

Easter Holiday Activities



Please
book in
advance

Family Fun Sessions

To take part in the Active School and Community Sport Free Family Fun Sessions please email Active.schools@dumgal.gov.uk to register. Let us know what session and venue you would like to take part in along with the names and ages of all those attending the activity.

Parents/guardians must stay with the children throughout the sessions.

Annandale and Eskdale - Family Fun Sessions

FREE Family Sports Afternoon

Everholm Playing Fields
Thursday 11 April
1.00pm - 3.00pm

All ages (children under 8 years to be accompanied by an adult)

Come along and try a variety of fun sporting activities with the whole family with an Easter theme. This is an opportunity to try many sports including rounders, orienteering, ball games, fun fitness activities and much more. Adults very welcome to join in.

Please
book in
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FREE Family Sports Afternoon

Raydale Park, Gretna
Friday 12 April
1.00pm - 3.00pm

All ages (children under 8 years to be accompanied by an adult)

Come along and try a variety of fun sporting activities with the whole family with an Easter theme. This is an opportunity to try many sports including rounders, orienteering, ball games, fun fitness activities and much more. Adults very welcome to join in.

Please
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FREE Family Sports Day

Eskdale Sports Centre
Thursday 18 April
10.00am - 2.00pm

All ages (children under 8 years to be accompanied by an adult)

In partnership with Xcel Project, come along and try a variety of fun sporting activities with the whole family. This is an opportunity to try many sports including badminton, table tennis, basketball, fun fitness activities and much more. Adults very welcome to join in. Please bring a packed lunch and plenty drink.

Please
book in
advance

FREE Family Sports Morning

Lockerbie Academy
Wednesday 17 April
10am - 12noon

All ages (children under 8 years to be accompanied by an adult)

Come along and try a variety of fun sporting activities with the whole family with an Easter theme. This is an opportunity to try many sports including rounders, orienteering, ball games, fun fitness activities and much more. Adults very welcome to join in.

Please
book in
advance



FREE Family Racket Sports

Moffat Academy
Thursday 11 April
1.00pm - 3.00pm

5 and over (Under 8's must be accompanied by an adult)

This Racket session will allow young and old to try various rackets sports including Tennis, Badminton and Table Tennis with Level 3 Coach, Mike McMillin.

Please
book in
advance

Oh help! Oh no! It's a Gruffalo!



Mabie Forest, Dumfries
(meet at Sawmill)

Tuesday 9 April
10.30am - 12noon

Join us for a walk in the fresh air of Mabie Forest where we will be on the hunt for the Gruffalo. Distance approx. 1-1.5 miles and the terrain will be suitable for buggies. Please bring a drink and snack.

Car park charges will apply.

Please book in advance



FREE Woodland Power Walks

Mabie Forest
Monday 8 and 15 April
9.15am - 10.15am

For all the family
(Children must be accompanied by an adult)

Join us for a morning power walk (approx. 3 miles) to dust off those cobwebs and get set for the rest of the week. Walks will be in forest terrain so please wear appropriate footwear and dress for the weather.

Car parking charges will apply.

Please book in advance



FREE Family Fun

Lorimer Park
Wednesday 10 April
10am - 11.30am (drop in/out)

For all ages
Family fun in partnership with the British Triathlon Association - come along for a morning of drop in/out activities. We'll have bikes/scooters, athletics, tennis, football and various other activities for you to take part in. There is no pressure to stay for the full time, drop in and out as you please. All children under 10 must be accompanied by an adult at all times.

Please book in advance



FREE Family Fun

Wallace Hall
Playing Fields

Wednesday 10 April
1pm - 2.30pm (drop in/out)

For all ages
Family fun in partnership with the British Triathlon Association - come along for a morning of drop in/out activities. We'll have bikes/scooters, athletics, tennis, football and various other activities for you to take part in. There is no pressure to stay for the full time, drop in and out as you please. All children under 10 must be accompanied by an adult at all times.

Please book in advance



FREE Family Walk

Dalbeattie Forest
Monday 15 April
1pm - 3.30pm

For all ages
Join us as we take a family walk around Dalbeattie forest and explore the trails. Remember Dalbeattie forest has a fab natural play area for when you have finished the walk

Please book in advance



Please book in advance

The Greatest Stewartry Show Camp

Castle Douglas High school
Tuesday 9 April
12.30pm - 2pm
Pre-school and primary ages
Free

A day of Performing gymnastics, Dance, cheerleading and singing your heart out to your favourite greatest showman songs!

Please book in advance

Wigtownshire Greatest Show

Merrick Leisure Centre
Tuesday 16 April
12.30pm - 2pm
Pre-school and primary ages
Free



A day of Performing gymnastics, Dance, cheerleading and singing your heart out to your favourite greatest showman songs!

FREE Family "Drop in" Badminton

Ryan Centre
8, 11, 15, 18 April
10.30am - 11.30am
For all the family

These sessions are unstaffed and not coached led. All children attending must be accompanied with an adult. Please note that the courts will need to be shared with all attending.

Drop in and join us!



Merrick Leisure Centre
Tuesday 9 and 16 April
10.30am - 11.30am
For all ages

These sessions are unstaffed and not coached led. All children attending must be accompanied with an adult. Please note that the courts will need to be shared with all attending.

FREE Open Taster Session at Portpatrick Dunskey Golf Club

Portpatrick Dunskey Golf Club
Monday 15 April
2pm - 4pm
For all the family

Drop in anytime between 2pm and 4pm to see our facilities, meet our professional coaches and have a go. This session is a taster session for families, all children must be accompanied by an adult at all times.

