

Active Communities

Jan-Mar 2023



All sessions are FREE!

Inspire

Our Inspire sports sessions are for children and adults with a disability and/or additional support needs.



Day	Activity	Age	Venue	Time	Description
Mon	Adult Walking Group	16+	Dam Park Stadium Meeting Point	11-12noon	Friendly walking group specifically for adults with disabilities and/or additional support needs. All routes fully accessible.
	Multi Sport	P5-S3	Southcraig School	5.30-6.30pm	Multi-sport sessions specifically for children and young people with disabilities and/or additional support needs.
	Athletics	Nursery P3 P4-S2 16+	Riverside Arena	4-5pm	Athletics (run, jump and throw) sessions specifically for children, young people and adults with disabilities and/or additional support needs. Inspire Athletics has three sessions on at this time: a preschool group, a junior group and an adult group
Tue	Boccia	8+yrs	Ayr Academy	4:30-6pm	Boccia sessions for children, young people and adults with a disability and/or additional support needs. Inspire Boccia has two sessions on at this time: a junior group and an adult group.
	Boccia	5-12yrs	Invergarven	4-5pm	
		13+yrs	Invergarven	6-7pm	
Wed	Multi Sport	16+	Citadel	11-1pm	Multi-sport sessions specifically for adults with disabilities and/or additional support needs. Access to the flexi pool: 9-10am.
Thur	Multi Sport	5-17yrs	Belmont Academy	4.45-5.45pm	Multi-sport sessions specifically for children and young people with disabilities and/or additional support needs.
			Invergarven	6-7pm	

FREE

Active Mini's

Our Active Mini's sport sessions are suitable for children currently attending nursery.

FREE

Day	Activity	Age	Venue	Time	Description
Mon	Active Mini's	3-5yrs Pre-School	Muirhead Activity Centre	4.15-5pm	Come along and join in at our Active Mini's multi sport sessions. These sessions are suitable for children currently attending nursery.
Thur	Active Mini's Run, jump & Throw	3-5yrs Pre-School	Riverside Arena	3.45-4.30pm	Fun based sessions, focusing on developing Run, Jump and Throw skills for 3-5 year olds at our new exciting arena.
Sat	Active Mini's Multi Sport	3-5yrs Pre-School	Prestwick Academy	10.15-11.15am	Come along and join in our Active Mini's multi sport sessions. These sessions are suitable for children currently attending nursery.
Sat	Active Mini's Run Jump & Throw	3-5yrs Pre-School	Riverside Arena	10-10.45am	Come along and join in our Active Minis run, jump, throw sessions which provides an introduction to athletics. These sessions are suitable for children currently attending nursery.

Booking is essential –

www.south-ayrshire.gov.uk/article/29037/Active-South-Ayrshire



Active

Communities

Our programme provides opportunities for anyone to get active and improve health! Our fantastic coaching team deliver fun and sociable sports and physical activity sessions across our communities.

Day	Activity	Age	Venue	Time	Description
Mon	Multi Sport	P1-3	Heathfield Primary	4.30-5.30pm	Our fun Multi Sport session offers the chance for participants to come along and try out a different range of activities.
		P4-7		5.30-6.30pm	
Mon	Girls Football	P4-5	Queen Margaret Academy	5-6pm	Football sessions specifically for Girls. Skills, drills and lots of fun games.
		P4-7	Carrick Academy	6-7pm	
		P5-6	Queen Margaret Academy	6-7pm	
Mon	Basketball	P4-7	Girvan Primary	6-7pm	Basketball sessions that include skills practices and games each week.
Tue	Multi Sport	P1-3	Symington Primary School	4.30-5.30pm	Our fun Multi Sport session offers the chance for participants to come along and try out different a range of activities.
Tue	Football	P4-7	Symington Primary School	5.30-6.30pm	Come along and join in our fun football sessions, full of mini games and skills practices.

FREE

Day	Activity	Age	Venue	Time	Description
Wed	Multi Sport	P1-3	Monkton Primary School	4.30-5.30pm	Our fun Multi Sport session offers the chance for participants to come along and try out different a range of activities.
Wed	Football	P4-7	Monkton Primary School	5.30-6.30pm	Come along and join in our fun football sessions, full of mini games and skills practices.
Wed	Multi Sport	P1-3	Marr College	5-6pm	Our fun Multi Sport session offers the chance for participants to come along and try out different a range of activities.
		P1-3	Girvan Primary	6-7pm	
		P4-7	Girvan Primary	6-7pm	
		P1-3	Carrick Academy	6-7pm	
		P4-7	Carrick Academy	7-8pm	
Wed	Girls Fitness	S1-S3	Ayr Academy	6-7pm	These sessions are for S1-S3 girls from any secondary school in South Ayrshire to help make your gym experience as positive and productive as possible.. No gym/fitness experience is required, come along, learn and have fun.
Thur	Handball	P4-5	Annbank Primary	5-6pm	Come along and join in with our fun based handball sessions to help develop your handball skills and knowledge. Each week we will learn new drills and play fun games.



FREE

Day	Activity	Age	Venue	Time	Description
Thur	Run, Jump & Throw	P1-4	Riverside Arena	3.45-4.30pm	Come along and join our fun based introductory session to athletics. Each week you will get the opportunity to practice the various skills of running, jumping and throwing.
Thur	Parent & Child Fitness	P1-7	Monkton Primary	5.30-6.30m	Come along and join in our fun fitness sessions for all the family!
Thur	Netball	P4-5	Alloway Primary	5-6pm	Our fun Netball sessions for all levels. Come along and learn new skills.
		P6-7	Alloway Primary	6-7pm	
Thur	Teen Fit	12-15yrs	Quay Zone	3.15-4pm	Teen fit is a programme open to 12-15 year olds to get them access to the gym facilities at the quay zone.
Thur	Handball	P4-5	Troon Primary	5-6pm	Come along and join in with our fun based handball sessions to help develop your handball skills and knowledge. Each week we will learn new drills and play fun games.
Thur	Teen Fit	12-15yrs	Quay Zone	4-4.45pm	Teen fit is a programme open to 12-15 year olds to get them access to the gym facilities at the quay zone.
Thur	Multi Sport	P5-S2	Whitletts Pitch	8.30-9.30pm	Our fun Multi Sport session offers the chance for participants to come along and try out different a range of activities.
Fri	Racket Sports	P4-7	Troon Primary	5-6pm	Our ACE sessions will give you the chance to try many different Racket Sports, while learning new techniques and playing lots of fun games.

Day	Activity	Age	Venue	Time	Description
Fri	Basketball	P4-7	Kyle Academy	5-6pm	Basketball sessions that include skills practices and games each week.
Sat	Run, Jump & Throw	P1-4	Riverside Arena	10.45-11.30am	Come along and join in our run, jump, throw sessions which provides an introduction to athletics. These sessions are suitable for children currently attending nursery.

All sessions are FREE!

Booking is essential

www.south-ayrshire.gov.uk/article/29037/Active-South-Ayrshire



#ActiveSA #ThrivingCommunities

activesouthayrshire.co.uk

