

Active Summer 2018

Sport and Physical Activity Programme

Sports Development working in partnership with various sports clubs and agencies

✉ sportsdevelopment@clacks.gov.uk

☎ 01259 452350

🐦 @activeclacks

Active Summer Sports and Activity Programme Monday 2nd July to Friday 17th August 2018

Welcome to the Clackmannanshire Council Active Summer Sport and Activity Programme in partnership with Sports Development and various local sports clubs. There are activities for various tastes in sport, physical activity aimed at pre-school, primary aged children, young people with a disability and teenagers. You can expect a great 7 weeks of sport, dance and fun for a wide range of abilities. There will be themed weeks, prizes for performance and enthusiasm, many special visitors, sport demonstrations and loads of fun. Bookings open so sign up as soon as possible.

Unless otherwise stated all bookings and payments are made by calling Clackmannanshire Council on 01259 213131. Any payments made by cheque should be made payable to Clackmannanshire Council unless otherwise stated.

Alloa Town Centre Bid Activities

Activity	Venue	Date and Time	Age	Cost	Booking
FUNBOX	Alloa Town Hall	Wednesday 26th June 6.00 pm	All Ages	All tickets £10 or Family of 4 = £35	01259 213131
Summer in Alloa Amazing James Children's entertainer	High Street, Alloa	Thursday 5th July 11.30am - 2.30 pm	3 to 8 years	FREE	Come along and join in!
Summer in Alloa Animal Man Mini Zoo (Handling & Petting)	High Street, Alloa	Thursday 12th July 11.30am - 2.30 pm	3 to 8 years	FREE	Come along and join in!
Summer in Alloa Fun & Games with Moana & Batman	High Street, Alloa	Thursday 19th July 11.30am - 2.30 pm	3 to 8 years	FREE	Come along and join in!
Summer in Alloa Owl Magic (Handling & Photo opportunity)	High Street, Alloa	Thursday 26th July 11.30am - 2.30 pm	3 to 8 years	FREE	Come along and join in!
Summer in Alloa Mick Magic Children's entertainer	High Street, Alloa	Thursday 2nd August 11.30am - 2.30 pm	3 to 8 years	FREE	Come along and join in!
Summer in Alloa Gary Dunn Children's entertainer	High Street, Alloa	Thursday 9th August 11.30am - 2.30 pm	3 to 8 years	FREE	Come along and join in!

Follow Alloa Town Centre BID on Facebook for full details

Firpark Ski Centre, Summer Ski Schools, Tubing and Muckhart and District Race Camp

Activity	Venue	Date and Time	Age	Cost	Booking
Summer Ski School 1 8 hour instruction, Penguin Club is a 4 hour course	Firpark Ski Centre, Tillicoultry	Monday 2nd to Thursday 5th July, 2 hours per day, various times during the day depending on ability	Penguin Club Child Adult	£51.75 £58.90 £117	Call 01259 213131
Tubing Long sleeves and gloves are essential/helmets are provided	Firpark Ski Centre, Tillicoultry	Tuesday 3rd July 2pm - 3pm Thursday 5th July 2pm - 3pm	Height over 110cms	£5 per session per day	Call 01259 213131
Summer Ski School 2 8 hour instruction, Penguin Club is a 4 hour course	Firpark Ski Centre, Tillicoultry	Monday 9th to Thursday 12th July, 2 hours per day, various times during the day depending on ability	Penguin Club Child Adult	£51.75 £58.90 £117	Call 01259 213131
Tubing Long sleeves and gloves are essential/helmets are provided	Firpark Ski Centre, Tillicoultry	Tuesday 10th July 2pm - 3pm Wednesday 11th July 2pm - 3pm	Height over 110cms	£5 per session per day	Call 01259 213131
Summer Ski School 3 8 hour instruction, Penguin Club is a 4 hour course	Firpark Ski Centre, Tillicoultry	Monday 16th to Thursday 19th July, 2 hours per day, various times during the day depending on ability	Penguin Club Child Adult	£51.75 £58.90 £117	Call 01259 213131
Tubing Long sleeves and gloves are essential/helmets are provided	Firpark Ski Centre, Tillicoultry	Tuesday 17th July 2pm - 3pm Thursday 19th July 2pm - 3pm	Height over 110cms	£5 per session per day	Call 01259 213131