Drop in and join us!



FREE Family Walks

Kirroughtree Forest
Monday 8 April
2.30pm - 4pm

For all the family
Come along and join us as we have a family walk around Kirroughtree. Car park charges will apply (from £2).

Please book in advance

Agnew Park, Pavilion, Stranraer
Wednesday 10 April
10am - 10.30am
For all the family





Easter Multi - Sports Camps

Each day will include games, sports, arts, crafts, fitness, fun and lots more! Lots of Fun Games and Prizes on Offer!

(Bring your own packed lunch, where appropriate, and drinks)

Booking and Payment in advance is essential and the closing date for bookings is Monday 1 April.

Moffat Academy Games Hall

8 April	Booking code AE2		5-12	£10
9 April	Booking code AE3	11.00am	year olds	per day
15 April	Booking code AE4	- 3.00pm		
16 April	Booking code AE5			

Annan Academy Games Hall

8 April	Booking code AE		5-12	£10
9 April	Booking code AE7	11.00am	year olds	per day
15 April	Booking code AE8	- 3.00pm		
16 April	Booking code AE9			

Lockerbie Academy Games Hall

9 April	Booking code AE10	11.00am	5-12	£10
16 April	Booking code AE11	- 3.00pm	year olds	per day

Eskdale Sports Centre, Langholm

10 April	Booking code AE12	11.00am	5-12	£10
17 April	Booking code AE13	- 3.00pm	year olds	per day

The Lochmaben Centre

10 April	Booking code AE14	1pm -	5-12	£5 per
17 April	Booking code AE15	3.00pm	year olds	session

To book please call or visit Annan Swimming Pool on 01461 625025

Please book in advance



Please book in advance

Boxing Coaching

in partnership with Solway Spartans Boxing Club

Come along to one of Annandale and Eskdale's fastest growing clubs for an introductory session of boxing. These FREE sessions, which come with all equipment supplied and are led by fully qualified coaches, will start with warm up before going through a number of basic boxing techniques, before covering footwork and finishing with some fun circuits.

Wednesday 17 April

1pm - 3pm in Annan Academy Games Hall

1-2pm	Ages 6-10 years	Ref BOX 1	Free
2-3pm	Ages 11-16 years	Ref BOX 2	Free

To book please email Active.Schools@dumgal.gov.uk



Tennis 4 Kids

8, 9, 10, 15, 16 and 17 April
4-11 years

£25 for all 6 hours plus racket and t-shirt

Moffat Academy Games Hall or
Annan Academy Games Hall
9.00am - 10.00am

In 2018, 20,000 children in Great Britain took part in our tennis starter course for kids. This year, lessons are open to kids aged between 4 and 11. For just £25 every child will receive 6 high - quality lessons, developed by experts at the LTA, as well as a special Tennis for Kids Babolat racket, ball set, and personalised T-shirt.

To Book email mikemcmillan@talktalk.net

Please book in advance



Football Coaching

Everholm Playing Fields, Annan
8, 9, 10 and 11 April
10am - 12noon
5-12 year olds
£10 for all 4 mornings or £3 per day
Booking code AE1

Football Coaching sessions with local coaches giving the opportunity for your child to develop their ball skills in a fun, interactive environment with lots of drills and small-sided games.

To book please call or visit Annan Swimming Pool on 01461 625025

Please book in advance

Nithsdale - Sports Session

Netball Camp

Locharbriggs Community Centre, Dumfries
Wednesday 10 and Friday 12 April
10am - 2pm

Age 9 years to 12 years

£15 for both days or £10 to attend 1 day

Netball skills, drills and games with Molly Mixture. The sessions will look at the development of movement and game play.

To register please email Active.Schools@dumgal.gov.uk

Please book in advance



Easter Dance

St Joseph's College Dance Studio, Dumfries
Wednesday 17 April
10am - 12noon

Primary 1-3	10am - 11.30am	£2
Primary 4+	12noon - 2pm	£2.50

An opportunity to try a variety of dance styles including Hip Hop, Jazz and Urban Funky with our talented dance instructor

To register please email Active.Schools@dumgal.gov.uk

Please book in advance

Lets Get Sporty Multi Sport Camp

Lochvale House, Dumfries
Age 4 Years- Primary 7
Full Day 10am - 3pm Costs £10
Half Day 10am - 12noon or 1pm - 3pm costs £5
Week 1: 8-12 April (Mon-Fri)
Week 2: 15-18 April (Mon-Thu)



TOTS Camp

Loreburn Hall, Dumfries
Ages 3-5 Years
Full Day 10am - 3pm Costs £10
Half Day 10am - 12noon or 1pm - 3pm costs £5
Week 1: 11 April (1-3pm)
Week 2: 17 April (10-12pm)

Lochside Primary School Sport Camps

Full Day 10am - 3pm Costs £5
Half Day 10am - 12noon or 1pm - 3pm costs £2.50
Ages 4 Years-Primary 7
Week 1: 11 and 12 April (Thu and Fri)
Week 2: 15 and 16 April (Mon and Tue)

To book, contact Craig by calling 07530 292763 or 01387 248942 or emailing bookings@letsgetsporty.com www.letsgetsporty.com

Family Boogie Effect

Thornhill Community Centre
Monday 8 and 15 April
9.30am - 10.20am
5-12 years and Adults
£4 adults | £2 child (£1 for each additional sibling)

Fun, funky, family friendly dance fitness session with BOOOGIE EFFECT. A great way for parents and kids to workout together. This fun session will get you grooving your way to fitness. With disco lights, glow sticks and lots of your favourite tunes to boogie to.

