

Summer Holidays 2012

ANGUS
leisure

PROGRAMME

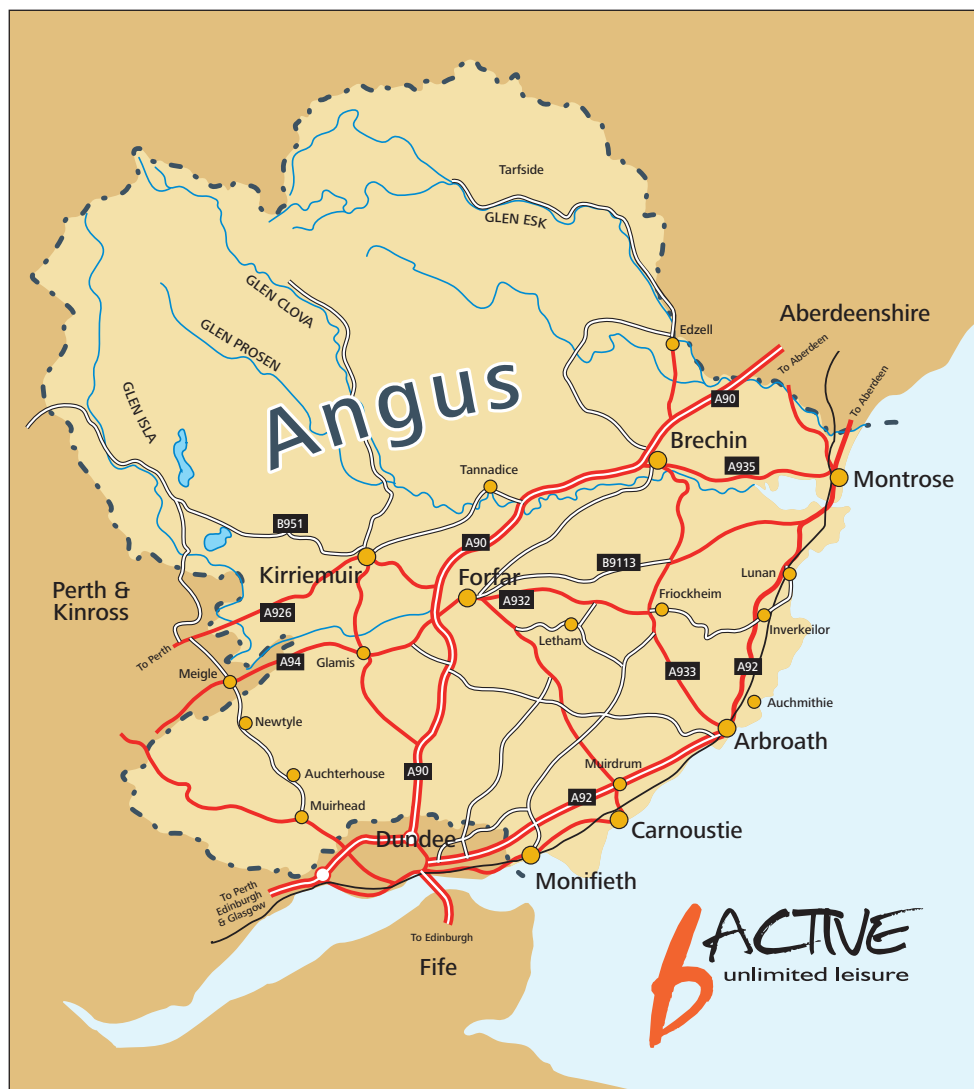
Monday 2nd July - Friday 10th August



www.angus.gov.uk/leisure



All activities at our facilities are **FREE** with a bACTIVE membership



Lochside Leisure Centre

Forfar Loch Country Park, Forfar DD8 1BT
Tel: 01307 464201

Forfar Swimming Pool

The Vennel, Forfar DD8 2AN
Tel: 01307 462995

Websters Sports Centre

Prosen Road, Kirriemuir DD8 5AT
Tel: 01575 574849

Arbroath Sports Centre

Keptie Road, Arbroath DD11 3EW
Tel: 01241 872999

Saltire Leisure Centre

58 Montrose Road, Arbroath DD11 5JN
Tel: 01241 431060

Carnoustie Leisure Centre

Links Parade, Carnoustie DD7 7JB
Tel: 01241 853246

Montrose Sports Centre

Marine Avenue, Montrose DD10 8TR
Tel: 01674 676211

Montrose Swimming Pool

The Mall, Montrose DD10 8NN
Tel: 01674 672026

Brechin Leisure Centre

River Street, Brechin DD9 7HQ
Tel: 01356 623088

Brechin High School Pool

Duke Street, Brechin DD9 7AW
Tel: 01356 623583 or 01356 623088

Carnoustie High School Pool

Shanwell Road, Carnoustie DD7 7SS
Tel: 07775 920 235 or 01241 853246

Monifieth High School Pool

Panmurefield Road, Monifieth DD5 4QT
Tel: 01382 530562 or 01241 853246

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General Information

Weeks & dates

Week 1	Monday 2 - Friday 6 July
Week 2	Monday 9 - Friday 13 July
Week 3	Monday 16 - Friday 20 July
Week 4	Monday 23 - Friday 27 July
Week 5	Monday 30 July - Friday 3 Aug
Week 6	Monday 6 - Friday 10 Aug

Cost for leisure facilities activities ONLY

Cost per single session: £3.30

Pool fun session: £2.90

Hourly course per week: £16.50

Crash Course: £16.50 (booking essential)

Or FREE to bACTIVE memberships

Payment at facility reception (pre-booking advisable). Classes run subject to numbers and change.

Top Up Swimming

Over the summer break a Top Up Swimming Programme for non swimmers in P5, 6 & 7 will operate. The programme is designed specifically for children unable to swim 25 metres unaided.