Firpark Ski Centre continued - Muckhart and District Race Camp

Activity	Venue	Date and Time	Age	Cost	Booking
Muckhart and District Ski Club Summer Alpine Race Training Camp, this is an exciting opportunity in its third year organised by the club	Firpark Ski Centre, Tillicoultry	Monday 23th to Friday 27th July, 8.30am - 4.30pm each day	9 years and over or born 2008. Preference given to MAD members but non members are welcome	£190 Non members of MAD can pay £11 for temporary membership	Contact mandy.beard@fineholm.co.uk

The Summer Ski School will contain classes at all levels from Penguin to Level 7. Places cannot be booked until current ski level is known. Tubing is also available during the summer holidays and is great fun at Firpark, Tubing parties can also be booked by phoning 01259 213131, check prices on www.clacks.gov.uk

Fun Gym Sessions at the Wasp Centre Tuesdays and Fridays 2018

Activity	Venue	Date and Time	Age	Cost	Booking
Pre School Fun Sessions	Wasp Centre, Clackmannan Road, Alloa	Tuesdays 3rd, 10th, 17th, 24th & 31st July 7th & 14th August 10.25am - 11.25am Fridays 6th, 13th, 20th & 27th July 3rd, 10th & 17th August 1.15pm - 2.15pm	1 to 5 yrs (Pre-school only) * Must be accompanied by an adult	£4 per person per hour	No booking required, pay on arrival

Experience fun activity in a safe and friendly environment supervised by a qualified pre-school gymnastics coach from the Council's Sports Development Team. See how they grow in confidence with their social skills whilst developing their movement through balance, coordination and climbing. Explore our soft play gymnastics equipment, trampoline and large foam pit.

Fun Gym Sessions	Wasp Centre, Clackmannan Road, Alloa	Tuesdays 3rd, 10th, 17th, 24th & 31st July 7th & 14th August 11.45am - 12.45pm Fridays 6th, 13th, 20th & 27th July 3rd, 10th & 17th August 2.30pm - 3.30pm	5 to 8 years	£4 per person per hour	No booking required, pay on arrival
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An exciting opportunity to let your children experience and explore this fantastic venue. The children will have the opportunity to experience gross motor skills of balancing, jumping and climbing. The session will include climbing, balancing and swinging equipment as well as the use of the trampoline and foam pit. The sessions will be supervised by a qualified gymnastics coach.

Week 1 - Sports and Physical Activities 2nd to 6th July 2018

Activity	Venue	Date and Time	Age	Cost	Booking
Sports Camp	Lornshill Academy	Monday 2nd to Friday 6th July 8.30am - 4.30pm	5 to 12 years	£20 per day £80 per week	Call 01259 213131

Qualified coaches will involve you in a variety of different team and individual sports. Lunch will be supervised with some art and quizzes to complete.
8.30am - 9.30am - registration and led activities 9.30am - 3.30pm - 2 sports and lunch break 3.30pm - 4.30pm - led activities and dispersal
Monday: *am* Athletics *pm* Athletics Tuesday: *am* Badminton *pm* Hockey Wednesday: *am* Tennis *pm* Netball Thursday: *am* Football *pm* Basketball
Friday: a range of sports not covered during the week *pm* Traditional Sports Day ie Tug of War, egg and spoon, etc

Sports Leader Level 5	Lornshill Academy	Monday 2nd to Friday 6th July 9.00am - 4.30pm	13+ years and in S3 or above	£50	Call 01259 213131
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This nationally recognised qualification will allow you to develop and enhance your organisation and communication skills whilst learning how to give feedback in a sports environment. This is a very useful qualification for your CV.

Activity	Venue	Date and Time	Age	Cost	Booking
ASN Sports Hall Session Fun games	Lornshill Academy	Monday 2nd July 10.00am - 10.45am	Children and Young Adults	£4.50	Booking Essential Call 01259 213131
ASN Hydro Therapy	Alloa Academy	Monday 2nd July 11.15am - 11.45am 11.45am - 12.15pm	Children and Young Adults	£4.50	Booking Essential Call 01259 213131
ASN Hydro Therapy	Alloa Academy	Tuesday 3rd July 11.15am - 11.45am 11.45am - 12.15pm	Children and Young Adults	£4.50	Booking Essential Call 01259 213131
ASN Gymnastics	The Wasps Centre	Tuesday 3rd July 1.00pm - 1.45pm 1.45pm - 2.30pm	12 years and under 12 years and over	£4.50	Booking Essential Call 01259 213131

Come along and have fun on the trampoline and in the foam pit with friends and family. This is a great venue that allows participants to use beams, vaults and rings. Siblings and friends are welcome to join in the fun for an additional £1.00 per session.