For more information or to book contact frances@boogieeffect.com

Please book in advance

Easter Multi - Sports Camps

For all Primary 1 - 7 (Groups will be age appropriate)
A mixture of fun Team sports throughout all the sessions.

Costs

Session 1	10am - 12noon	£4.60
Session 2	12.30pm - 2.30pm	£4.60

or bring a packed lunch and stay for the full day for £10.35

Please book in advance

Kirkcudbright Academy

Wednesday 10 April
10am - 12noon Session 1 Multisport
12.30pm - 2.30pm Session 2 Hockey

Wednesday 17 April
10am - 12noon Session 1 Football
12.30pm - 2.30pm Session 2 Multisport

Dalbeattie Learning Campus

Thursday 11 April
10am - 12noon Session 1 Tennis and Athletics
12.30pm - 2.30pm Session 2 Multisport

Thursday 18 April
10am - 12noon Session 1 Netball
12.30pm - 2.30pm Session 2 Multisport

Castle Douglas High School

Tuesday 9 April
10am - 12pm Session 1 Multisport
(sorry no full day option)

Tuesday 16 April
10am - 12pm Session 1 Table Tennis and Badminton
12.30pm - 2.30pm Session 2 Multisport

Please book by calling Castle Douglas Swimming Pool on 01556 502745



Hockey

Kirkcudbright Acadmey
Wednesday 10 April
10am - 12noon
Primary 1 - 7

Warm-ups and fun games with drills and skills.
Join us for the first time or to improve your game

Please book by calling Castle Douglas Swimming Pool on 01556 502745



Please book in advance



Tots Tennis

Introduction to the basic skills of tennis such as balance, movement, coordination with fun tennis games and activities. Each child will use small rackets and sponge tennis balls

Dalbeattie Learning campus

3-5 years
Thursday 11 April
11am - 11.45am
£3

Please book in advance

Kirkcudbright Academy

3-5 years
Thursday 11 April
1pm - 1.45pm
£3

Please book by calling Castle Douglas Swimming Pool on 01556 502745

Tennis

Sessions for those who would like to try tennis for the first time or for those who want improve your tennis skills, through drills, tactics and matchplay. Groups will be age and ability appropriate

Tennis Skills Camp @ Kirkcudbright

Primary 4 - 7
Thursday 11 April
Kirkcudbright Academy
2pm - 3pm
£3

Please book in advance

Please book by calling Castle Douglas Swimming Pool on 01556 502745



Taster Session at Stranraer Bowling Club

Stranraer Bowling Club

Monday 8 April

1pm - 2pm

Families

£1 per person

Come along to Stranraer Bowling Club and take part in some bowling. This session is a taster session for families, all children must be accompanied by an adult at all times

Drop in and join us!

Newton Stewart Tennis

Merrick Leisure Centre, Newton Stewart

Friday 12 April

Disability	10am - 11am	£3.00
Parent and Toddler (3-4yrs)	11.15am - 12noon	£2.00
5-9 years	12.30pm - 2pm	£3.50
10+ years	2.15pm - 3.45pm	£3.50

Join us for some fun tennis sessions including basic skills and fun games. These sessions will be coached by fully qualified coach Mike McMillin from Advanced Tennis Coaching.

To book call the Merrick Leisure Centre on 01671 404301

Please book in advance



Please book in advance

Lets Get Sporty

Stranraer Academy

Week 1: 8 and 10 April
Week 2: 15 and 17 April

Ages 4 years - Primary

10am - 3pm £10

10am - 12noon £5 or 1pm-3pm £5

Our holiday camps give participants the opportunity to play several sports including football, basketball, hockey and athletics.

Children will be under the supervision of trained staff at all times

To book, contact Craig by calling 07530 292763 or 01387 248942

bookings@letsgetsporty.com

www.letsgetsporty.com



To keep up to date with all our Active Schools and Community Sport why not like and follow our facebook pages



Nithsdale Active Schools and Community Sport
Stewartry Active Schools and Community Sport
Wigtownshire Active Schools and Community Sport
Annandale and Eskdale Active Schools and Community Sport



DUMFRIES AND GALLOWAY Disability Sport



Multi-Sport session for all ages and abilities for anyone with a physical, learning or sensory disability. A variety of sports will be on offer with fun games and prizes!

Disability Football

Ryan Centre, Stranraer
Saturday 6 & 13 April
11.30am – 12.30pm
£2.20

Boccia

Ryan Centre, Stranraer
Tuesday 9 & 16 April
3.45pm – 4.30pm
£1.65

Disability Athletics

Ryan Centre, Stranraer
Tuesday 9 April
4.30pm – 5.15pm
£1.65

Disability Multi Sports

Merrick Leisure Centre, Newton Stewart
Tuesday 9 April
11.30am – 12.15pm
£1.65

Disability Tennis

Merrick Leisure Centre, Newton Stewart
Friday 12 April
10am - 11am
£3.00

Disability Multi Sports

Castle Douglas Town Hall
Friday 12 April
10.00am – 10.45am
£1.65

Disability Easter Session

Loreburn Hall, Dumfries
Tuesday 9 & 16 April
2pm – 3.30pm
£3.50 per session

Disability Easter Camps

Annan Academy Games Hall
Monday 8 & 15 April
3.00pm – 4.30pm
£3.50 per session

Moffat Academy Games Hall
Monday 8 & 15 April
3pm – 4.30pm
£3.50 per session

Eskdale Sports Centre, Langholm
Wednesday 10 & 17 April
3pm – 4.30pm
£3.50 per session

