

live active

**FIND YOUR  
INNER  
SUPERHERO**



# OCTOBER PROGRAMME

10th - 21st October 2022

[www.liveactive.co.uk](http://www.liveactive.co.uk)



# OCTOBER HOLIDAY PROGRAMME 2022



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# WHAT'S ON OFFER?

Our holiday programme is packed full with loads of fun activities and sports for pre-school kids through to teenagers.

Our range of indoor and outdoor sessions available throughout Perthshire will help keep the boredom at bay! Sessions include:

**Crash Course Lessons:** Lessons are 30 mins long and caters to non swimmers through to Level 2.

**Sports Camps:** Taking place over consecutive days. Learn new skills, meet new friends and have FUN! Booking is essential.

**Just for Fun & Drop In Sessions:** Huge range of fun activities; from Gametime to Bouncearound to Aquarun. Sessions are generally 1-2 hours long and booking is advised.

## Active Fun Membership for 5 to 11 years

live active  
**FUN!**

only  
**£10.25**  
p/m DD

only  
**£11.80**  
30 day

Get **UNLIMITED** Swimming, Sportshall, Ice Skating\* and MUGA Pitches\* plus some holiday sessions! *Just look out for the red stars ★ in this programme to see all the sessions available!*

\* Skate hire not included. MUGA pitches can be booked 24 hours in advance only.



## BATTLE ACTIVE

### BELL'S SPORTS CENTRE

Date	Time	Age
11th October	10:00 - 11:30	P1 - P3
11th October	12:30 - 14:00	P4 - P7

Inspired by Nerf Wars, our Battle Active sessions will keep even the most active kids entertained. Participants will have an awesome time starting with Nerf training before we unleash them into the battle arena to play games such as Last Man Standing, Capture the Flag and Search & Destroy.

### LIVE ACTIVE BLAIRGOWRIE

Date	Time	Age
14th October	11:00 - 12:30	P1 - P7
21st October	11:00 - 12:30	P1 - P7

Children should bring their own Nerf inspired gun - if you don't have one let us know!



# IN THE POOL

## Prices

Single Sessions:

£2.55

Single sessions with a star are **FREE** for Active Fun members

## STRATHEARN COMMUNITY CAMPUS

Date	Activity	Time	Age
10th October	Aquarun	14:30 - 15:30	8yrs+
17th October	Aquarun	14:30 - 15:30	8yrs+
12th October	Aquarun	18:30 - 19:30	8yrs+
19th October	Aquarun	18:30 - 19:30	8yrs+

### Aquarun:

Can you complete the Aquarun challenge? Swimmers must be able to swim 10m competently in the deep end without arm bands. Suitable for 8+ years.





# CRASH COURSE LESSONS

## PERTH LEISURE POOL

Date	Level	Time	Age
10th - 14th October	New Swim Skills 1	11:00 - 11:30	5 yrs +
10th - 14th October	1-to-2 Lessons	13:00 - 13:30	5 yrs +
		13:30 - 14:00	5 yrs +
		14:00 - 14:30	5 yrs +
17th - 21st October	1-to-2 Lessons	10:00 - 10:30	5 yrs +
		10:30 - 11:00	5 yrs +
		11:00 - 11:30	5 yrs +
		11:30 - 12:00	5 yrs +
17th - 21st October	Over 8 Swim Skills 1	13:40 - 14:10	8 yrs +
17th - 21st October	Swim Skills 2	13:40 - 13:10	5 yrs +
17th - 21st October	Swim Skills 1B	14:10 - 14:40	5 yrs +
17th - 21st October	New Swim Skills 1	14:10 - 14:40	5 yrs +

**5 Day Camp**  
only **£21.75**

# Levels

## **New Swim Skills 1:**

For brand new swimmers aged 5+

## **Swim Skills 1A:**

An introductory level aimed at developing water confidence of children with little/ no prior experience of learning to swim. This class is for children 5 years and over (or who have started primary school) who are new to swimming or for those who are not yet swimming confidently over 3 metres unaided.