Activity	Venue	Date and Time	Age	Cost	Booking
ASN Tubing Long sleeved top and gloves are essential/helmets are provided	Firpark Ski Centre, Tillicoultry	Wednesday 4th July 11.15am - 11.45am	Children and Young Adults	£4.50	Booking Essential Call 01259 213131
These sessions are for children and young people with additional support needs. Sessions are co-ordinated by Jackie Perez, Active Schools Inclusion Officer. Siblings are welcome to attend and join in the fun for an additional £1.00 per session. Please note 1-2-1 support is not provided. Parents are asked to stay on site at each session.					

Week 2 - Sports and Physical Activities 9th to 13th July 2018

Activity	Venue	Date and Time	Age	Cost	Booking
Flames Festival	Lornshill Academy	Monday 9th to Friday 13th July * 8.30am - 4.30pm	5 to 12 years	£20 per day £80 per week	Call 01259 213131
Take part in Clackmannanshire's Commonwealth & Olympic Games themed 'Flames Festivals'. Be part of the Torch Relay, opening and closing ceremonies, medal presentation and sports sessions based around tennis, netball, football, archery, hockey, athletics, badminton, table tennis, rugby and other Commonwealth, Olympic and Paralympic sports. Be games' Legacy. * Please note registration and led activities will take place from 8.30am - 9.30am (flexible drop off time). Led activities and dispersal will take place from 3.30pm - 4.30pm (flexible pick up time). Medals and certificates will be presented each day to some participants based on performance and to acknowledge the values of the games themes.					

Activity	Venue	Date and Time	Age	Cost	Booking
ASN Trampoline	Lornshill Academy	Monday 9th July 10.00am - 10.45am 10.45am - 11.30am	Under 12 years Over 12 years	£4.50	Call 01259 213131
ASN Hydro Therapy	Alloa Academy	Tuesday 10th July 10.00am - 10.30am 10.30am - 11.00am	Children and Young Adults	£4.50	Call 01259 213131
ASN Football	Lornshill Academy	Tuesday 10th July 11.45am - 12.30pm	Children and Young Adults	£4.50	Call 01259 213131
These sessions are for children and young people with additional support needs. The sessions are co-ordinated by Jackie Perez, Active Schools Inclusion Officer. Siblings are welcome to attend and join in the fun for an additional £1.00 per session. Please note 1-2-1 support is not provided. Parents are asked to stay on site at each session.					

Week 3 - Sports and Physical Activities 16th to 20th July 2018

Activity	Venue	Date and Time	Age	Cost	Booking
Gymnastics Camp	Lornshill Academy	Monday 16th to Friday 20th July 8.30am - 4.30pm	5 to 14 years	£20 per day £80 per week	Call 01259 213131
8.30 to 9.30 a.m. registration and stretching activities to music. Working towards British Amateur Gymnastics Awards, with focus on floor and vault skills, flexibility and core strength training, special visitors to demonstrate other gymnastics talent, including acrobatics and dance. Children working towards a short performance of their routine on Friday 20th July.					

Activity	Venue	Date and Time	Age	Cost	Booking
Girls Only Football Camp Leanne Ross Soccer Centre	Lornshill Academy Grass Pitches	Monday 16th to Friday 20th July 8.30am - 4.30pm	5 to 12 yrs	£20 per day £80 per week	Call 01259 213131
8.30am - 9.30am - registration and led activities 9.30am - 3.30pm - football activities and lunch break 3.30pm - 4.30pm - led activities and dispersal Scottish FA qualified coaches will deliver a variety of exciting practices and games in passing, shooting, heading, dribbling and goal-keeping. Players will also have the opportunity to show off these skills through a number of small-sided games and fun football matches. Leanne Ross and other national female footballers to take sessions and guest visit.					