The Lochmaben Centre
Wednesday 10 & 17 April
3pm – 4.30pm
£3.50 per session

For further information and to book a space please email Disabilitysport@dumgal.gov.uk

Weekly Clubs will still run as normal throughout the holidays please see [Dumfries and Galloway Disability Sport](#)



2019
ICE HOCKEY
WOMEN'S WORLD
CHAMPIONSHIP
GREAT BRITAIN
Dumfries
Division II - Group A



Dumfries Ice Bowl 2 - 8 April 2019

SCHEDULE	1.00pm	4.30pm	8.00pm
Tue 2 April	ESP v SLO	PRK v MEX	AUS v GBR
Thur 4 April	PRK v AUS	MEX v ESP	GBR v SLO
Fri 5 April	PRK v ESP	AUS v SLO	GBR v MEX
Sun 7 April	MEX v AUS	SLO v PRK	ESP v GBR
Mon 8 April	SLO v MEX	AUS v ESP	GBR v PRK



Spain



Slovenia



DPR Korea



Mexico



Australia



Great Britain

END TO END
EXCITEMENT
at the
Women's
Worlds



TICKETS: £5 per game, £10 per day
Under 16s go free with a paying adult

Club and Community Sport

These activities are organised with clubs or partners that have achieved or are working towards Sports Club Accreditation or a partnership agreement with us. Some of the Terms and Conditions of the sessions are set independently.

Cricket Dumfries Sports Club
50 Nunholm Rd, Dumfries DG1 1JW
email dumfriescricketclub@gmail.com or
tel 07792 827695



All Stars Cricket

The full programme for All Stars Cricket is back for a third year, the one-off fee will cover all training fees, membership to Dumfries Cricket Club and a kit bag with Bat, Ball, T-Shirt, Water Bottle and Cap. Those 'All Stars' from last season will be able to register with the course again and choose which NEW items they would like for their kit bag. The 2019 programme will run two available sessions on Monday or Tuesdays.

Register at <https://allstarscricket.co.uk/DumfriesCricketClub>
Mondays (6-7pm) or Tuesday (5-6pm) from 21 May 2018
5-8 years £40 for the Summer

Intro to 'All Stars'

Cricket - Come and try

Every Monday - 15 April - 13 May 2018
6pm - 7pm | 5-8 years | £1 per session

Junior Cricket

Junior Cricket: These sessions will provide participants with all the skills they require to play and participate in cricket. Batting, Bowling, Fielding, Catching and many more skills are delivered throughout the summer programme.



Book online at

www.dumfriescricketclub.com and click on "payments" also, a chance to be part of our Under 11 club team.

Every Monday from 15 April 2018
6.30pm - 8pm | 9-12 years | £40 per for the Summer

Youth Cricket

Join up with Dumfries Cricket Club to receive coaching to improve your game and to participate in matches ranging from Age-group, Mid-Week and Weekend fixtures against teams across Scotland. Sessions will include Match Play, Nets, Fielding Drills and specific skills sessions.

Book online at www.dumfriescricketclub.com and click on "payments". Also a chance to be part of our Under 13 and Under 15 club teams.

Every Tuesday from 15 April 2018
5pm - 6.30pm | 12-16 years | £40 per session



Drop in and join us!

Dumfries Blues Netball Club

at St Josephs College, Dumfries (Sports Hall)

The first two sessions are free, and all sessions are drop in - so come on down and try it.

Skills, drills and games - these sessions focus on the development of movement and game play through the Fun 5'z programme.

All sessions are led by Netball Scotland Level 2 coaches.

Monday	5pm - 6pm	5-8 years	£2 per session
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Skills, drills and games - these sessions build on skills developed in earlier programmes. Sessions focus on 7-a-side full game rules. Players from these sessions have the ability to play in local league competition and progress to regional and district programmes.

All sessions are led by Netball Scotland Level 2 coaches

Monday	6pm - 7.30pm	9-13years	£2.50 per session
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A competitive programme for players wishing to compete in local league and progress up to district programmes. All sessions are led by Netball Scotland Level 2 coaches.

Monday	7.30pm - 9pm	14+ years	£3.50 per session £3 (student)
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Bounceback to Netball

Recreational netball for those looking to get fit through a fun team activity. Whether you have played before or just learning, the sessions introduce you to fitness, fun and new friends. There are no ability levels for this group and it focusses on you and your involvement.

Friday	6pm - 7pm	14+ to adult	£2 per session
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For more information contact Andrew Reed
Tel 07792 827695 or email Dumfriesblues@outlook.com

Club and Community Sport



Tennis

Dumfries Tennis Club, 50 Nunholm Rd, Dumfries, DG1 1JW

8 April Camp 1 £5
10 April Camp 3 £5
12 April Camp 5 £5

10am to 12pm

Camps 1, 3 and 5 are for young children who are new to tennis or just started coaching sessions and older children who want to try tennis. The sessions will be split into two groups - **Group 1** - 5 to 8 years and **Group 2** - 9 to 12 years

8 April Camp 2 £5
10 April Camp 4 £5
12 April Camp 6 £5

12.30pm to 2.30pm

For those aged 9 to 14 years

Camps 2, 4 and 6 are for children who actively play orange, green or yellow ball tennis. Drills, tactics and match play.

