



ACTIVE EASTER

Sport dance and fitness for the Easter holidays

Sports Development working in partnership with various sports clubs and agencies

✉ sportsdevelopment@clacks.gov.uk

☎ 01259 452350 🐦 @activeclacks



Welcome to the Sports Development Active Easter Programme for April 2020

This year we are celebrating the forthcoming Tokyo Olympic and Paralympic Games being held in Japan from July to September 2020. In recognition of this, our holiday programmes are themed to the sports and activities of the games and in addition expanding to utilise the Firpark Ski Centre by introducing a Biathlon with SCATT Rifle Shooting (laser target system).

Active Easter is jam packed with opportunities for **children, young people and adults** to get active so book quickly as places are filling up! Opportunities include:

- Olympic and Paralympic Sports Camps (ASN inclusive)
- Tubing (there is also a specific quieter ASN session)
- Biathlon (simulated)
- Active Communities
- Ski School
- Fun Gym Sessions
- SWAG

All activities are ASN inclusive but please note 1:2:1 support is NOT provided.

Do not miss out on our exciting programme of sport and physical activity for families in Clackmannanshire and beyond!

Leadership Programme – 12 years and over

Sports Development offer a wide range of opportunities for young people to develop their sports and dance leadership skills. There is also an amazing trainee ski instructor programme based at Firpark for secondary aged pupils. The programme offers volunteering opportunities, training and a range of pathways to follow. If you are interested in getting involved in our exciting programme please email sportsdevelopment@clacks.gov.uk

Secondary Pupils (S1 to S6)

Use of the fitness suite at Lornshill Academy only will be available from 3pm to 5pm Monday 6th April to Thursday 9th April and Tuesday 14th April to Friday 17th April at a cost of £2 each. If you have not used the fitness suite before, you will be required to have an induction. Proof of age will be required eg bus pass, Young Scot or gym membership.

Hillfoots Rugby Camp

Get fitter, stronger, faster while improving your essential skills, hand catch, offload, ball presentation and tackle. Players to bring your own snack and water each day. Monday 13th April to Friday 17th April, 9am to 12.30pm, £10 per day. Aged 7 to 12 years. For further information contact Barry Munro: rdo@hillfootsrfc.com



Contact

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ENGAGE, EDUCATE & INSPIRE



Clackmannanshire
Council

PE, Physical Activity and School Sport

Tokyo Olympic Sports Camps

In July and August this year the world's best athletes will compete in 33 Olympic and 22 Paralympic sports in Tokyo, Japan. To help motivate and inspire our young people to get active and stay active our Easter sports camps will be themed to the Olympics and the sports involved.

Participants can attend for a day or even a full week whilst being led by experienced coaches and leaders in a range of sports and activities! **The camps are suitable for ages Primary 1 to 7.**

Week	Day/Dates	Venue	Activities
1	Monday 6 th to Thursday 9 th April 2020	Lornshill Academy	Mon: Basketball / Football Badminton Tues: Soft Archery / Athletics Golf Wed: Gymnastics / Hockey Tennis Thurs: Rugby / Table Tennis Boccia
2	Tuesday 14 th to Friday 17 th April 2020	Lornshill Academy	Tues: Handball / Softball Soft Archery Wed: Volleyball / Badminton Boccia Thurs: Athletics / Basketball Table Tennis Fri: Rugby / Football / Golf

Our Easter Camps are being delivered in partnership with some of our amazing local Community Sports Clubs – a massive thank you to Central Athletics Club and Wee County Archers for providing coaches to teach the children each week of the camps.

TIMES

8:30am to 9:30am	Arrival & supported variety of warm up games & activities
9:30am to 11:00am	Session 1 – Olympic Sports Coaching
11:00am to 11:15am	Supervised break
11:15am to 12:45pm	Session 2 – Olympic Sports Coaching
12:45pm to 1:45pm	Supervised lunch break including Olympic & Paralympic themed quizzes
1:45pm to 3:15pm	Session 3 – Olympic Sports Coaching
3:15pm to 3:30pm	End of day Olympic gathering with values certificates presentations
3:30pm to 4:30pm	Supervised activities until collection by families

Price:
£20.00 per day

What to bring:



Have suitable sportswear for indoor and outdoor activity including a rain jacket.
Take a packed lunch and a non-fizzy drink.

To book contact the Clackmannanshire Council booking line on **01259 213131**

Sports & Physical Activity for Children and Young Adults with Additional Support Needs

This Easter our expanded programme is once again co-ordinated by Jackie Perez, Active Schools Inclusion Officer and is open to participants with additional support needs and disabilities. Please note 1-2-1 support is NOT provided by Sports Development, please contact Jackie to discuss any requirements prior to booking on 01259 452340.

Activity	Venue	Dates / Times	Cost	Additional Information
Tubing	Firpark Ski Centre	Thursday 9 th April 2020 5:30pm to 6:30pm	£5.00	Long sleeves & gloves are essential. Helmets are provided.
Tubing	Firpark Ski Centre	Tuesday 14 th April 2020 11:30am to 12:30pm	£5.00	Long sleeves & gloves are essential. Helmets are provided.