Please contact your local leisure pool to register (please note there will be limited spaces available, but further sessions will be programmed for after school sessions). The cost for each week of sessions is £5.

Age ranges

Holiday Club – these facility based activities are aimed at children aged 5-12 years unless otherwise stated. Children aged 4 years who are due to start school after the holidays may attend the holiday club.

All other facility based activities – Please see individual facility age guidelines for each activity.

Sports Specific, Angus SFA Summer Football & Sport and Recreation for People with a Disability - Please see individual age ranges for each sport/activity.

Registration

For facility based activities children must be registered daily for all sessions. All children under 8 must be signed in and out by a parent/carer (aged 16 years or over) on arrival and departure.

For **Sports Specific Activities** and **Sport and Recreation for People with a Disability** our coaches will take a register of all participants each day.

Refunds

Refunds will be given for sessions that are cancelled due to insufficient numbers, weather conditions, etc.

Behaviour

Inappropriate behaviour will not be accepted and may result in the exclusion of those responsible.

Refreshments

Children attending any activity should bring drinks in a plastic or non-breakable sealable container. No fizzy drinks please.

Weather conditions

In case of wet weather, where possible an indoor venue will be made available so that sessions can take place but unfortunately this cannot be guaranteed. Please also be aware that during hot, sunny weather we recommend the use of sun hats and sun cream for participants. This cannot be supplied or administered by any of our staff/coaches.

Bookings

Leisure facilities, Sports Specific & Angus SFA Summer Football

Please complete and return the booking form with payment on page 31 and 32 to your local leisure facility. Bookings cannot be taken over the telephone. Booking is strongly recommended for most activities, as numbers are limited. Spaces may be available on the day on a first come, first served basis. Parents/carers are welcome to phone and check availability for activities. All activities are available with a bACTIVE membership (information available at all leisure facilities).

Disability Sport

In order to further develop the opportunities available to children with additional support needs, the Development Officer for Disabilities has developed links into various programmes within this brochure. They are identified as being **supported by Disability Sport Coaches**. This must be highlighted at time of booking and one weeks notice must be given to request this service. A minimal cost of £3.00 per activity is required to assist with the costs of this service. The Development Officer for Disabilities also offers regular ongoing classes, which may be of interest to you. If you would like further information on these activities please do not hesitate to contact Laura Smith on (01307) 475367.

Sport and Recreation for People with a Disability and Rugby

Please complete and return the booking form on page 31 and 32 with payment to the address shown on the form to make a booking for any course. We will confirm that your booking form has been received and that a place has been reserved on the appropriate course/s. Please book early, as places are limited for all activities!

Rural

Please contact the relevant number on page 18.

Press & promotional photography

Members of the public are not permitted to take photographs at any activities during this summer programme.

Development Officers, facility staff or members of the press may take press & promotional photographs during the Active Angus 2012 programme.

Please tick the box on the booking form if you **DO NOT** give permission for your child's photograph to be taken for official press & promotional use only. For facility based activities you will be asked to give consent when you book your child onto any activities.

Arbroath Sports Centre

Keptie Road, Arbroath, DD11 3EW Tel: 01241 872999

Come in and try gymnastics or have fun at our Hula Hoop class.



Holiday Club

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
3-5 yrs 5-12 yrs	10.00-12.00	£3.30	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug

Dryside Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Gymnastics								
5-10 yrs	13.00-14.00	£16.50	2-6 July		16-20 July		30 July - 3 Aug	
Cheerleading								
5-10 yrs	14.00-15.00	£16.50	2-6 July		16-20 July		30 July - 3 Aug	
Trampoline								
5-10 yrs	15.00-16.00	£16.50	2-6 July		16-20 July		30 July - 3 Aug	
Junior Hula Hoop Class								
5-12 yrs	14.00-15.00	£3.30		9 July	16 July	23 July	30 July	6 Aug

Don't miss...

Aqua skills, terrorzone, rookie lifeguard and much more!

Pool Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Crash Course Lessons								
Level 1-4	09.00-09.30 09.30-10.00	£16.50	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug
Aqua Skills								
Level 5+	09.00-09.30	£16.50	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug
Top Up Swimming								
P5-7	10.00-10.30	£5	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug
Rookie Lifeguard								
Level 6+	09.30-10.00	£16.50	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug
Terrorzone								
8 yrs+	14.30-15.30	£3.10	4 July	11 July	18 July	25 July	1 Aug	8 Aug
	17.45-18.45		6 July	–	20 July	–	3 Aug	–
Pool Fun Session								
8 yrs+	17.45-18.45	£3.10		13 July		27 July		10 Aug
Junior Aqua ZUMBA								
10 yrs+	14.00-14.45	£3.30		12 July	19 July	26 July	2 Aug	9 Aug
Family Swim Sessions								
Relaxed Ratio	13.00-14.00	£3.60/ £1.90	3 & 6 July	10 & 13 July	17 & 20 July	24 & 27 July	31 July & 3 Aug	7 & 10 Aug

Brechin Leisure Centre

River Street, Brechin, DD9 7HQ Tel: 01356 623088

Bored?

Come along with
your friends and have
some fun!



