yours. If your coming for a full day please bring a packed lunch. Achievement certificates will be awarded throughout the week. In partnership with Sainsburys.

Games hall & pitches, Nairn Academy.

10:00-15:00. 50 max spaces.

£50.00 / £50.00 / £50.00

5-13
Yrs

MONDAY 06 JULY
SINGLE DAY ACTIVITY
SUMMER SPORTS – MONDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004460.

13:00-15:00. 20 max spaces. NAIR004462.

£5.00 / £5.00 / £5.00

5-13
Yrs

MONDAY 06 JULY
5 DAY ACTIVITY
TRAMPOLINE SKILLS
FOR LITTLE ONES **NAIR004444**

Learn new fun skills that encourage and promote co-ordination and safe use of your garden trampoline. Please wear loose clothing and no jewellery. Certificates will be awarded on the final day.

Games Hall & pitches, Nairn Academy.

11:00-11:45. 10 max spaces.

£15.00 / £15.00 / £15.00

4-7
Yrs

MONDAY 06 JULY
6 WEEK ACTIVITY
TOUCH RUGBY **NAIR006547**

Tag Rugby is a fun and exciting form of non-contact rugby for males and females of all ages and abilities. Come along every Monday evening and join the fun with the coaches of Nairn Rugby Club. Please wear appropriate clothing and footwear. In partnership with Nairn Rugby Clubs.

Pitches, Viewfield, Nairn.

19:00-20:00. 40 max spaces.

FREE / FREE / FREE (PER DAY)

+8
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.

FREE / £0.50 / £5.00

10-18
Yrs

TUESDAY 07 JULY
SINGLE DAY ACTIVITY
SUMMER SPORTS – TUESDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004506.

13:00-15:00. 20 max spaces. NAIR004465.

£5.00 / £5.00 / £5.00

5-13
Yrs

TUESDAY 07 JULY
SINGLE DAY ACTIVITY
KNIGHTS & PRINCESSES
CRAFT SESSION

NAIR005224

Calling all knights and princesses? What do all knights and princesses need? A helmet or crown of course! Come and along and make your own – the wackier the better!

Nairn Library.

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

FREE / FREE / FREE

5-8
Yrs

TUESDAY 07 JULY
SINGLE DAY ACTIVITY
LAWN BOWLS

NAIR005369

Come along and try the junior format of the sport with the coaches of St Ninians Bowling Club.

Bowling truly is a sport for all ages, both genders and all physical abilities. The game can be learned very quickly. Please wear flat shoes. In partnership with St Ninians Bowling Club.

Viewfield, St Ninians Bowling Green, Nairn.

12:30-13:30. 15 max spaces.

FREE / FREE / FREE

5-18
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.

FREE / £0.50 / £5.00

10-18
Yrs

WEDNESDAY 08 JULY
SINGLE DAY ACTIVITY
SUMMER SPORTS – WEDNESDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004466.

13:00-15:00. 20 max spaces. NAIR004481.

£5.00 / £5.00 / £5.00

5-13
Yrs

WEDNESDAY 08 JULY
SINGLE DAY ACTIVITY
WACKY RACES

NAIR004442

A night of fun activities delivered by the coaches of Nairn Athletics Club. Come prepared to get wet and dirty. Wear old clothing. In partnership with Nairn Athletics Club.

Nairn Athletics Club, The Maggot, Nairn.

18:00-19:00. 30 max spaces. NAIR004442.

19:00-20:00. 30 max spaces. NAIR004443.

£2.00 / £2.00 / £2.00

5-13
Yrs

THURSDAY 09 JULY
SINGLE DAY ACTIVITY
TREE CLIMBING

NAIR005188

Explore the canopy of ancient trees using a rope and harness in the storybook setting of the Islands Inverness. Safe and fun for ages 7+, and a range of physical abilities. A unique teambuilding experience for adventurers and more cautious sightseers alike. Come along and try this exciting new family activity. Transport provided. Bus will leave Nairn Academy at 9.30am & return at 12:45pm. Please dress according to weather & bring a snack & drink.

Bught Park, The Islands, Inverness.

09:30-12:45. 8 max spaces.

£15.00 / £15.00 / £15.00

7-80
Yrs

THURSDAY 09 JULY
SINGLE DAY ACTIVITY
SUMMER SPORTS
THURSDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004505.