Activity	Venue	Date and Time	Age	Cost	Booking
Football Camp	Lornshill Academy Grass Pitches	Monday 16th to Friday 20th July 8.30am - 4.30pm	5 to 12 yrs	£20 per day £80 per week	Call 01259 213131
8.30am - 9.30am - registration and led activities 9.30am - 3.30pm - football activities and lunch break 3.30pm - 4.30pm - led activities and dispersal Scottish FA qualified coaches will deliver a variety of exciting practices and games in passing, shooting, heading, dribbling and goal-keeping. Players will also have the opportunity to show off these skills through a number of small-sided games and fun football matches.					

Activity	Venue	Date and Time	Age	Cost	Booking
Pre School Cycling	Lornshill Academy	Monday 16th to Friday 20th July 9.15am - 10.00am 11.05am - 11.50am	3 to 5 yrs	£21.95 for 5 day session at 45 minutes per day	Call 01259 213131 * first session to be full before 2nd session is available
Pre-school cycling programme aimed at supporting NURSERY aged children to develop cycling skills through balance and bikes. The sessions will consist of structural lessons to help develop their gross motor skills, spatial awareness, dynamic and static bike co-ordination. Children are encouraged to bring their own helmets if possible					
Beginners Cycling	Lornshill Academy	Monday 16th to Friday 20th July 10.10am - 10.55am	Primary 1 to Primary 3	£21.95 for 5 day session at 45 minutes per day	Booking Essential Call 01259 213131
Our beginners' cycling is for Primary 1-3 (children must have completed Primary 1 to attend these sessions). This programme is aimed at supporting primary school children who cannot yet go a pedal bike with stabilisers. Children should bring their own bike (without stabilisers) and their own helmets.					

Activity	Venue	Date and Time	Age	Cost	Booking
Dance Leader UK	Lornshill Academy	Monday 16th to Friday 20th July 8:30am - 4:30pm	13 years and over	£40 per person for whole course	Call 01259 213131
This nationally recognised qualification will allow you to develop and enhance your organisation and communication skills whilst learning how to give feedback in a dance environment. This is a very useful qualification for your CV, developing leadership skills along with the opportunity to develop your dance skills.					

Week 3 continued - Sports and Physical Activities 16th to 20th July 2018

Activity	Venue	Date and Time	Age	Cost	Booking
ASN Cycling	Lornshill Academy	Monday 16th July 10.00am - 11.00am	10 years and over	£4.50	Booking Essential Call 01259 213131
Cycling sessions are available for people with a physical, learning and or sensory disability. Wheelchair users must be able to self transfer from chair to bike/trike. Tandem, trikes and recumbent bikes are available.					
ASN Hydro therapy	Alloa Academy	Tuesday 17th July 10.00am - 10.30am 10.30am - 11.00am	Children and Young Adults 1 to 1	£4.50	Booking Essential Call 01259 213131
These sessions are for children and young people with additional support needs. Sessions are co-ordinated by Jackie Perez, Active Schools Inclusion Officer. Siblings are welcome to attend and join in the fun for an additional £1.00 per session. Please note 1-2-1 support is not provided. Parents are asked to stay on site at each session.					
ASN Tubing Long sleeved top and gloves are essential/helmets are provided	Firpark Ski Centre, Tillicoultry	Wednesday 18th July 11.15am - 11.45am	Children and Young Adults	£4.50	Booking Essential Call 01259 213131
These sessions are for children and young people with additional support needs. Sessions are co-ordinated by Jackie Perez, Active Schools Inclusion Officer. Siblings are welcome to attend and join in the fun for an additional £1.00 per session. Please note 1-2-1 support is not provided. Parents are asked to stay on site at each session.					