Holiday Club

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
P1-7	14.00-16.00	£3.30	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug

Dryside Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Scottish FA Football Coaching Sessions								
5-7 yrs 8-12 yrs	10.00-12.00 12.00-14.00	£6.60 per 2hrs	3 & 5 July					
Tennis Coaching								
P1-7	10.00-11.00	£9.90		9,11,13 July				
Sport Fun Sessions								
P1-7	12.00-13.00	£9.90			16,18,20 July	23,25,27 July		
Athletics								
P1-7	12.00-13.00	£9.90						6,8,10 Aug

Brechin High School Pool

Duke Street, Brechin, DD9 6LB Tel: 01356 623583

Pool Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Crash Course Lessons								
Pre school	16.00-16.30 16.30-17.00	£33.00 per 10 day course or free with bACTIVE	3-6 July	9-13 July				
Level 1-2	16.00-16.30 16.30-17.00				16-20 July	23-27 July		
Level 3-4	16.00-16.30 16.30-17.00						30 July - 3 Aug	6-10 Aug
Rookie Lifeguard								
	17.00-18.00	£3.30	3 July	10 July	17 July	24 July	31 July	7 Aug
Introduction to water polo								
8 yrs+	18.00-19.00	£3.30	3 July	10 July	17 July	24 July	31 July	7 Aug
Family Fun Session								
Relaxed Ratio	10.00-11.30	£3.10	2,4,6 July	9,11,13 July	16,18,20 July	23,25,27 July	30 July 1,3 Aug	6,8,10 Aug



Carnoustie Leisure Centre

Links Parade, Carnoustie DD7 7JB Tel: 01241 853246

Holiday Club

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
5-12 yrs	14.00-16.00	£3.30	2-6 July	9-13 July	16-20 July	16-20 July	30 July - 3 Aug	6-10 Aug
3-5 yrs	09.30-11.30	£3.30	3 & 5 July	10 & 12 July	17 & 19 July	24 & 26 July	31 July & 2 Aug	7 & 9 Aug
Creche								
Pre school	09.30-11.30	0.95 per ½ hrs	2,4,6 July	9,11,13 July	16,18,20 July	23,25,27 July	30 July 1,3 Aug	6,8,10 Aug
Tigger Club (Parent and Toddler)								
Pre school	13.30-15.00	£3.10	4 July	11 July	18 July	25 July	1 Aug	8 Aug

Dryside Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Short Tennis								
5-7 yrs 7-12 yrs	09.30-10.30	£16.50	2-6 July					
Gymnastics								
Pre school	09.30-10.30	£16.50			16-20 July			
P1-7	10.30-11.30	£16.50			16-20 July			
Trampoline								
3-5 yrs P1-7	09.30-10.30 10.30-11.30	£16.50		9-13 July			30 July - 3 Aug	
Basketball								
7-12 yrs	10.30-11.30	£16.50	2-6 July					
Ready Steady Bike								
7-12 yrs	09.30-10.30	£16.50				23-27 July		6-10 Aug
Junior Hula Hoop								
10-14 yrs	14.30-15.00	£1.65	5 July				2 Aug	9 Aug

Carnoustie High School Pool

Shanwell Road, Carnoustie DD7 7SS Tel: 07775 920235

Looking for something to do?

Pop in and join our activities with friends or family and have some fun this summer!



Pool Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Crash Course Lessons								
Level 1/2	13.00-13.30	£16.50	2-6 July		16-20 July		30 July - 3 Aug	
Level 3/4	13.30-14.00							
Aqua Skills								
Level 5+	13.00-13.30	£16.50		9-13 July				6-10 Aug
Top Up Swimming								
P5-7	13.30-14.00	£5.00		9-13 July		23-27 July		6-10 Aug
Adult and Child Lessons								
All ages	09.30-10.00	£16.50				23-27 July		
Inflatable Session								
8+ years	11.45-12.45	£3.10		14 July	21 July	28 July	4 Aug	

Forfar Swimming Pool

The Vennel, Forfar, DD8 2AN Tel: 01307 462995

Holiday Club

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
8-13 yrs	14.00-15.00	£1.90	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug

Crash Course Lessons

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Level 1-4	16.00-17.00	£16.50	2-6 July	9-13 July	16-20 July			6-10 Aug

Pool Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Rookie Lifeguard								
Level 6+	15.00-16.00	£16.50		9-13 July				6-10 Aug
Inflatable Session								
8-13 yrs	19.30-20.30	£3.20	6 July		20 July		3 Aug	
Pool Disco								
8-13 yrs	19.30-20.30	£1.90		13 July		27 July		10 Aug
Water Polo								
Level 4+	15.00-16.00	£3.30	2-6 July		16-20 July			
Junior Aqua ZUMBA								
10-15 yrs	15.00-16.00	£3.30	4 July	11 July	18 July	25 July	1 Aug	8 Aug
Family Fun Session								
All ages	10.00-11.00	£1.90	2,5 July	9,12 July	18 July	25 July	30 July & 2 Aug	6,9 Aug
	10.30-12.00		7 July	14 July	21 July	28 July	4 Aug	11 Aug
	09.30-10.30		8 July	15 July	22 July	29 July	5 Aug	12 Aug

Fancy trying to be a Rookie Lifeguard -
what are you waiting for?

Lochside Leisure Centre

Forfar Country Park, Forfar, DD8 1BT Tel: 01307 464201

We've got lots on this summer, come down and join in!



Holiday Club

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
3-4 yrs	14.00-15.00	£3.30	3 & 5 July	10 & 12 July	17 & 19 July	24 & 26 July	31 July & 2 Aug	7 & 9 Aug
5-12 yrs	10.00-12.00		2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug

Creche

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
6 weeks - Pre-school	10.00-12.00	0.95 per ½ hrs	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug

Dryside Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Trampoline								
P4-S1	15.00-16.00	£16.50	2-6 July					
Clubgolf								
5-12 yrs	14.00-15.00	£3.30		13 July	20 July	27 July		
5 Aside								
P1-7	14.00-15.00	£3.30						8,9 & 10 Aug

XYZ Youth Gym

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
10-14 yrs	15.00-16.00	£3.30	2 & 6 July	9 & 13 July	16 & 20 July	23 & 27 July	30 July & 3 Aug	6 & 10 Aug

Monifieth High School Pool

Panmurefield Road, Monifieth, DD5 4QT Tel: 01382 530562

Don't just sit around
this summer!