Sign up and pay through the Dumfries Tennis Club website
<https://clubspark.lta.org.uk/DumfriesTennisClub/Coaching/Camps>

or email dumfriestennisclub@gmail.com

Squash Dumfries Sports Club
50 Nunholm Rd, Dumfries DG1 1JW

Saturday 5pm - 6.30pm
Juniors 8 - 14 years (groups will be age appropriate)

Come along and try this fun indoor racquets game for everyone to enjoy. No equipment needed but please wear non marking shoes.

For more information contact jimscriven1@gmail.com
tel 07713 643323

Hockey

King George V Park, Glasgow Road, Dumfries

Tuesday 9 and 16 April
For those aged 6-11 years
6pm - 7pm

£2 per session
(for non-members of Dumfries Hockey Club)

Wednesday 10 and 17 April
12 - 18 years

For those aged 7pm - 9pm

£4 per session
(for non-members of Dumfries Hockey Club)

An opportunity to join the Youth Hockey sessions for Dumfries Hockey Club. Sessions will consist of coaching from Dumfries Hockey Club coaches and games practice. The sessions are open to beginners and more experienced players, and to members and non-members of Dumfries Hockey Club. Hockey sticks will be available, but participants should wear shinguards and appropriate footwear, and a mouthguard is recommended.

There is no need to pre-book just drop in and join us.

More information at:
www.dumfrieshockeyclub.co.uk
Any questions please tel or text 07801 304442



Golf Thornhill Golf Club

Wednesday 10 and 17 April
Various one hour slots from 10am to 1pm
For those aged 6-16 years
Free

Group lessons with a very experienced golf coach. Application forms will be available online and from the golf club. Applicants will be allocated a time slot for either or both dates. Open to beginners and more experienced players, as well as members and non-members. Golf clubs, and golf balls will be available at the sessions.

More information at www.thornhillgolfclub.co.uk.

Drop in and join us!



Please book in advance

Please book in advance

Club and Community Sport

Breeze Cycle

Meet at Dock Park, Dumfries - Cupcake Cafe

11 April 2019
10.30am - 11.30am

For all the family (5+ years)
Children must be competent cyclists

Free

11 April 2019
Women Only
5.30pm - 6.30 pm

For 16+ years
Free

Session must be booked via website
<https://www.letsride.co.uk/rides>
search for Dumfries

We are back!

If you have missed our breeze rides, fancy trying them out, or want to exhaust the kids during the holidays...then we may have just the thing for you.

Breeze is the biggest programme ever to get more women into riding bikes for fun. Our aim is to help women feel confident and comfortable about going on a ride. Rides go at a speed that suit everyone so come along and meet some new people while getting back on your bike.

We would love to see as many families (including dad's, uncles, grandads) and women on our 'come-back' rides - no previous experience needed!

What you need?

Road worthy bike, helmet and the ability to ride a bike (children must be accompanied by an adult - no age limit for children but they must be competent cyclists)

Where we will go?

Mostly cycle paths with occasion minor road cycling.

C'mon, join us for a led-cycle ride around picturesque Dumfries!

You will #feelbetterforit #doingmore



Please book in advance



Triathlon

Kirkcudbright Swimming pool

Merrick Leisure Centre

11th April and 15th April

10.00am - 12.30pm

7 years - 14 years

FREE

A fun training session in each phase of Triathlon (swim, cycle, run) rounded off with a mini triathlon race. Please bring along clothes for outdoor sports (cycling/running), swim kit, a dry change for after and a drink. Please bring your own bike and helmet if possible (limited equipment available to borrow with prior arrangement).

For more information or to book please contact
Rebecca Bryson 07783 434060
email rebeccabryson@triathlontrust.org.

Please book in advance



YMCA Picnic and Play

Agnew Park, Stranraer

10, 11, 17 and 18 April

10.30 - 12.30pm

Primary 1 - 7

Activities are free but donations are welcome to help us run these events

Join the YMCA Play Rangers in Agnew Park for 2 hours of free play and games. Please bring your packed lunch for our picnic in the park, followed by games and sport. Please make sure you bring plenty of water with you.

Drop in and join us!

STRANRAER
YMCA

YMCA

Hoppin' Mad

Ryan Centre, Stranraer

9, 12, 16 and 19 April

10am - 2pm and 2pm - 3.45pm

Primary 1- 7

£4 per session

Join the Stranraer YMCA and the Ryan Centre team for a day of fun from 10am-3.45pm. These fun filled sessions will be packed with Easter themed sport activities, arts and crafts, swimming (8+), lunch (included) and cinema for a eggsclusive price of £8 per child.

(Cinema can be purchased separately for £4, and films run from 2-3.45pm. Children attending the Cinema only must be accompanied by an adult)

All Cinema Screenings are relaxed and are designed for anyone who would benefit from a more easy - going environment, including people with Autism spectrum conditions, learning difficulties, dementia and families with young children. Low lights will remain on in the Auditorium and the volume will be lowered. You are free to move around and make noise, or take a break during the film. Staff will be available to assist with seating and access arrangements.



Drop in and join us!



YMCA Kids Space Youth Group

Agnew Park, Stranraer

11 and 18 April

6pm - 8pm

Primary 1 - 7

£1

Join the YMCA Play Rangers in Agnew Park Pavilion for a 2-hour session of structured play and games.

Drop in and join us!