Week 4 - Sports and Physical Activities 23rd to 27th July 2018

Activity	Venue	Date and Time	Age	Cost	Booking
Pre School Cycling	Lornshill Academy	Monday 23rd to Friday 27th July 9.15am - 10.00am 11.05am - 11.50 am	3 to 5 yrs	£21.95 for 5 day session at 45 minutes per day	Call 01259 213131 * first session to be full before 2nd session is available
Pre-school cycling programme aimed at supporting NURSERY aged children to develop cycling skills through balance and bikes. The sessions will consist of structural lessons to help develop their gross motor skills, spatial awareness, dynamic and static bike co-ordination. Children are encouraged to bring their own helmets if possible					
Beginners Cycling	Lornshill Academy	Monday 23rd to Friday 27th July 10.10am - 10.55am	Primary 1 to Primary 3	£21.95 for 5 day session at 45 minutes per day	Booking Essential Call 01259 213131
Our beginners cycling is for Primary 1-3 (children must have completed Primary 1 to attend these sessions). This programme is aimed at supporting primary school children who cannot yet go a pedal bike with stabilisers. Children should bring their own bike (without stabilisers) and their own helmets.					
Activity	Venue	Date and Time	Age	Cost	Booking
Sports Camp	Lornshill Academy	Monday 23rd to Friday 27th July 8:30am - 4:30pm	5 to 12 years	£20 per day £80 per week	Call 01259 213131
Qualified coaches will involve you in a variety of different team and individual sports. Lunch will be supervised with some art and quizzes to complete. 8.30am - 9.30am - registration and led activities 9.30am - 3.30pm - 2 sports and lunch break 3.30pm - 4.30pm - led activities and dispersal Monday: am Athletics pm Football Tuesday: am Badminton pm Hockey Wednesday: am Tennis pm Netball Thursday: am Football pm Basketball Friday: a range of sports not covered during the week pm Traditional Sports Day ie Tug of War, egg and spoon, etc					

Activity	Venue	Date and Time	Age	Cost	Booking
Dance Summer School	Alloa Ballet Company Dance Studios, The Trades Centre, Bruce Street, Alloa	23rd to 27th July 2018 Juniors 10am - 12noon Seniors 1pm - 3pm	Juniors 8 - 12 Seniors age 13 +	£60 for the week	contact: lovetodance@sky.com mobile 07774857975 forms from Alloa Ballet Company Dance studios
Our first dance summer school for pupils aged 8 and over. Each day students will participate in a 2 hour dance workshop taught by a range of professionals. Workshops include: jazz / commercial / ballet / creative / contemporary / musical theatre Course fee includes summer school T shirt and certificate					

Week 5 - Sports and Physical Activities 30th July to 3rd August 2018

Activity	Venue	Date and Time	Age	Cost	Booking
Active Girls Week	Lornshill Academy	Monday 30th July to Friday 3rd August 8:30am - 4:30pm	8 to 16 yrs	£20 per day £80 per week	Call 01259 213131
Each day you will be challenged to get active and get out of your comfort zone in this new activity week designed to target girls only. You will get the chance to take part in football, badminton, netball, dance and a variety of fitness activities, including the use of the fitness suite. All activities will be progressive and designed for all abilities, but mostly the week is about having fun and making new friends. * Please note registration and led activities will take place from 8.30am - 9.30am (flexible drop off time). Led activities and dispersal will take place from 3.30pm - 4.30pm (flexible pick up time).					

Week 6 - Sports and Physical Activities 6th to 10th August 2018

Activity	Venue	Date and Time	Age	Cost	Booking
Football Camp	Lornshill Academy AGS	Monday 6th to Friday 10th August, 8:30am - 4:30pm	5 to 12 yrs	£20 per day £80 per week	Call 01259 213131
8.30am - 9.30am - registration and led activities 9.30am - 3.30pm - football activities and lunch break 3.30pm - 4.30pm - led activities and dispersal Scottish FA qualified coaches will deliver a variety of exciting practices and games in passing, shooting, heading, dribbling and goal-keeping. Players will also have the opportunity to show off these skills through a number of small-sided games and fun football matches.					

Week 7 Sports and Physical Activities 13th to 16th August 2018

Activity	Venue	Date and Time	Age	Cost	Booking
Hillfoots RFC Camp	Hillfoots Rugby Club, Oakmill Rd, Tillicoultry, FK13 6BP	Monday 13th to Thursday 16th August 9.00am - 12:30pm	7 to 12 yrs	£10 per day £40 full week	Contact Paddy Sherrard Juniors.hillfoots@gmail.com

Hillfoots RFC are kicking off the rugby season in style with four action packed days of coaching and playing. Get fitter, stronger, faster while improving your essential skills; Hand catch, offload, ball presentation and tackle. Players please bring your own snack and water each day.