Join us and
get active!



Holiday Club

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
5-12 yrs	10.00-12.00	£3.30	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug

Pool Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Crash Course Lessons								
Level 1/2	09.00-09.30	£16.50		9-13 July		23-27 July		6-10 Aug
Level 3/4	09.30-10.00							
Aqua Skills								
Level 5+	09.00-09.30	£16.50	2-6 July		16-20 July		30 July - 3 Aug	
Top Up Swimming								
P5-7	09.30-10.00	£5.00	2-6 July				30 July - 3 Aug	
Adult and Child Lessons								
	09.30-10.00	£16.50			16-20 July			
Inflatable Session								
	13.30-14.30	£3.10		14 July	21 July	28 July	4 Aug	

Montrose Sports Centre

Marine Avenue, Montrose DD10 8TR Tel: 01674 676211

Creche

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Wirren House								
6 weeks - Pre-school	09.15-11.45 12.45-14.15	0.95 per ½ hrs	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug

Holiday Club

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
3-5 yrs	14.00-15.00	£1.90				23-26 July		
5-12 yrs	10.00-12.00	£3.30	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug

Dryside Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Inflatable Session								
5-12 yrs	14.00-16.00	£3.30	6 July	13 July	20 July	27 July	3 Aug	10 Aug
Gymnastics								
5-12 yrs	14.00-15.00 15.00-16.00	£13.20	2-5 July					
Trampoline								
5-12 yrs	14.00-15.00 15.00-16.00	£13.20		9-12 July				
Mini Olympics								
5-12 yrs	14.00-16.00	£3.30			16-19 July			
Arts and Crafts								
5-12 yrs	14.00-16.00	£3.30				30 July - 2 Aug		
Come and Try Sessions								
5-12 yrs	14.00-16.00	£3.30						6-9 Aug

Montrose Swimming Pool

The Mall, Montrose, DD10 8NN Tel: 01674 672026

Learn to swim or just come along and have some fun at the family sessions!



Pool Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Top Up Swimming								
P5-7	12.00-12.30 12.30-13.00	£5.00	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug
Crash Course Swimming Lessons								
Level 1/2 & Level 3/4	13.00-13.30 13.30-14.00	£16.50	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug
Aqua Skills								
8 yrs+	14.00-14.30	£16.50	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug
Rookie Lifeguard								
Level 6+	12.00-13.00	£16.50	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug
Pool Fun Session								
8 yrs+	15.15-16.15	£3.10	2,4 & 6 July	9,11 & 13 July	16,18 & 20 July	23,25 & 27 July	30 July & 1,3 Aug	6, 8 & 10 Aug
Diving Boards								
8 yrs+	15.15-16.15	£3.10	3 & 5 July	10 & 12 July	17 & 19 July	24 & 26 July	31 July & 2 Aug	7 & 9 Aug
Family Fun Sessions								
Relaxed Ratio	11.00-12.00	£3.60/ £1.90	3 & 5 July	10 & 12 July	17 & 19 July	24 & 25 July	31 July & 2 Aug	7 & 9 Aug

Saltire Leisure Centre

Montrose Road, Arbroath, DD11 5JN Tel: 01241 431060

Holiday Club

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
5-12 yrs	10.00-12.00	£3.30	2 July	9 July	16 July	23 July	30 July	6 Aug
	09.45-11.45		3-6 July	10-13 July	17-20 July	24-27 July	31 July - 3 Aug	7-10 Aug

Creche

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
6 weeks - Pre-school	10.00-12.00	0.95 per ½ hrs	2 July	9 July	16 July	23 July	30 July	6 Aug
	09.45-11.45		3-6 July	10-13 July	17-20 July	24-27 July	31 July - 3 Aug	7-10 Aug

Dryside Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Trampoline								
3-4 yrs	14.00-15.00	£16.50			16-20 July			
5-12 yrs	13.00-14.00	£16.50	2-6 July					
	14.00-15.00		2-6 July					
	13.00-14.00				16-20 July			
Ready Steady Bike								
5-10 yrs	14.00-15.00	£16.50				23-27 July		
Hula Hoops								
P1-7	13.00-14.00	£16.50				23-27 July		
Bouncy Castle								
18mths-3yrs	14.00-14.30 14.30-15.00	£0.95	3 July	10 July	17 July	24 July	31 July	7 Aug
Gymnastics								
3-5 yrs	13.00-14.00	£16.50		9-13 July				
P1-7	14.00-15.00							

Websters Sports Centre

Prosen Road, Kirriemuir, DD8 5AT Tel: 01575 574849

Come and see us,
we have lots to offer!
Make this summer
the best!



Holiday Club

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
3-5 yrs	10.00-12.00	£3.30	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug
5-12 yrs								

Dryside Activities

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Preschool Gymnastics								
2 yrs (+adult)	09.30-10.15	£3.30	4 July	11 July	18 July			
3-4 yrs	10.15-11.15							
Trampoline								
5-12 yrs	14.00-14.45	£16.50	2-6 July		16-20 July			6-10 Aug
Family ZUMBA								
5+ yrs	11.00-12.00		5 July	12 July	19 July			9 Aug
5-a-side								
12-15 yrs	18.00-19.00	£1.90	4 July	11 July	18 July	25 July	2 Aug	

XYZ Youth Gym

Level	Time	Price	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
10-15 yrs	16.00-17.00	£3.30	5 July	12 July	19 July			9 Aug