## **Swim Skills 1B:**

This class is a continuation of Swim Skills 1A, where children will further develop water confidence and develop core aquatic skills without aids. This class is for children aged 5 years and over (or have started primary school) who can swim confidently for 5 metres on their front and back unaided and do most of the skills asked for in SS1A .

## **Over 8 Swim Skills 1:**

An introductory level aimed at developing water confidence of children with little/ no prior experience of learning to swim. This class is for children 8 years+. This takes place at the shallow end of the training pool.

## **Swim Skills 2:**

In Swim Skills 2, children will increase the competency of their core aquatic skills and develop basic stroke technique. This class is suitable for children who have an understanding of stroke technique and who can swim 10 metres Front crawl and Back crawl as well as attempting Breaststroke and Butterfly leg actions. This level may take place in deep water so children need to be both confident in the water and able to tread water when out of their depth.





# Family Swim at Perth Leisure Pool



for only **£10.00**

**Every Monday to Friday  
16:00 - 20:00**

Family consists of up to 2 adults & 3 juniors or seniors.  
Valid until 22/12/22. Not available during school holidays,  
bank holidays or in-service days. No cash alternative.





# CRICKET

## Prices

Single Session:

£8.65

### LIVE ACTIVE BLAIRGOWRIE

Date	Activity	Time	Age
10th October	Cricket	09:00 - 12:00	5 - 11 yrs
17th October	Cricket	09:00 - 12:00	5 - 11 yrs

### NORTH INCH COMMUNITY CAMPUS

Date	Activity	Time	Age
12th October	Softball Cricket	09:00 - 12:00	5 - 11 yrs
12th October	Hardball Cricket	13:00 - 16:00	12 - 16 yrs
19th October	Cricket	09:00 - 12:00	5 - 11 yrs
19th October	Cricket	13:00 - 16:00	5 - 11 yrs



## LOCH LEVEN COMMUNITY CAMPUS

Date	Activity	Time	Age
11th October	Cricket	09:00 - 12:00	5 - 11 yrs
18th October	Cricket	09:00 - 12:00	5 - 11 yrs

## INCHTURE PRIMARY SCHOOL MUGA

Date	Activity	Time	Age
13th October	Cricket	12:00 - 15:00	5 - 11 Years
20th October	Cricket	12:00 - 15:00	5 - 11 Years

Proud to work in partnership with:



### Cricket:

Cricket games-based sessions featuring a mixture of games and skills, where you will work on throwing, catching and striking. All equipment will be provided. Participants will need a snack and something to drink for the session. Children must have attended school - 5 year olds - must have completed P1.



# ROYAL NATIONAL MOD KIDS ACTIVITIES

Bell's Sport Centre &  
North Inch Community Campus

15 - 21st October

Futsal Festival  
Football Camp  
Celtic Warrior  
Youth Shinty



# FUTSAL FESTIVAL



**Perth & Kinross Youth Football Association and Live Active have teamed up to hold a Futsal Festival for teams with players born 2012 & 2013**

**Where: Bell's Sport Centre**

**When: Saturday 15th October**

**Time: 2013s 9:30am - 11:30am & 2012s 12:00pm - 2:00pm**

**Cost: £21.10 per team**

## **What is futsal?**

Futsal is indoor football that is played between two teams who each have five players on the pitch at any one time, with rolling substitutes and a smaller ball than a normal football that is harder and less bouncy.

## **How to book?**

To register your team for the Futsal Festival, please book via the link and a Live Active Leisure employee will contact you with regards to the payment of £21.10 prior to the festival.

[https://form.jotform.com/Live\\_Active/pk-royal-national-mod-futsal-festiv](https://form.jotform.com/Live_Active/pk-royal-national-mod-futsal-festiv)

# FOOTBALL

## Prices

Football Camp	£65.90
Single Session	£16.50

A fun energetic session. Get together with your mates and enjoy some practices, skills and games.