13:00-15:00. 20 max spaces. NAIR004468.

£5.00 / £5.00 / £5.00

5-13
Yrs

THURSDAY 09 JULY
SINGLE DAY ACTIVITY
INTRODUCTION TO
KAYAKING

NAIR005385

Learn to Kayak with the coaches from Nairn Kayak Club. Lots of fun in Nairn pool before a final splash in the outdoors at Geddes on 16th July. All participants must be competent swimmers and be able to swim 50m. In partnership with Nairn Kayak Club.

Swimming Pool, Nairn Leisure Centre.

19:30-20:30. 12 max spaces.

£5.00 / £5.00 / £5.00

8-18
Yrs

FRIDAY 10 JULY
SINGLE DAY ACTIVITY
SUMMER SPORTS – FRIDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004470.

13:00-15:00. 20 max spaces. NAIR004469.

£5.00 / £5.00 / £5.00

5-13
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 1 only.

Swimming Pool, Nairn Leisure Centre.

09:30-10:00. 6 max spaces. NAIR004556.

10:00-10:30. 6 max spaces. NAIR004558.

FREE / £2.50 / £20.50

5-12
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 2 only.

Swimming Pool, Nairn Leisure Centre.

09:30-10:00. 6 max spaces. NAIR004557.

10:00-10:30. 6 max spaces. NAIR004559.

FREE / £2.50 / £20.50

5-12
Yrs

MONDAY 13 JULY

5 DAY ACTIVITY

SUMMER SPORTS SCHEME

NAIR004440

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled week of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. There is something for everyone, Football, basketball, badminton, trampolining, athletics, dance and games, too many to mention. Meet new friends, learn new sports having fun inside and out. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery.

Book for any available morning, afternoon or whole day over 1,2 or 3 weeks, the choice is yours.

If your coming for a full day please bring a packed lunch. Achievement certificates will be awarded throughout the week. In partnership

with Sainsburys.

Games Hall & pitches, Nairn Academy.

10:00-15:00. 50 max spaces.

£50.00 / £50.00 / £50.00

5-13
Yrs

MONDAY 13 JULY

SINGLE DAY ACTIVITY

SUMMER SPORTS – MONDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004471.

13:00-15:00. 20 max spaces. NAIR004472.

£5.00 / £5.00 / £5.00

5-13
Yrs

MONDAY 13 JULY

SINGLE DAY ACTIVITY

INTRODUCTION TO RACQUET SPORTS

NAIR005412

Come along and join the coaches of Nairn Sports Club for a full day learning the sports of Badminton, Squash & Tennis. Please wear appropriate clothing and bring a packed lunch. All equipment provided.

In partnership with Nairn Sports Club.

Sports Hall, Nairn Sports Club.

10:00-15:00. 20 max spaces.

£10.00 / £10.00 / £10.00

7-18
Yrs

MONDAY 13 JULY

5 DAY ACTIVITY

FUN GYMNASTICS

NAIR004445

Learn to hop, skip, jump & climb whilst taking part in fun gymnastics over the five days. Certificates will be awarded on the final day.

Gym Hall, Nairn Academy.

11:00-11:45. 15 max spaces.

£15.00 / £15.00 / £15.00

4-7
Yrs

TUESDAY 14 JULY

SINGLE DAY ACTIVITY

SURF SCHOOL

MILL004870

Surf's up! Enjoy two hours of coaching and riding the waves at Lossiemouth Beach. You must be a confident swimmer. All equipment provided but please bring a packed lunch and drink. Transport provided, pick up and drop off from Millburn Academy (09:00) and Nairn Bus Station (09:30). In partnership with New Wave surf school.

East or West Beach (depending on waves), Lossiemouth.

09:00-15:00. 8 max spaces.

£27.00 / £27.00 / £27.00

9-14
Yrs

TUESDAY 14 JULY

SINGLE DAY ACTIVITY

SUMMER SPORTS – TUESDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004474.

13:00-15:00. 20 max spaces. NAIR004473.

£5.00 / £5.00 / £5.00

5-13
Yrs

TUESDAY 14 JULY

SINGLE DAY ACTIVITY

RECORD BREAKERS

NAIR004741

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!