Pool Activities

Level	Time	Price	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Crash Course Lessons								
Preschool- Level 6	09.00-09.30 09.30-10.00	£16.50	2-6 July	9-13 July	16-20 July	23-27 July	30 July - 3 Aug	6-10 Aug
Rookie Lifeguard								
Level 4-5 (Beginner)	09.00-09.45	£16.50	2-6 July					
Level 6+	09.00-09.45	£16.50			16-20 July			6-10 Aug
Fun Session								
All ages	13.00-14.00	Adult £3.60 Child £1.90	2,4 & 6 July	9,11 & 13 July	16,18 & 20 July	23,25 & 27 July	30 July & 1,3 Aug	6,8 & 10 Aug
Twin Track Inflatable								
8-13 yrs	16.00-17.00	£2.90	2,4 & 6 July	9,11 & 13 July	16,18 & 20 July	23,25 & 27 July	30 July & 1,3 Aug	6,8 & 10 Aug
Family Fun Swim Session								
All ages	13.00-14.00	Adult £3.60 Child £1.90	3 & 5 July	10 & 12 July	17 & 19 July	24 & 26 July	31 July & 2 Aug	7 & 9 Aug



Summer Active Club - Rural

Active Schools



Rural Summer Active Club

Rural Summer Active sessions delivered by Angus Active Schools offer children aged 5 -12 years the opportunity to participate in a variety of multi sport activities. It is advisable that all places are booked in advance to avoid disappointment.

Cost £3.00 per day or £10 for all 4 days.

Venue	Date	Time	Booking details
Isla Primary School	Tuesday 3 - Friday 6 July	10.00 - 12.00	T: 07771 506037 E: ForresterG@angus.gov.uk
Edzell Primary School	Tuesday 3 - Friday 6 July	10.30 - 12.30 (P1-3) 13.00 - 15.00 (P4-7)	T: 07825 262041 E: MoonlightK@angus.gov.uk
Friockheim Primary School	Monday 2 - Thursday 5 July	10.00 - 12.00	T: 07810 658645 E: McLeishDG@angus.gov.uk
Birkhill Primary School	Monday 2 - Thursday 5 July	10.00 - 12.00	T: 07771 506042 E: WhaiteJ@angus.gov.uk
Letham Primary School	Tuesday 3, Wednesday 4, Thursday 12 & Friday 13 July	10.00 - 12.00	T: 07771 506040 E: BaikieLA@angus.gov.uk

(Not available through the bACTIVE membership)

An opportunity to participate in a variety
of fun sports and activities



OUT^{AND}ABOUT IN ANGUS

Montrose
Seafront "Splash"
Lochside Outdoor
Recreations, Forfar
Monifieth Blue Seaway
West Links,
Arbroath

Lochside Outdoor Recreations

The Lochside Outdoor Recreations are located in the spectacular setting of Forfar Country Park adjacent to the Lochside Leisure Centre. It consists of an 18 hole pitch and putt course, 18 hole putting green and a new refurbished 9 hole crazy golf course.

West Links, Arbroath

West Links Outdoor Recreations is situated on the seafront in Arbroath just off the main coastal road. It offers fantastic fun for all the family.

It is open from April to September and can offer:

- 9 hole pitch and putt golf course, 9 hole putting course, 9 hole crazy golf course
- 2 tennis courts
- Trampolines, mini cars and the road train which operates on a set route round historic Arbroath

Montrose Seafront "Splash"

Located adjacent to Montrose Beach front the facility provides extensive fun facilities for children Pitch and putt golf course, kids' play area, picnic area and free car parking

Monifieth Blue Seaway

Monifieth Blue Seaway has lots to offer including putting, tennis courts, bowling green, skate park and two children's playparks.

The children's playparks and skate park are open at all times, however the putting, bowls and tennis are open seasonally, March - September.



For more information www.angus.gov.uk/leisure

Golf

Sports Development Tel: 01307 474243

Come along and learn from your local qualified PGA professionals... no experience required



Golf (Supported by Disability Sport Coaches)

Come along and learn from your local qualified PGA professionals who will help you get from tee to green! No experience required - ideal for all levels of golfer. Bring your own clubs if you have them – clubs are available for those who don't have their own.

Places are limited – so please book early!

Venue	Day	Time	Dates	Age	Cost
Brechin Golf Club Pro: Stephen Rennie	Tuesday	13.00 - 14.00 14.00 - 15.00	3, 10, 17, 24 July	7 - 14 yrs	£4 per session or £12 per block
Forfar Golf Club Pro: Peter McNiven	Thursday	11.00 - 12.00 13.00 - 14.00	5, 12, 19, 26 July 2, 9 August	7 - 14 yrs	£4 per session or £18 per block
Arbroath Golf Course Pro: Lindsay Ewart	Thursday	13.00 - 14.00 14.00 - 15.00 15.00 - 16.00	5, 12, 19, 26 July 2, 9 August	7 - 14 yrs	£4 per session or £18 per block
Montrose Golf Links Pro: Stuart McEwing	Thursday	14.00 - 15.00 15.00 - 16.00	5, 12, 19 July 2, 9 August	7 - 14 yrs	£4 per session or £15 per block

Clubgolf Mini Open

Sports Development Tel: 01307 474243

Do you think you are
the next Rory McIlroy?