Slalom Canoeing with CR Cats

Activity	Venue	Date and Time	Age	Cost	Booking
Kayaking with CR Cats Canoe Club Camp 1	River Devon, Alva	Monday 13th to Wednesday 15th August 11am – 1pm	8 to 12 years	£30	crcats.coaching@gmail.com
Kayaking with CR Cats Canoe Club Camp 2	River Devon, Alva	Monday 13th to Wednesday 15th August 2pm - 4pm	8 to 12 years	£30	crcats.coaching@gmail.com
Kayaking with CR Cats Canoe Club Camp 3	River Devon, Alva	Monday 13th to Wednesday 15th August 5.30pm – 7.30pm	8 to 12 years	£30	crcats.coaching@gmail.com
Kayaking with CR Cats Canoe Club Camp 4	River Devon, Alva	Thursday 16th to Saturday 18th August 11am – 1pm	8 to 12 years	£30	crcats.coaching@gmail.com
Kayaking with CR Cats Canoe Club Camp 5	River Devon, Alva	Thursday 16th to Saturday 18th August 2pm – 4pm	8 to 12 years	£30	crcats.coaching@gmail.com
Kayaking with CR Cats Canoe Club Camp 6	River Devon, Alva	Thursday 16th to Saturday 18th August 5.30pm – 7.30pm	8 to 12 years	£30	crcats.coaching@gmail.com

These kayaking classes are open to children aged 8-12 who are confident swimmers. The children will learn basic kayaking skills in a safe, fun environment. No previous kayaking experience required. All equipment will be provided e.g. Kayaks, paddles, Buoyancy aids and helmets. For further information, please see website: www.CRCATS.org

Active Communities July and August 2018

Activity	Venue	Date and Time	Age	Cost	Booking
Zone 50s	Dumyat Centre	Mondays 1.30pm - 2.30pm	50 plus	£2.30	Pay on the day
Running Club	Tullibody Civic Centre	Mondays 6pm - 7pm	16+	£3.40	Pay on the day
Begin Run to 5K	Tullibody Civic Centre	Mondays 7pm - 7.45pm	16+	£3.40	Pay on the day
Netball	Alloa Academy	Mondays 7pm - 8pm	16+	£4.50	Pay on the day
Social Badminton	Alva Academy	Mondays 6pm - 8pm	All	£4.50 Adults £2.30 U16's	Pay on the day
Circuit/Exercise	Alva Academy	Tuesdays 6pm - 7pm	16+	£4.50	Pay on the day
Zumba	Alloa Academy	Tuesdays 7pm - 8pm	16+	£4.50	Pay on the day
Mature Movers	Moncrieff Church	Wednesdays 10.30am - 11.30am	50+	£2.30	Pay on the day
OTAGO	Clackmannanshire Community Health Centre	Wednesdays 3.15pm - 4.15pm	50+	£2.30	Pay on the day
Kettlercise	Alva Academy	Wednesdays 6pm - 7pm	16+	£4.50	Pay on the day
Tai Chi	Ben Cleuch Centre Tillicoultry	Thursdays 6pm - 7pm	16+	£4.50	Pay on the day
BoxFit	Lornshill Academy	Thursdays 7pm - 8pm	16+	£4.50	Pay on the day
Rebound/Circuit	Alva Academy	Thursdays 8.15pm - 8.45pm	16+	£2.30	Pay on the day

If you are interested in any of these classes there is no need to book as you can just turn up. If you have any questions about this please contact Kenny Cook on 01259 452334, mobile 07812607425 or e-mail kcook@clacks.gov.uk



SUPPORTING
year of young people
bliadhna na h-òigridh
2018

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Lornshill Campus
Community Sport Hub



SKI CENTRE
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SUMMER FUN SESSIONS

AT THE

ALLOA LEISURE BOWL

2ND JULY - 17TH AUGUST 2018

WEEKDAYS
1PM - 3.55PM

TEL: 01259 723527 www.leisure-bowl.co.uk



PRICES

ADULTS	£3.40
CHILD 8-15YRS	£2.80
CHILD 3-7YRS	£2.30

**TWIN TRACK
INFLATABLE**

**CHALLENGER
INFLATABLE**

CHILDREN UNDER 8YRS MUST ACCOMPANIED BY AN ADULT