Nairn Library.

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

FREE / FREE / FREE

7-9
Yrs

TUESDAY 14 JULY

SINGLE DAY ACTIVITY

LAWN BOWLS

NAIR005370

Come along and try the junior format of the sport with the coaches of St Ninians Bowling Club. Bowling truly is a sport for all ages, both genders and all physical abilities. The game can be learned very quickly. Please wear flat shoes. In partnership with St Ninians Bowling Club.

Viewfield, St Ninians Bowling Green, Nairn.

12:30-13:30. 15 max spaces.

FREE / FREE / FREE

5-18
Yrs

WEDNESDAY 15 JULY

SINGLE DAY ACTIVITY

SUMMER SPORTS – WEDNESDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004489.

13:00-15:00. 20 max spaces. NAIR004475.

£5.00 / £5.00 / £5.00

5-13
Yrs

THURSDAY 16 JULY

SINGLE DAY ACTIVITY

TREE CLIMBING

NAIR005190

Explore the canopy of ancient trees using a rope and harness in the storybook setting of The Islands Inverness. Safe and fun for ages 7+, and a range of physical abilities. A unique team building experience for adventurers and more cautious sightseers alike. Come along and try this exciting new family activity. Transport provided. Bus will leave Nairn Academy at 9.30am & return at 12.45pm. Please dress according to weather & bring a snack & drink.

Bught Park, The Islands, Inverness.

09:30-12:45. 8 max spaces.

£15.00 / £15.00 / £15.00

+7
Yrs

THURSDAY 16 JULY SINGLE DAY ACTIVITY SUMMER SPORTS – THURSDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004477.

13:00-15:00. 20 max spaces. NAIR004478.

£5.00 / £5.00 / £5.00

5-13
Yrs

FRIDAY 17 JULY SINGLE DAY ACTIVITY SUMMER SPORTS – FRIDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004480.

13:00-15:00. 20 max spaces. NAIR004479.

£5.00 / £5.00 / £5.00

5-13
Yrs

MONDAY 20 JULY SINGLE DAY ACTIVITY SURF SCHOOL **MILL004871**

Surf's up! Enjoy two hours of coaching and riding the waves at Lossiemouth Beach. You must be a confident swimmer. All equipment provided but please bring a packed lunch and drink. Transport provided, pick up and drop off from Millburn Academy (09:00) and Nairn Bus Station (09:30). In partnership with New Wave Surf School.

East or West Beach (depending on waves), Lossiemouth.

09:00-15:00. 8 max spaces.

£27.00 / £27.00 / £27.00

9-14
Yrs

MONDAY 20 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 1 only.

Swimming Pool, Nairn Leisure Centre.

09:30-10:00. 6 max spaces. NAIR004560.

10:00-10:30. 6 max spaces. NAIR004562.

FREE / £2.50 / £20.50

5-12
Yrs

MONDAY 20 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 2 only.

Swimming Pool, Nairn Leisure Centre.

09:30-10:00. 6 max spaces. NAIR004561.

10:00-10:30. 6 max spaces. NAIR004563.

FREE / £2.50 / £20.50

5-12
Yrs

MONDAY 20 JULY 5 DAY ACTIVITY SUMMER SPORTS SCHEME **NAIR004441**

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled week of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. There is something for everyone, Football, basketball, badminton, trampolining, athletics, dance and games, too many to mention. Meet new friends, learn new sports having fun inside and out. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. Book for any available morning, afternoon or whole day over 1,2 or 3 weeks, the choice is yours. If your coming for a full day please bring a packed lunch. Achievement certificates will be awarded throughout the week. In partnership with Sainsburys.

Games Hall & pitches, Nairn Academy.

10:00-15:00. 50 max spaces.

£50.00 / £50.00 / £50.00

5-13
Yrs

MONDAY 20 JULY SINGLE DAY ACTIVITY SUMMER SPORTS – MONDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing & bring both indoor & outdoor shoes and a water bottle. No jewellery. Book for any available morning, afternoon or whole day over 1,2 or 3 weeks, the choice is yours. If your coming for a full day please bring a packed lunch. Achievement certificates will be awarded throughout the week.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004490.

13:00-15:00. 20 max spaces. NAIR004483.