Clubgolf Mini Open

(Supported by Disability Sport Coaches)

Why not come along and take part in the Angus Clubgolf Mini Open. You will have the chance to go around an indoor course where you will need to avoid the trees, water hazards and bunkers and finish up sinking a putt on the green. For golfers of all levels – no experience required. All equipment is supplied. **Places are limited so book early!**



Venue	Times	Date	Age	Cost
Arbroath Sports Centre	13.00 - 15.00	20 July	5 - 12 yrs	£4.00
Carnoustie Leisure Centre	13.00 - 15.00	27 July	5 - 12 yrs	£4.00
Montrose Town Hall	13.00 - 15.00	30 July	5 - 12 yrs	£4.00
Lochside Leisure Centre	13.00 - 15.00	3 August	5 - 12 yrs	£4.00
Monifieth High School Games Hall	12.00 - 14.00	10 August	5 - 12 yrs	£4.00

Montrose Golf Links - Junior Open Day

Tuesday 17 July 2012 10.30am-2.30pm

Competitions on the Medal and Broomfield courses, pitch & putt and putting green (categories for boys and girls aged under 18 years as at 1 April 2012)

Also clubgolf fun activities for 5-12 year olds to give golf a try!

Come along and join in the fun!



1562-2012
450
years of golf
in MONTROSE

For full details call 01674 672634 or visit www.montroselinks.co.uk

Rugby and Basketball

Sports Development Tel: 01307 474245 (Rugby)/ 475364 (basketball)

Rugby (Supported by Disability Sport Coaches)

Come along and take part in the Angus Rugby Camp! The camp is open to all abilities from any part of Angus, for kids aged between P4-S2. The camp will focus on developing each player on the basics of the game - passing, off-loading, tackling and contact skills as well as improving speed & agility! All this as well as playing lots of games and having fun!

All money goes directly to the Angus Rugby Development Group and straight back into youth rugby!

To book simply complete and return the booking form and your place will be confirmed. **(Not available through the bACTIVE membership)**

Venue	Age	Time	Date	Cost
Friockheim Playing Field	P4-S2	10.00 - 15.00	9-12 July	£30

For further details contact Angus Rugby Development Officer Stewart Ross at RossS@angus.gov.uk or call 01307474245

Basketball (Supported by Disability Sport Coaches)

Three days of quality basketball, learn skills drills and games delivered by basketballscotland qualified coaches. Loads of fun for all ability levels.

Limited spaces so book early!

Venue	Times	Date	Age	Cost
Lochside Leisure Centre	13.00 - 15.00	17, 18 & 19 July	P5 - S2	£15.00
Saltire Leisure Centre	13.00 - 15.00	31 July, 1 & 2 August	P5 - S2	£15.00



Dance

Sports Development Tel: 01307 475364

ACTIVE Dance - Summer Dance Workshop **(Supported by Disability Sport Coaches)**

Angus Council's "ACTIVE DANCE" team is delighted to announce this year's summer dance workshops for 5-12 years. This year the children will learn and perform a mini show titled "Rock 'N' Roll". The workshop will also include making props and other items to go along with the dance performance. Family and friends are welcome along on the final day 15 minutes prior to the end to watch the children perform the mini show.

PLEASE NOTE that due to the nature of the workshops all children wishing to attend must have completed Primary 1 prior to the summer holidays.

Week	Venue	Date	Time	Cost
Week 1	Websters Sports Centre	2 - 5 July	13.00 - 15.00	£15.00
Week 2	Arbroath Sports Centre	9 - 12 July	13.00 - 15.00	£15.00
Week 3	Carnoustie Leisure Centre	16 - 19 July	13.00 - 15.00	£15.00
Week 4	The Reid Hall, Forfar	23 - 26 July	13.00 - 15.00	£15.00
Week 5	Brechin City Hall	30 July - 2 August	10.00 - 12.00	£15.00
Week 6	Showcase Montrose	6 - 9 August	13.00 - 15.00	£15.00

This year the children will learn and perform a mini show titled "Rock 'N' Roll"

ACTIVE
Dance



AVIVA Startrack Athletics

Sports Development Tel: 01307 474243

AVIVA Startrack Athletics (Supported by Disability Sport Coaches)

Angus Council Sports Development Team are delighted to offer 6-12 year olds the opportunity to try fun athletics as part of the national AVIVA star:track programme, where you will be able to try different events including hurdles, javelin, discus, long jump, relay races and achieve a AVIVA Shine Award.

Limited spaces so please book early.



Venue	Date	Time	Age	Cost
Montrose Academy	3, 4 & 5 July	13.00 - 16.00	6-12 yrs	£15.00
Websters Sports Centre	10, 11 & 12 July	13.00 - 16.00	6-12 yrs	£15.00
Arbroath Sports Centre	17, 18 & 19 July	13.00 - 16.00	6-12 yrs	£15.00
Carnoustie Leisure Centre	24, 25 & 26 July	13.00 - 16.00	6-12 yrs	£15.00
Lochside Leisure Centre	31 July, 1 & 2 Aug	13.00 - 16.00	6-12 yrs	£15.00
Monifieth High School Games Hall	7, 8 & 9 Aug	12.00 - 15.00	6-12 yrs	£15.00

Angus Council
Sports Development
are delighted to
offer 6-12 years the
opportunity to try
fun athletics.



Angus Scottish FA Summer Football

Sports Development Tel: 01307 474244

Mini Kickers™ (3 - 5 year olds)

All research suggests that enjoyable and rewarding experiences in sport, at an early age helps in developing lasting, high self-esteem and promotes a positive attitude to physical activity and health. The Scottish FA as the governing body for our National Sport, acknowledges its responsibility in this area and has developed the Mini Kickers™ programme, which provides a curriculum framework for children of 3-5 years on:

- Basic Motor Skills
- Emotional, personal and social development
- Cognitive development

During the holiday programme our highly motivated SFA qualified coaches will offer age specific fun games for the mini kickers to enjoy throughout the week.

5-7, 8-12 and 12-16 year olds programme (Supported by Disability Sport Coaches)

All of our holiday programmes are delivered within Angus Council Leisure Facilities, including our astro-turf pitches at Arbroath Sports Centre, Carnoustie Pitskelly, Websters Sports Centre and in partnership with Montrose FC.