STRANRAER
YMCA



Football Primary 1-7

Wigtownshire Football Session

Merrick Leisure Centre, Newton Stewart

8 April and / or 9 April

4pm - 6pm | £5 per session

To book please call or visit the Merrick Leisure Centre (Newton Stewart) 01671 404301

Wigtownshire Football Session

Stair Park, Stranraer

11 April and / or 12 April

4pm - 6pm | £5 per session

To book please call or visit the Ryan Centre (Stranraer) 01776 703535

Stewartry Football Session

Dalbeattie Learning Campus, 3G Pitch

8 April

10am-2.30pm | £11.25

To book please call or visit Castle Douglas Swimming Pool on 01556 502745

Stewartry Football Session

Birkland Park, Castle Douglas

10 April

10am-2.30pm | £11.25

To book please call or visit Castle Douglas Swimming Pool on 01556 502745

Stewartry Football Session

Kirkcudbright 3G Pitch

12 April

10am-2.30pm | £11.25

To book please call or visit Castle Douglas Swimming Pool on 01556 502745

Nithsdale Football Camp (Full Camp)

Queen of the South Arena, Dumfries

Monday 15 to Thursday 18 April

10am - 2.30pm | £40 for week

To book please call or visit Dumfries Ice Bowl on 01387 251300

For general football enquiries please email football@dumgal.gov.uk

Annan Swimming Pool

St John's Rd, Annan DG12 6AQ Tel 01461 625025

Monday 8 April

7.30am - 8.45am Early Dips
9am - 12pm Lifeguard Course
1pm - 1.30pm Length Swimming
2pm - 3.30pm Public Swimming*
4.10pm - 7pm Swim Scheme

Tuesday 9 April

7.30am - 8.45am Early Dips
9am - 12pm Lifeguard Course
1pm - 1.30pm Length Swimming
1.30pm-3pm Float Fun
3pm - 6.45pm Public Swimming
6.45pm - 7.30pm Disabled Session
7.30pm - 8.15pm 50+

Wednesday 10 April

7.30am - 8.45am Early Dips
9am - 12pm Lifeguard Course
9.30am - 11.00am Intensive Lessons
1pm - 1.30pm Length Swimming
2pm - 3.30pm Public Swimming*
4.10pm - 9pm Swim Scheme
9pm - 10pm Adult Swim

Thursday 11 April

7.30am - 8.45am Early Dips
9am - 12pm Lifeguard Course
1pm - 1.30pm Length Swimming
1.30pm-3pm Float Fun
3pm - 6pm Public Swimming
6pm - 8pm Free under 18 swimming

Friday 12 April

7.30am - 8.45am Early Dips
9am - 12pm Lifeguard Course
1pm - 1.30pm Length Swimming
2pm - 3.30pm Public Swimming*
4.10pm - 7pm Swim Scheme
7pm - 8pm Adult Swim

Saturday 13 April

8am - 12.30pm Swim Scheme
12.30pm - 1.30pm Family Session*
1.30pm - 3pm Public Swimming*
3pm - 4pm Adult Swim

3pm - 6pm lifeguard course (half pool only)

Sunday 14 April

12noon - 1.30pm Family Session*
1.30pm - 3pm Public Swimming*
3pm - 4pm Adult Swim

Adult £4.40 Junior £2.70 Easy Access £2.50

For more information about the Lifeguard Course and Swimming Lessons please call 01461 625025.

Monday 15 April

7.30am - 8.45am Early Dips
9.30am - 11am Intensive Lessons
11am - 1pm Family Swim*
1pm - 1.30pm Length Swimming
1.30pm - 3pm Float Fun
3pm - 7pm Public Swimming*

Tuesday 16 April

7.30am - 8.45am Early Dips
9.30am - 11am Intensive lessons
11am - 1pm Family Swim*
1pm - 1.30pm length swimming
1.30pm - 3pm Float Fun
3pm - 6.45pm Public Swimming
6.45pm - 7.30pm Disabled session
7.30pm - 8.15pm 50+

Wednesday 17 April

7.30am - 8.45am Early Dips
9.30am - 11am Intensive Lessons
11am - 1pm Family Swim*
1pm - 1.30pm Length Swimming
1.30pm - 3pm Float Fun
3pm - 6pm Public Swimming*
6pm - 7pm Adult Swim

Thursday 18 April

7.30am - 8.45am Early Dips
11am - 1pm Family Swim*
1pm - 1.30pm Length Swimming
1.30pm - 3pm Float Fun
3pm - 6pm Public Swimming
6pm - 8pm Free Under 18 Swimming

Friday 19 April

7.30am - 8.45am Early Dips
11am - 1pm Family Swim*
1pm - 1.30pm Length Swimming
1.30pm - 3pm Float Fun
3pm - 7pm Public Swimming*
7pm - 8pm Adult Swim

Saturday 20 April

9am - 12noon Family Session*
12noon - 1pm Family Splash Session*
1pm - 3pm Public Swimming*
3pm - 4pm Adult Swim

Sunday 21 April

9.30am - 12noon Family Session*
12noon - 1pm Family Splash Session*
1pm - 3pm Public Swimming*
3pm - 4pm Adult Swimming*

Hillview Leisure Centre

Kirkland Drive, Kelloholm, DG4 6ST Tel 01659 67777

Junior Badminton

Drop in and join us!

Tuesday 9 and 16 April
3pm - 4pm
8+ years
£2.50

Learn the rules of badminton and improve your skills as well as have fun at the same time.

Soft Play Session

Drop in and join us!

Wednesday 10 and 17 April
10 - 11am
Primary 1 - 7
£2.50

Soft play Session with bouncy castle and free play. Have fun in this action packed session, under the safe supervision of Leisure and Sport team.

Easter Fun Club

Drop in and join us!

Wednesday 10 and 17 April
2pm - 3pm
Primary 1 - 7
£2.50

An action packed afternoon with lots of different games and activities for all children .

Body-Fit

Drop in and join us!