Please ensure that suitable footwear is worn as the coaching will take place indoors at all venues. Children should bring a packed lunch and drink each day.

Get one day **FREE**  
when booking  
a full week!

## BELL'S SPORT CENTRE

Date	Activity	Time	Age
17th - 21st October	Week Camp or Single Session	10:00 - 15:00	P1 - P7

*Please note the session on Thursday 20th will take place at North Inch Campus*

## STRATHEARN COMMUNITY CAMPUS

Date	Activity	Time	Age
10th - 14th October	Week Camp or Single Session	10:00 - 15:00	P1 - P7

## LOCH LEVEN COMMUNITY CAMPUS

Date	Activity	Time	Age
10th - 14th October	Week Camp or Single Session	10:00 - 15:00	P1 - P7



# CELTIC WARRIOR

As part of our Royal Mod programme, our Ninja warrior has become CELTIC WARRIOR! Learn about the Irish and Scottish giants Fionn mac Cumhaill (Finn McCool) and Benandonner and their battle which legend states created the causeway which once stood between Ireland and Scotland. Warriors will face obstacles and race around the course testing their strength, speed and overall warrior fighting spirit!

## BELL'S SPORT CENTRE Celtic Warrior

Date	Time	Age
18th October	9:30 - 11:00	P1 - P2
18th October	11:30 - 13:00	P3 - P4
18th October	14:00 - 15:30	P5 - P7
19th October	14:00 - 15:30	P2 - P4

**£6.20**  
per person

## BELL'S SPORT CENTRE Family Celtic Warrior

Date	Time	Age
19th October	9:30 - 11:00	Family





## Youth Shinty

A fun introduction to Shinty, one of Scotland's oldest sports. Learn the basic rules of the game and start to develop key skills such as caman and ball control. These sessions take place outside so please ensure your child wears clothing suitable for all weather conditions. There will also be an opportunity to learn some Gaelic language.

## BELL'S SPORT CENTRE

Date	Time	Age
15th October	10:30 - 12:30	P4 - P7
17th October	10:30 - 12:30	P4 - P7
19th October	10:30 - 12:30	P4 - P7





# Ultimate Fun

Single sessions with a star are **FREE** for Active Fun members

**£5.20**  
per session



## BELL'S SPORTS CENTRE

Date	Activity	Time	Age
10th October	Gametime	10:00 - 12:00	P1 - P3
10th October	Gametime	13:00 - 15:00	P4 - P7

## LIVE ACTIVE BLAIRGOWRIE

Date	Activity	Time	Age
12th October	Gametime	12:00 - 14:00	P1 - P7
19th October	Gametime	12:00 - 14:00	P1 - P7

### Gametime:

Mixed sports and activity session with a variety of equipment available.





# Curling

**£54.15**  
**Curling Camp**

## DEWARS CENTRE

Date	Activity	Time	Age
10th - 14th October	Curling Camp	10:00 - 12:00	8 yrs +
10th - 14th October	Curling Camp	10:00 - 12:00	12 yrs +

Curling is a fun sport for children 8yrs + to try and learn the skills and techniques of the game and build your confidence of the ice as you develop balance and co-ordination skills. Learn how to deliver a curling stone, sweeping, rules, etiquette, scoring of the game, learn basic tactics and play curling games.

Please bring warm, loose fitting clothing:

- Tracksuit bottoms/joggers/leggings
- Warm jumpers (hoodie)
- Gloves (If you think you'll be cold)
- On the feet - clean, flat, rubber soled shoes (trainers are ideal) to change into for curling



# Ice Skating at Dewars Centre



## Learn to Skate

Day: Sunday

Date: 16th October

Time: 15:15 - 16:15

Cost: £9.00

Our Learn to Skate classes are taken by qualified instructors and teach people the basics of Ice Skating. A great class suitable for anyone aged 5+ who has never skated before, or for those who already enjoy skating and want to develop their skills.