Each day will focus on the development of young players and will have specific sessions tailor made for each age group that will enhance the players ability to develop their football technique and knowledge of the game.

Techniques that will be focused on are: Dribbling, control, passing, shooting and heading.

Tactical Components (8 - 12 years) that will be focused on are: 1v1, 2v1, 2v2 attacking, 4v4 games, 1v1, 2v1, 2v2 defending and width, depth and support.

The information provided on your booking form will be shared with the Scottish FA for the purposes of counting and monitoring participation in football and will not be used for any commercial purpose or shared with any third party organisations.



Angus Scottish FA Summer Football

Sports Development Tel: 01307 474244

Venue	Age	Date	Time		Cost (Full Week)	
			½ day	Full day	½ day	Full day
Lochside Leisure Centre	5-7 yrs	9-13 July	10.00-12.00	09.00-15.00	£33.00	£40.00
Lochside Leisure Centre	8-12 yrs	9-13 July	10.00-12.00	09.00-15.00	£33.00	£40.00
Lochside Leisure Centre	Mini Kickers	9-13 July	13.00-14.00		£16.50	
Arbroath Sports Centre	5-7 yrs	23-27 July	10.00-12.00	09.00-15.00	£33.00	£40.00
Arbroath Sports Centre	8-12 yrs	23-27 July	10.00-12.00	09.00-15.00	£33.00	£40.00
Arbroath Sports Centre	12-16 yrs	23-27 July	10.00-12.00	09.00-15.00	£33.00	£40.00
Arbroath Sports Centre	Mini Kickers	23-27 July	13.00-14.00		£16.50	
Pitskelly Park, Carnoustie	5-7 yrs	30 July-3 Aug	10.00-12.00	09.00-15.00	£33.00	£40.00
Pitskelly Park, Carnoustie	8-12 yrs	30 July-3 Aug	10.00-12.00	09.00-15.00	£33.00	£40.00
Pitskelly Park, Carnoustie	12-16 yrs	30 July-3 Aug	10.00-12.00	09.00-15.00	£33.00	£40.00
Carnoustie Leisure Centre	Mini Kickers	30 July-3 Aug	12.30-13.30		£16.50	
Montrose Football Club	5-7 yrs	6-10 August	10.00-12.00		£33.00	
Montrose Football Club	8-12 yrs	6-10 August	10.00-12.00		£33.00	
Montrose Town Hall	Mini Kickers	6-10 August	13.00-14.00		£16.50	
Websters Sports Centre	5-7 yrs	6-10 August	10.00-12.00		£33.00	
Websters Sports Centre	8-12 yrs	6-10 August	10.00-12.00		£33.00	
Websters Sports Centre	12-16 yrs	6-10 August	10.00-12.00		£33.00	
Websters Sports Centre	Mini Kickers	6-10 August	12.30-13.30		£16.50	

Sport & Recreation for people with a disability

Tel: 01307 475367

Come along and try something new.

There's lots of fun to be had!



Angus Council's Sports Development aim to provide fun sessions and quality coaching for people with a physical, sensory or learning disability.

Please see general information for bookings on page 3. If you are unsure of the requirements/level of any of the activities or for further information please contact the above number.

3 - 7 year olds

Activity	Venue	Time	Date	Cost
Swimming, Ball Pool, Arts & Crafts, Music etc.	Langlands Primary School, Forfar	10.00 - 12.00	3, 4 & 5 July	£5 per day
	Muirfield Primary School, Arbroath		17, 18 & 19 July	
	Lochside Primary School, Montrose		31 July, 1 & 2 August	

PLEASE NOTE there is no transport provided for the above sessions. If numbers allow children may attend all three venues.

Sport & Recreation for people with a disability

Tel: 01307 475367

Don't miss out
this summer!



15 year old and upwards

Boxercise

A fun, challenging and safe workout.

Activity	Venue	Time	Date	Cost
Boxercise	Saltire Leisure Centre	14.00 - 15.00	Wednesday 4 July	£3.00

High & low ropes course

The ropes course offers you the chance to try out something different and is guaranteed to get the adrenalin flowing.

Activity	Venue	Time	Date	Cost
Ropes course, balance beams, crate stack, jacobs ladder	Monikie Country Park	13.45 - 16.00	Friday 6 July	£10.00

Racket sports

Come along and try badminton, short tennis and table tennis in a fun and exciting environment. You will have the opportunity to learn new skills and take part in fun competitions.

Activity	Venue	Time	Date	Cost
Racket sports	Saltire Leisure Centre, Arbroath	10.00 - 11.30	Monday 16 July	£3.00

Swimming

Come along and have a splash! Build on your confidence and learn some new skills. Suitable for all levels of ability.

Activity	Venue	Time	Date	Cost
Swimming	Arbroath Sports Centre	14.00 - 15.00	Wednesday 18 July Monday 6 August	£3.00 per session

Sport & Recreation for people with a disability

Tel: 01307 475367

Trampoline

A means of improving gross motor skills and postural/balance mechanisms. A fun and social activity. Suitable for all levels of ability.

Activity	Venue	Time	Date	Cost
Trampoline	Saltire Leisure Centre, Arbroath	15.00 - 16.00	Friday 20 July	£3.00

Walking

Minister's Path, River South Esk: A moderate, 6.5 miles linear walk, ascent 200m. Boots required. Please bring packed lunch. Meet at The Yard, Queenswell Road, Forfar. Transport provided. Limited spaces. This walk follows the route once taken by the minister between services in the two glens.

Activity	Venue	Time	Date	Cost
Walk	Minister's Path, River South Esk	09.15 - 15.00	Monday 30 July	£3.00

Cycling

Come along and have a pedal in a safe and controlled environment. You can bring your own bike, or bikes can be supplied. Led by SOGB Technical Adviser.