Thursday 11 and 18 April
4 - 5pm
Secondary 1 - 6
£2.50

Body Fit a fun action packed fitness class specifically aimed at young people aged between 12 - 16 years.



Fun Pool, Sanquhar

Blackaddie Road, Sanquhar DG4 6DB tel 01659 58018

Float Session

Monday 8 and 15, Wednesday 10 and 17 and Thursday 11 and 18 April
1.30pm - 2.30pm
8+ years (unless accompanied by an adult)

£2.70 child | £4.40 adult

Come and have fun in an exciting action packed hour with your friends and family...

Teen Aqua Aerobics

Monday 8 and 15 April | 3.15pm - 4pm
13+ years | £3.40

Fun packed moves in the water. Session will be led by Mag. She will put you through your paces and you are sure to enjoy yourself, as well as getting fit at the same time.

Inflatable session

Tuesday 16 and Friday 19 April | 3.30pm - 4.30pm
8+ years (unless accompanied by an adult)
£2.70

Meet the challenge and have a great adventure, in seeing, how far you can walk the plank and get to the other side of the pirates ship. Can you beat your friend?

Junior Lifesaving

Wednesday 10 and 17 April | 4pm - 5pm
8+ years | £3.40

Learn to help in emergencies and be a Lifesaver. Have fun with friends while our friendly staff guide you through skills so you know what to do in every given situation. Come along and find out more.

Teen Gym

Wednesday 10th and 17th April | 3pm - 4pm
13+ years | £3.40

This session allows Teens entry to the gym under the supervision of our qualified Instructors. This program is designed to help Teens learn the basics of exercise and fitness in a safe environment.

Castle Douglas Swimming Pool

Market St, Castle Douglas DG7 1BE. Tel 01556 502745

Family Fun Sessions

Monday 8 and Monday 15 April
1pm - 3pm

Wednesday 10 and 17 April
9.30am - 11.30am

Friday 12 and 19 April
1pm - 3pm

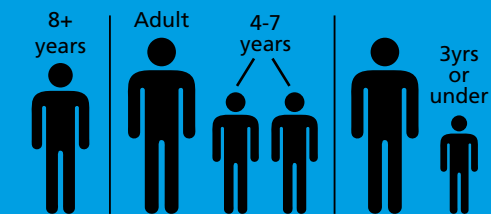
Saturday 20 April
11am - 1pm

For those aged up to aged 16
£2.70
Pool session with floats and toys.

Kids go Free

Thursday 11 and 18 April
1pm - 2pm
Under 18's
Free
Public swimming, free for all under 18's

SWIMMING RATIOS





Merrick Leisure Centre

Corsbie Road, Newton Stewart DG8 6JQ
Tel 01671 404301

Public Swimming

10 - 22 April

Contact reception for times tel 01671404301

All sessions £2.70 child / £4.40 Adult

Drop in and join us!

Splashdown

16, 19, 9 and 12 April

2pm - 3pm | For 8 - 11years | £3.60

Come and test your water skills against the challenging Determinator pool inflatable in this hour-long water adventure.

Can you make it to the end before the Determinator gets you?

Drop in and join us!

Surf and Turf

10, 11, 17 and 18 April

For Primary 1 - 7

10am - 12.00pm (sports) £2

12.00pm - 12.30 (Lunch with the ARC) £2

12.30pm - 2.00pm £4

(Those aged over 8 years will take part in water based activities in the afternoon while those under 8 years will take part in arts and crafts.)

In the morning, join the team for some fun sports before lunch. Lunch is available in the café for £2, before an afternoon of water based activities with the team for all 8 year olds and over, while the under 8's enjoy some arts and crafts!

Booking is essential.
Please call 01671404301 to book your place

Please book in advance

Ryan Centre

Fairhurst Road, Stranraer, DG9 7AP
Tel 01776 703535

Public Swimming

10 - 22 April

Contact reception for times tel 01776 703535

All sessions £2.70 child / £4.40 Adult

Drop in and join us!

Splashdown

8, 11, 15, 18 April

10.30am - 11.30am

For 8 - 11years

£3.60

Come and test your water skills against the challenging Whirrig pool inflatable in this hour-long water adventure. Can you make it to the end before the Gig gets you?

Drop in and join us!

Ryan's Den Soft Play Area

10 - 22 April

Weekdays

8am - 6pm

Saturday and Sunday

8am - 4pm

For Under 7 years of age

£1.90



Drop in and join us!

Dumfries Ice Bowl

King Street, Dumfries DG2 9AN Tel 01387 251300

Intensive Skating Lessons

Please book in advance

Tues 16, Wed 17 and Thur 18 April

Whether you are a complete beginner or looking to improve you're skating, these lessons are just for you. This intensive programme is suitable for those keen to take part in both Skating and Ice Hockey.

All 30 minute lessons £10 for 3-day course

9am - 9.30am	Introductory
9.30am - 10am	Level 1&2
10am - 10.30am	Level 3&4
10.30am - 11am	Level 5&6
11am - 11.30am	Level 7&8
11.30am - 12noon	Introductory

Advanced Course (Level 5+)

9.30am - 11.30am
£28 (for the three days)

Snowtots

Friday 12 and 19 April
11.00am-12.00noon

Saturday 13 and 20 April
11.30am-12.30pm

Fun session for children aged 5 and under. No need for skates but definitely a need for toys and sledges!

Each session costs £4.90 for an adult with one child.

Drop in and join us!



Public Skating

Drop in and join us!