£5.00 / £5.00 / £5.00

5-13
Yrs

MONDAY 20 JULY 5 DAY ACTIVITY KIDS OUTDOOR BOOTCAMP **NAIR004565**

These fun filled energetic sessions will test your kids fitness levels. They will take place at the outdoor fitness equipment beside Nairn Leisure Centre. Please be aware that this class will take place in all weather conditions.

Outdoor Fitness Equipment, Nairn Leisure Centre.

16:15-17:00. 8 max spaces.

FREE / £2.50 / £16.25

8-11
Yrs

MONDAY 20 JULY 5 DAY ACTIVITY TEENAGE & ADULT OUTDOOR BOOTCAMP **NAIR004566**

These fun filled energetic sessions will test teenager's and adult's physical fitness & mental strength. They will take place at the outdoor fitness equipment beside Nairn Leisure Centre. Please be aware that this class will take place in all weather conditions.

Outdoor Fitness Equipment, Nairn Leisure Centre.

17:15-18:00. 8 max spaces.

FREE / £2.50 / £16.25

12-80
Yrs

TUESDAY 21 JULY SINGLE DAY ACTIVITY SURF SCHOOL **MILL004872**

Surf's up! Enjoy two hours of coaching and riding the waves at Lossiemouth Beach. You must be a confident swimmer. All equipment provided but please bring a packed lunch and drink. Transport provided, pick up and drop off from Millburn Academy (09:00) and Nairn Bus Station (09:30). In partnership with New Wave surf school.

East or West Beach (depending on waves), Lossiemouth.

09:00-15:00. 8 max spaces.

£27.00 / £27.00 / £27.00

9-14
Yrs

TUESDAY 21 JULY
SINGLE DAY ACTIVITY
SUMMER SPORTS – TUESDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004484.

13:00-15:00. 20 max spaces. NAIR004463.

£5.00 / £5.00 / £5.00

5-13
Yrs

TUESDAY 21 JULY
SINGLE DAY ACTIVITY
BOOKBUG

NAIR004739

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 Active Schools.

Classroom next to Sports Hall, Nairn Academy.

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

FREE / FREE / FREE

0-3
Yrs

WEDNESDAY 22 JULY
SINGLE DAY ACTIVITY
SURF SCHOOL

MILL004874

Surf's up! Enjoy two hours of coaching and riding the waves at Lossiemouth Beach. You must be a confident swimmer. All equipment provided but please bring a packed lunch and drink. Transport provided, pick up and drop off from Millburn Academy (09:00) and Nairn Bus Station (09:30). In partnership with New Wave Surf School.

East or West Beach (depending on waves), Lossiemouth.

09:00-15:00. 8 max spaces.

£27.00 / £27.00 / £27.00

9-14
Yrs

WEDNESDAY 22 JULY
SINGLE DAY ACTIVITY
SUMMER SPORTS – WEDNESDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004476.

13:00-15:00. 20 max spaces. NAIR004502.

£5.00 / £5.00 / £5.00

5-13
Yrs

THURSDAY 23 JULY
SINGLE DAY ACTIVITY
SUMMER SPORTS – THURSDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004485.

13:00-15:00. 20 max spaces. NAIR004486.

£5.00 / £5.00 / £5.00

5-13
Yrs

FRIDAY 24 JULY
SINGLE DAY ACTIVITY
SUMMER SPORTS – FRIDAY

The coolest place to be this Summer for all youngsters 5-13 years. Come and join a fun filled day of Summer sports and fun food activities in partnership with Sainsbury's Supermarket. Please wear loose clothing, bring a water bottle as well as both indoor and outdoor shoes. No jewellery. If your coming for the full day please bring a packed lunch.

Games Hall, Nairn Academy.

10:00-12:00. 20 max spaces. NAIR004487.

13:00-15:00. 20 max spaces. NAIR004488.

£5.00 / £5.00 / £5.00

5-13
Yrs

MONDAY 27 JULY
5 DAY ACTIVITY
MINI KICKERS

NAIR004446

Fun football activities. An ideal way to develop strength, co-ordination, friendships and co-operative play. Please bring a water bottle & come dressed according to weather. Both indoor and outdoor shoes required. Certificates will be awarded on the final day.