Activity	Venue	Time	Date	Cost
Cycling	Arbroath Sports Centre Synthetic pitch	13.00 - 16.00	Thursday 2 August	£3.00



Sport & Recreation for people with a disability

Tel: 01307 475367

Walk – Journey to the Centre of the Mud

Journey to the centre of Montrose Basin Local Nature Reserve and see Montrose from an unusual angle on a guided walk across the MUD! On the return journey we will stop for lunch at the Shelduck hide to watch the birds and wildlife. Wear wellies and old clothes. Bring a packed lunch.

Activity	Venue	Time	Date	Cost
Walk	Meet at Old Mill car park, Mains of Dun	10.00 - 14.30	Sunday 5 August	£3.00

Climbing - Vertical World

Enjoy this taster session and try out this exciting indoor sport.

Activity	Venue	Time	Date	Cost
Climbing	Vertical World, Blinshall Street Dundee, DD1 5DF	13.30 - 15.30	Wednesday 8 August	£10.00

Barbecue and Rounders

Enjoy the end of the summer holidays with our famous barbecue and game of rounders.

Activity	Venue	Time	Date	Cost
Barbecue & rounders	Monikie Country Park	11.30 - 14.30	Friday 10 August	£3.00

Active Angus

A joint initiative between Leisure Services and Social Work & Health. A programme to promote health and wellbeing.

- Are you a school leaver or adult over 16 with a learning disability or autistic spectrum disorder?
- Do you want to improve your health?
- Do you want to know what leisure activities are available in your area?
- Do you want to meet new people with similar interests?

Activity	Venue	Time	Date	Cost
Gym induction, walk, swimming, healthy eating, spin cycle, team sports	Saltire Leisure Centre, Arbroath	13.00 - 16.00	9, 10, 11, 12 & 13 July	£25.00 Total

Booking Form 2012

Personal details

Name:

Sex: Male ☐ Female ☐ Date of birth:

Address:

..... Postcode:

Routes to Leisure/bACTIVE No.:

Email: Tel No.:

Emergency contact name:

Emergency Tel No:

Medical information

If applicable, please state disability i.e. physical, sensory, learning, wheelchair user:

.....
.....

Please state any medical conditions of which we should be aware e.g. asthma, epilepsy, allergies:

.....
.....
.....

Please give details of any medication you are currently taking:

.....
.....
.....

1st Activity:

Date:..... Time:

Venue:

2nd Activity:

Date:..... Time:

Venue:

3rd Activity:

Date:..... Time:

Venue:

If further activities are required please continue on a separate sheet

Press and promotional photography

Members of the public are not permitted to take photographs at any activities during this summer programme. Development Officers, facility staff or members of the press may take press and promotional photographs during the Active Angus 2012 programme. Please tick the box ☐ if you **DO NOT** give permission for your child's photograph to be taken for official press and promotional use only.

Scottish FA

If you **ARE NOT** interested in the Scottish FA contacting you regarding football opportunities in Scotland that we think might be of interest to you, such as our Youth Membership or Football Development programme, please tick this box ☐

Consent/acknowledgement (*Delete as appropriate)

I consent to the person(s) named overleaf participating in the listed activities and will ensure that I/they* are provided with the required clothing/equipment. To the best of my knowledge I am/they are* medically fit to participate in the activities.

I enclose a cheque/postal order for £

Cheques made payable to 'Angus Council' - minimum of £10.00.

Print Name:

Signed: Date:.....

Leisure Facilities Sports Specific Angus SFA Summer Football
Please return completed booking forms and payment to your local leisure facility.

Sport & Recreation for People with a Disability and Rugby
Please return completed booking forms and payment to Leisure Services,
The Yard, Queenswell Rd, Forfar DD8 3JA

Data Protection

The information which you have given in this form will be used only by Angus Council for the following purposes:- to administer the leisure card scheme; to inform you of special offers and promotions concerning the council's leisure services; to allow the council to carry out surveys relating to the people using its leisure facilities.

All of the information that you give will be held securely by the council and will be treated as confidential. Under the Data Protection Act 1998, you are entitled to access the information held by the council about you. Applications for such access should be made to the Head of Law and Administration, Angus House, Orchardbank Business Park, Forfar, DD8 1AN.

Monikie, Crombie and Forfar Loch Country Parks - Summer activities

Environmental activities are a feature of the programme and range from guided walks and self-led trails to the more active pursuits of walking, orienteering, high ropes course and watersports. The programme can include games, trails, modelling, kite making, raft building, crafts, conservation projects and exploration. All watersports participants must be able to swim.

Water Based Activities

Windsurfing, sailing and kayaking equipment is available for hire between May and September at Monikie. In addition, taster sessions and RYA/BCU certified courses are arranged for beginners throughout the season. Groups wishing to use these facilities should book in advance.

Highropes Forest Adventure at Monikie Country Park

This spectacular facility built high in the treetops will provide an exciting challenge for young and old alike and is ideal for birthday parties and social events.

The facility includes: a 40ft climbing tower with two climbing walls, abseil points, parachute jump, and an exhilarating 100 metre zip wire.

Trained and qualified instructors run all the activities.



For more information or to
book an activity phone:

Crombie - 01241 860360

Forfar Loch - 01307 461118

Monikie - 01382 370202

The facilities at Monikie conform fully to the
requirements of the Adventure Activities
Licensing Authority and have been inspected.

MORE FOR YOUR MONEY

Take out our **bACTIVE membership**
to get maximum benefit
throughout the summer holidays!



For more information
www.angus.gov.uk/leisure





To keep up to date with what's going on at Angus Leisure,
follow us on Facebook www.facebook.com/angusleisure



www.angus.gov.uk/leisure
Angus Council ACCESSLine 08452 777 778