Activity	Venue	Dates / Times	Cost	Additional Information
Tokyo Olympic Sports Camps	Lornshill Academy	Tuesday 14 th to Thursday 16 th April 2020 8:30am to 12:45pm	£10.00 per day	Participants will work alongside Jackie Perez to try out the Paralympic sports during the camp. Bring suitable sports clothing, a non-fizzy drink and snacks. Sports include handball, soft archery, boccia, badminton and athletics.
 Boccia	 Archery			

OLYMPIC SPORTS CAMP TIMES

8:30 to 9:30am	Arrival & supported variety of warm up games & activities
9:30 to 11:00am	Session 1 – Paralympic Sports Coaching
11:00 to 11:15am	Supervised break
11:15am to 12:45pm	Session 2 – Paralympic Sports Coaching

How to book:

Contact 01259 213131 to book your places on the tubing and the Olympics Sports Camp.

Fun Gym Sessions for Pre School Children

Our weekly open play sessions will continue throughout the Easter Holidays at the Wasp Centre in Alloa. This gives your child the exciting opportunity to experience and enjoy the fantastic venue where they can experience gross motor skills of balancing, jumping and climbing. The sessions also include soft play and climbing equipment as well as the use of the trampoline and foam pit. The sessions are supervised by fully qualified gymnastics coaches.

Week	Day/Dates	Venue	Time	Cost
1	Tuesday 7 th April 2020	Wasp Centre, Alloa	10:25am to 11:25am	£4.10
2	Tuesday 14 th April 2020	Wasp Centre, Alloa	10:25am to 11:25am	£4.10
2	Friday 17 th April 2020	Wasp Centre, Alloa	1:15pm to 2:15pm	£4.10

No booking is required for this activity – please pay on arrival at the venue.

Biathlon

For the first time we are introducing the opportunity to try out a Biathlon as part of our Active Easter programme. Combine the sport of roller skiing (simulating Nordic skiing) and SKATT shooting (laser guided target rifles) delivered in partnership with trained instructors from Firpark Ski Centre and coaches from Alloa Rifle Club. Minimum age 8 years old; also open to adults. Equipment will be provided.

Week	Day/Dates	Venue	Time	Cost
2	Tuesday 14 th to Friday 17 th April 2020	Firpark Ski Centre, Tillicoultry	9:30am to 11:00am 11:30am to 1:00pm 1:30pm to 3:00pm	£8.00 Per session / per day

To book contact the Clackmannanshire Council booking line on **01259 213131**

Tubing at Firpark Ski Centre

Enjoy the thrill!

To book parties call 01259 213131

Email: firpark@clacks.gov.uk



www.clacksweb.org.uk



Easter Ski School - Week 1 - Monday 6th to Thursday 9th April 2020

Class/Session	Time	Dates	Cost
Level 5/6/7	9:00 am - 11:00 am	Mon 6th - Thurs 9th	Child £60.50 Adult £120.30
Level 1	9:30 am - 11:30 am	Mon 6th - Thurs 9th	Child £60.50 Adult £120.30
Tubing	11:30 am – 12:30 pm	Tues 7th - Wed 8th	£5 per session per day
Level 3+	12:30 pm - 2:30 pm	Mon 6th - Thurs 9th	Child £60.50 Adult £120.30
Level 4	12:30 pm - 2:30 pm	Mon 6th - Thurs 9th	Child £60.50 Adult £120.30
Penguin Club - (aged 4.5 – 6 years)	*1:00 pm - 2:00 pm or 2:00 pm - 3:00 pm	Mon 6th - Thurs 9th	Child £53.20
Level 3	3:00 pm - 5.00 pm	Mon 6th - Thurs 9th	Child £60.50 Adult £120.30
Level 2	3:30 pm - 5.30 pm	Mon 6th - Thurs 9th	Child £60.50 Adult £120.30

Easter Ski School - Week 2 - Tuesday 14th to Friday 17th April 2020

Class/Session	Time	Dates	Cost
Level 3+	9:00 am - 11:00 am	Tues 14th - Fri 17th	Child £60.50 Adult £120.30
Level 1	9:30 am - 11:30 am	Tues 14th - Fri 17th	Child £60.50 Adult £120.30
Tubing	11:30 am – 12:30 pm	Wed 15th - Thurs 16th	£5 per session per day
Level 5	12:30 pm - 2.30 pm	Tues 14th - Fri 17th	Child £60.50 Adult £120.30
Level 6/7	12:30 pm - 2.30 pm	Tues 14th - Fri 17th	Child £60.50 Adult £120.30
Penguin Club - (age 4.5 - 6 years)	*1:00 pm - 2:00 pm or 2:00 pm - 3:00 pm	Tues 14th - Fri 17th	Child £53.20
Level 4	3:00 pm - 5.00 pm	Tues 14th - Fri 17th	Child £60.50 Adult £120.30
Level 3	3:30 pm - 5.30 pm	Tues 14th - Fri 17th	Child £60.50 Adult £120.30

Please note that all new customers to Firpark Ski Centre with previous ski experience require a short practical assessment from our instructors to ensure they are allocated the correct class. To book call the Clackmannanshire Councils Contact Centre on **01259 213131**. To check the guidelines for class enrolment please see the following web page:

<http://clacksweb/culture/firparkenrolment/>



The Sauchie Women and Girls project (SWAG) funded by sportscotland are working closely with the Sauchie Community Group to bring a wide range of sport and physical activity opportunities to women and girls of all ages and abilities. The current programme includes; walking netball, dance fusion, circuits, fitness, jogging group and walking group.

If you would like to find out more please contact Louise Paul on lpaul@clacks.gov.uk or call 01259 453250 or check out our Facebook @GetActiveSauchie.

Active Communities Programme

Please scan on the QR code or follow the link below for details of adult activities which includes: running, lower limbs, over 50's, yoga, meditation etc

<https://www.clacks.gov.uk/learning/weeklyclasses/>