Community Pitches or Games Hall, Nairn Academy.
10:30-11:30. 20 max spaces.

£10.00 / £10.00 / £10.00

4-7
Yrs

MONDAY 27 JULY
5 DAY ACTIVITY
FOOTBALL FUN

NAIR004447

Five days of football, fun games and skills ending with a festival and certificates on the final day. Please wear appropriate clothing and bring water. No studded boots on astro turf please. Please also bring indoor shoes.

Community Pitches or Games Hall, Nairn Academy.
11:30-12:30. 20 max spaces.

£10.00 / £10.00 / £10.00

8-13
Yrs

TUESDAY 28 JULY
SINGLE DAY ACTIVITY
ROCK CLIMBING

Do you like action and adventure? If you do then this day is for you! Come and climb some of the local crags in our action packed Rock Climbing activity day. Please wear loose fitting flexible trousers. Footwear should be light & flexible.

An additional consent form will be sent out upon booking. Please bring a drink and a snack.

Cummingston Sea Cliffs, Rock Climbing, Burghead.
10:00-12:30. 8 max spaces. NAIR005411.

Transport will leave Nairn Academy at 9.00am and return around 1.30pm.

13:30-16:00. 8 max spaces. NAIR007563.

Transport will leave Nairn Academy at 12.00pm and return around 5pm.

£20.00 / £20.00 / £20.00

8-18
Yrs

TUESDAY 28 JULY
SINGLE DAY ACTIVITY
ROCK CLIMBING

NAIR007563

Do you like action and adventure? If you do then this day is for you! Come and climb some of the local crags in our action packed Rock Climbing activity day. Please wear loose fitting / flexible trousers. Footwear should be light & flexible.

An additional consent form will be sent out upon booking. Transport will leave Nairn Academy at 9.00pm and return around 5pm. Please bring a drink and a snack.

Cummingston Sea Cliffs, Rock Climbing, Burghead.

9:30-15:30. 8 max spaces.

£35.00 / £35.00 / £35.00

8-18
Yrs

WEDNESDAY 29 JULY
SINGLE DAY ACTIVITY
MOUNTAIN BIKING & BUSHCRAFT

NAIR005410

Ride the routes of The Culbin Forrest with a qualified Mountain Bike Leader. For the rest of the day, have fun learning bush craft skills, building shelters and cooking snacks over the fire. All equipment provided. Please bring a packed lunch, a drink and dress for the weather. Bus will leave Nairn Academy at 9.30am and return around 3.30pm

Culbin Forest, Nairn.
09:30-15:30. 8 max spaces.

£35.00 / £35.00 / £35.00

10-18
Yrs

THURSDAY 30 JULY

SINGLE DAY ACTIVITY

TREE CLIMBING **NAIR005191**

Explore the canopy of ancient trees using a rope and harness in the storybook setting of The Islands Inverness. Safe and fun for ages 7+, and a range of physical abilities. A unique team building experience for adventurers and more cautious sightseers alike. Come along and try this exciting new family activity. Transport provided. Bus will leave Nairn Academy at 9.30am & return at 12:45pm. Please dress according to weather & bring a snack & drink. **Bught Park, The Islands, Inverness.**

09:30-12:45. 8 max spaces.

£15.00 / £15.00 / £15.00

+7
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. 60 max spaces.

£139.00 / £139.00 / £139.00

9-16
Yrs

MONDAY 03 AUGUST

5 DAY ACTIVITY

RLSS ROOKIE LIFEGUARD – BRONZE AWARD **NAIR004564**

Learn the basics of lifeguarding and life saving techniques through fully qualified coaching from a National Pool Lifeguard Trainer.

Swimming Pool, Nairn Leisure Centre.

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

FREE / £2.50 / £20.50

8-12
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 an 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.** In partnership with Craggan Outdoors.

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

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

£21.00 / £21.00 / £21.00

9-16
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.

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

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.

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

YOUTH ACTIVITIES IN YOUR AREA

FRIDAY 10 JULY SINGLE DAY ACTIVITY

FUSION **NAIR005062**

FUSION at The Youth Café. Drop In and Join In – with Games, Crafts and more. For all S1 – S6

Youth Cafe, Community Arts Centre, Nairn.

19:00-21:00. 40 max spaces.