		Cost (Adult)	Cost (Child)	Skate Hire Adult/Child
Monday 15 April	5.30-6.30pm	£6.40	£5.00	£2.40/£2.20
Tuesday 16 April	12.00-1.30pm	£6.40	£5.00	£2.40/£2.20
Wednesday 10 and 17 April	12.00-1.30pm and 5.30-6.30pm	£6.40	£5.00	£2.40/£2.20
Thursday 11 and 18 April	12.00-1.30pm	£6.40	£5.00	£2.40/£2.20
Friday 12 and 19 April	12.00-1.30pm 7.30-9.00pm (Ice Disco)	£6.40	£5.00	£2.40/£2.20
Saturday 13 and 20 April	2.00-3.30pm	£6.40	£5.00	£2.40/£2.20
Sunday 14 and 21 April	2.00-3.30pm	£6.40	£5.00	£2.40/£2.20



Learn 2 Play (Ice Hockey)

			Cost*
Monday 15 April	10.30pm - 11.30pm	Adult 16+	£6.40
Tuesday 16 April	4pm - 5pm	Junior Academy 15 and under	£4.60
Thursday 11 and 18 April	4pm - 5pm	Junior Academy 15 and under	£4.60
Saturday 13 and 20 April	10.15am - 11.15am	Junior Academy 15 and under	£4.60
Sunday 14 and 21 April	8.4am - 9.45am	Female Academy all ages welcome	15 and under £4.60 16+ £6.40

*Cost includes skates and basic equipment for each session.



CLUB DG ONE

Membership

SWIMPROGRAMME

- 8TH - 14TH APRIL 2019 -
EASTER HOLIDAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.30 - 11.00 LANE SWIMMING	07.30 - 09.00 LANE SWIMMING	07.30 - 13.00 LANE SWIMMING	07.30 - 09.00 LANE SWIMMING	07.30 - 09.00 LANE SWIMMING	12.30 - 14.00 PUBLIC & LANE SWIMMING	09.00 - 11.00 PUBLIC SWIMMING
09.00 - 11.45 PUBLIC SWIMMING	09.00 - 12.45 PUBLIC & LANE SWIMMING	09.00 - 12.00 PUBLIC SWIMMING	09.00 - 15.00 PUBLIC & LANE SWIMMING	09.00 - 17.00 LANE SWIMMING		09.00 - 11.00 WARM WATER EXERCISE
11.00 - 12.00 WARM WATER EXERCISE						11.00 - 15.00 WARM WATER FAMILY FUN SESSION
12.00 - 13.15 LANE SWIMMING		12.15 - 13.00 AQUA		09.00 - 12.00 PUBLIC SWIMMING		15.00 - 16.00 DISABILITY FUN FOR ALL
12.15 - 13.00 AQUA		13.15 - 15.15 FAMILY FUN SESSION		12.15 - 13.00 AQUA		
13.15 - 15.15 FAMILY FUN SESSION	15.30 - 17.00 PUBLIC & LANE SWIMMING			13.15 - 17.00 PUBLIC SWIMMING ★ FREE FOR KIDS ★		
20.30 - 21.30 PUBLIC & LANE SWIMMING	19.00 - 21.30 PUBLIC & LANE SWIMMING	20.30 - 21.30 PUBLIC & LANE SWIMMING				

*FREE FOR UNDER 18'S SCHOOL HOLIDAYS ONLY BETWEEN 13.15-15.15 FRIDAY ONLY

FIND US DG ONE SWIMMING @ DUMFRIES ICE BOWL, KING STREET, DUMFRIES DG2 9LN
COST PRICES FROM 1ST APRIL 2019 - ADULT SWIM: £4.40 / JUNIOR SWIM £2.70 / SENIOR SWIM £2.50 / AQUA AEROBICS £3.20
 01387 243550 / CLUB@DUMGAL.GOV.UK / WWW.DGONE.CO.UK / DGONELEISURECOMPLEX



SWIMPROGRAMME

CLUB DG ONE
Membership

#INTHECLUB

Here at DG One Swimming @ Dumfries Ice Bowl we offer a 5 Lane swimming pool which is 25m long & 1.2m deep. There are baby changing facilities in both the male and female changing areas. For our less abled swimmers who are unable to use the steps we provide a hoist to assist access in and out of the water. We are situated next to the Dumfries Ice Bowl where they have a Café area for drink and snacks .

WARM WATER EXERCISE SESSION This is an exclusive group sessions to help rehabilitation and people with disabilities in a warmer pool environment. We heat the water to an average temperature of 31C. There is no need for referral from a GP to attend, but please book weekly in advance at reception. We run our Warm Water Sessions on a Sunday & Monday.

AQUA We run Aquarobics on a Monday, Wednesday and Friday. Coached by one of our friendly experienced Instructors this is a fun way of exercising in the water for everyone. Monday's session water is an average temperature of 31C. Wednesday and Friday's water temperature is an average of 30C.

LANE SWIMMING During our Lane Swimming sessions which run every day except Sunday, we have two lanes available. We have a lane for the more experienced quicker swimmer and a separate lane for those who want to come and enjoy their swimming at a slower pace.

PUBLIC SWIMMING Our Public Swimming sessions are open to all but please note the swimming supervision ratios below.

FAMILY FUN SESSION During this session our water temperature sits at an average of 31C. All the family are welcome in this session where we have floats and toys available to everyone to play with.

SWIMMING RATIOS

- ONE ADULT : TWO 4-7 YR OLDS
- ONE ADULT : ONE CHILD 3YRS & UNDER
- 8+ YEARS
- ONE ADULT TWO 4-7YRS
- ONE ADULT ONE 3 YRS & UNDER



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