Classes are structured from the National Ice-Skating Association programme and are based on 30 minutes of skills and techniques, then 30 minutes of practice time.  
Call 01738 454700 to book.

## Skating Sessions

Saturday 15th October: 13:00 - 16:00

Sunday 16th October: 13:00 - 15:00

Monday 17th October: 13:00 - 16:00

Tuesday 18th October: 13:00 - 16:00

Wednesday 19th October: 13:00 - 16:00

Thursday 20th October: 13:00 - 16:00

Friday 21st October: 13:00 - 16:00

Cost with LA Card:  
Adult £4.35 / Junior £3.30

**FREE for  
Active Fun  
Members**



A young child with dark hair and a white shirt is smiling and looking towards the camera. The child is surrounded by a large number of colorful balls in shades of blue, green, red, yellow, and purple. The balls are scattered around the child, some in the foreground and some in the background. The overall scene is bright and cheerful.

**£3.60 per session**

## Pre-school Fun

### BELL'S SPORTS CENTRE

Date	Activity	Time	Age
12th October	Playtime	12:30 - 14:30	1 - 5 yrs
14th October	Playtime	10:00 - 12:00	1 - 5 yrs
19th October	Playtime	12:30 - 14:30	1 - 5 yrs

### STRATHEARN COMMUNITY CAMPUS

Date	Activity	Time	Age
11th October	Playtime	10:00 - 12:00	1 - 5 yrs
18th October	Playtime	10:00 - 12:00	1 - 5 yrs



**£3.60** per  
session

## LIVE ACTIVE ATHOLL

Date	Activity	Time	Age
13th October	Playtime	14:30 - 16:30	1 - 5 yrs
20th October	Playtime	14:30 - 16:30	1 - 5 yrs

## LIVE ACTIVE BLAIRGOWRIE

Date	Activity	Time	Age
10th - 13th October	Softplay - Drop In	10:00 - 14:00	1 - 5 yrs
17th - 20th October	Softplay - Drop In	10:00 - 14:00	1 - 5 yrs

### Playtime:

Our Playtime is for pre-schoolers and is a fun session using our bouncy castle, balance bikes, mini football, mini gym kit and much more!

### Soft Play:

Our new Soft play sessions are a great way for your little ones to explore, play and have fun with friends. Children will have a great time in our fun ball pool, playing on our rockers, balancing on our baby beams and zooming about on our space hoppers. The sessions are parent supervised. One parent can come with a maximum of two children.

# Booking Information

## Booking:

- 1)** You can book your session by phone or at the reception of your local venue.
- 2)** A completed booking form must be handed into the venue prior to the beginning of the booked session.
- 3)** Payment is required at the time of booking. We accept all major credit and debit cards.

## Information for You:

### Refunds and Cancellations

Some sessions may be cancelled in the event of low uptake or for unforeseen circumstances. In these instances, refunds will be given and we will give you as much notice as possible. If you are cancelling your child's participation within a booked session, 1 weeks notice must be given or the booking cost is non refundable.

### Photography

We may take promotional photographs of the activities taking place. These could be used on our website, social media channels and future marketing publications. If you do not want your child's photograph taken please state at the time of booking.

## Information for Superheroes:

- 1)** Bring water or still juice to each session.
- 2)** Please don't bring your favourite toy, you would be sad if it got lost or broken and so would we.
- 3)** Of course, most importantly, have fun!

## Contact Details

**Bell's Sports Centre**  
01738 454647

**Perth Leisure Pool**  
01738 454654

**Live Active Loch Leven**  
01577 867230

**Loch Leven Campus**  
01577 867200

**Strathearn Campus**  
01764 657700

**Live Active Blairgowrie**  
01250 871360

**Live Active Atholl**  
01796 473866

**Dewars Centre**  
01738 454700

 [leisure@liveactive.co.uk](mailto:leisure@liveactive.co.uk)

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