FREE / FREE / FREE

11-18
Yrs

FRIDAY 07 AUGUST SINGLE DAY ACTIVITY

FUSION **NAIR005063**

FUSION at The Youth Café. Drop In and Join In – with Games, Crafts and More. For all S1 – S6

Youth Cafe, Community Arts Centre, Nairn.

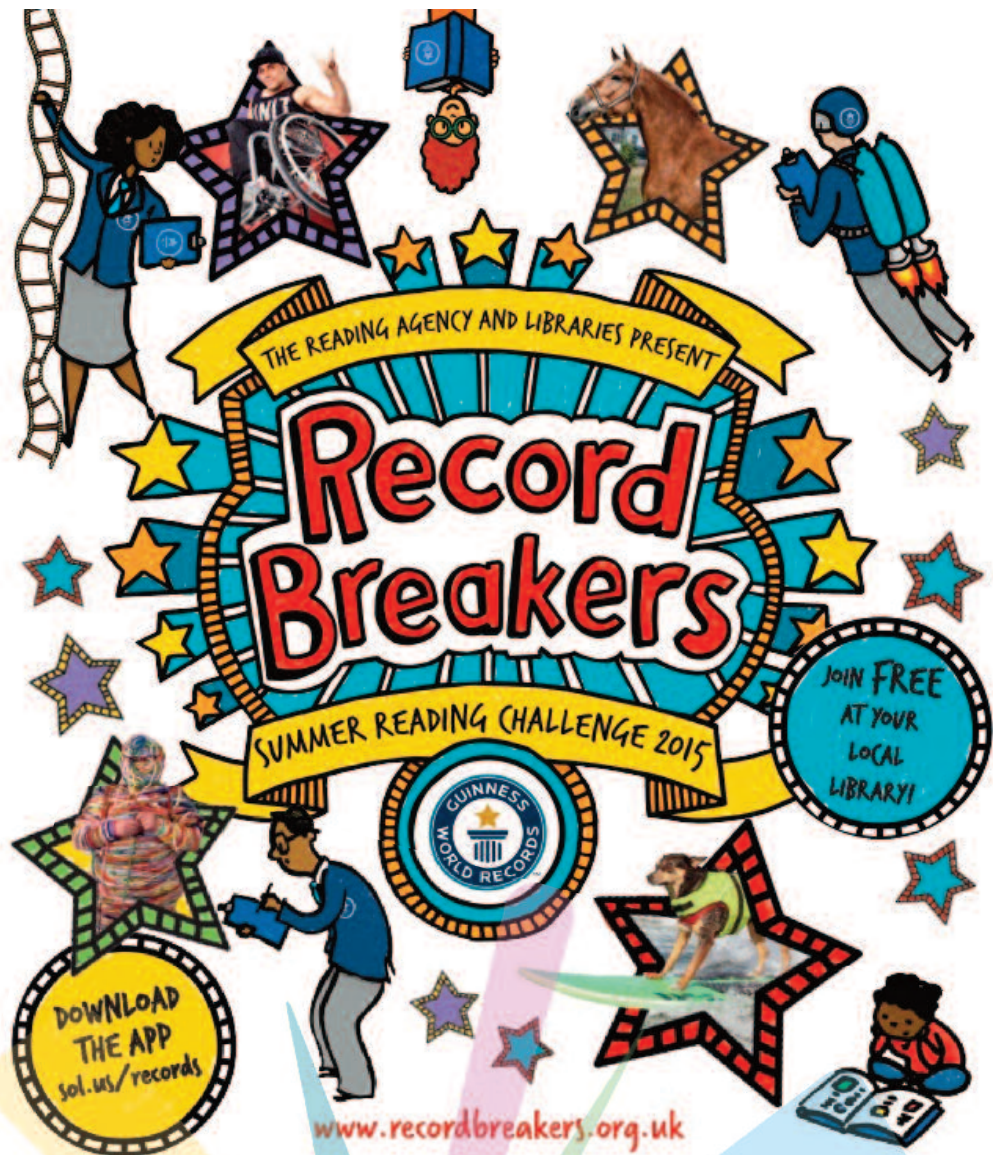
19:00-21:00. 40 max spaces.

FREE / FREE / FREE

11-18 Yrs



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