

## GARNOCK VALLEY

# COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	Multi Sports / Dodgeball	5 - 13 yrs	5.30pm	Dalry CSH
	Dalry Athletics Academy	5 - 13 yrs	6.30pm	Dalry CSH
	Adult Recreational Badminton	16+	6.30pm	Dalry CSH
<b>TUE</b>	Pre-School Dance Academy	2 - 5 yrs	1.00pm	Beith CC
	Winslow School of Art and Design	5 - 13 yrs	5.30pm	Dalry CSH
	Mini Kickers - Football	3 - 4 yrs	5.45pm	Dalry CSH
	Dalry Football Academy	5 - 13 yrs	6.30pm	Dalry CSH
	Winslow School of Art and Design	16+	7.00pm	Dalry CSH
<b>WED</b>	Mini Explorers - Play & Discover	2 - 4 yrs	5.45pm	Dalry CSH
	Smash In2 Badminton	5 - 13 yrs	6.00pm	Garnock CC
	Adult Social Badminton	14+	7.00pm	Garnock CC
	Dalry Basketball Academy	5 - 13 yrs	7.00pm	Dalry CSH
<b>THU</b>	Garnock Basketball Academy	5 - 13 yrs	5.00pm	Garnock CC
<b>FRI</b>	Balanceability	3 - 5 yrs	5.00pm	Dalry CSH
	ASN Assault Course and Fun Activities	5 - 16 yrs	6.00pm	Dalry CSH
<b>SAT</b>	Inspire Gymnastics	P1 - 4	9.00am	Dalry CSH
	Inspire Gymnastics	P5 - 7	10.15am	Dalry CSH
	Pre-School Drama with Showworks Theatre	3 - 4 yrs	9.30am	Garnock CC
	Drama with Showworks Theatre	5 - 7 yrs	10.00am	Garnock CC
	Drama with Showworks Theatre	8 - 13 yrs	10.45am	Garnock CC

### PRE BOOKING REQUIRED.

All classes £4 per week\* or included with an Inspire Membership.

For more information email [sport@kaleisure.com](mailto:sport@kaleisure.com). To book scan the QR Code.

\*Some exceptions apply



## KILWINNING

# COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	<b>Kilwinning Basketball Academy</b>	5 - 7 yrs	6.30pm	Kilwinning CSH
	<b>Kilwinning Basketball Academy</b>	8 - 13 yrs	7.30pm	Kilwinning CSH
<b>TUE</b>	<b>Kilwinning Multi Sports Club</b>	5 - 13 yrs	5.00pm	Kilwinning CSH
	<b>Smash In2 Badminton</b>	7 - 13 yrs	6.00pm	Kilwinning CSH
<b>WED</b>	<b>Windslow School of Art and Design</b>	5 - 7 yrs	6.00pm	Kilwinning CSH
	<b>Windslow School of Art and Design</b>	8 - 13 yrs	7.15pm	Kilwinning CSH
<b>FRI</b>	<b>Friday Fun Football Academy</b>	5 - 13 yrs	5.00pm	Kilwinning CSH

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All classes £4 per week\* or included with an Inspire Membership.

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## THREE TOWNS

# COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	<b>Street Dance</b>	10+	4.30pm	St Matthews CSH
	<b>Inspire Art with Lynn McNally</b>	5 - 7 yrs	6.00pm	St Matthews CSH
	<b>Young Voices Choir</b>	5 - 13 yrs	6.30pm	St Matthews CSH
	<b>Inspire Art with Lynn McNally</b>	8 - 13 yrs	7.15pm	St Matthews CSH
<b>TUE</b>	<b>Come and Play Football</b>	5 - 13 yrs	4.15pm	West Kilbride PS
	<b>Mini Kickers - Football</b>	3 - 4 yrs	6.00pm	St Matthews CSH
	<b>St Matthews Football Academy</b>	5 - 13 yrs	7.00pm	St Matthews CSH
<b>WED</b>	<b>Men's Walking Football</b>	40+	7.00pm	St Matthews CSH
<b>THU</b>	<b>Irvine Bay Gymnastics Club</b>	5 - 8 yrs	5.00pm	St Matthews CSH
	<b>Irvine Bay Gymnastics Club</b>	5 - 8 yrs	6.15pm	St Matthews CSH
	<b>Irvine Bay Gymnastics Club</b>	8 - 13 yrs	7.30pm	St Matthews CSH
<b>SAT</b>	<b>ASN Football / Multi Sport</b>	5 - 13 yrs	10.00am	St Matthews CSH

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## LARGS & NORTH COAST

# COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	Largs Athletics Academy	5 - 13 yrs	6.00pm	Largs CC
	Smash In2 Badminton	8 - 13 yrs	7.00pm	Largs CC
	Adult Raquet Sport	16+	8.00pm	Largs CC
<b>TUE</b>	Come and Play Football	5 - 13 yrs	4.15pm	West Kilbride PS
	Street Dance / Hip Hop	5 - 13 yrs	4.45pm	Vikingar!
	Largs Football Academy	5 - 7 yrs	6.00pm	Largs CC
	Largs Football Academy	8 - 13 yrs	7.00pm	Largs CC
	Largs Basketball Academy	8 - 13 yrs	8.00pm	Largs CC
<b>WED</b>	Dodgeball and Rounders - Multi-Sports	5 - 13 yrs	6.00pm	Largs CC
	Largs Multi Sports Club	5 - 13 yrs	7.00pm	Largs CC
	Social Basketball 14 +	14+	8.00pm	Largs CC
<b>THU</b>	Skelmorlie Football Academy	5 - 13 yrs	3.15pm	Skelmorlie PS
<b>FRI</b>	Fairlie Football Academy	5 - 13 yrs	3.15pm	Fairlie PS
<b>SAT</b>	Mini Kickers Football	3 - 4 yrs	9.00am	Largs CC
	Come & Play Football	5 - 13 yrs	10.00am	Largs CC

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**PORTAL**

# COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	Mini Explorers - Play & Discover	Walk - 3 yrs	10.45am	The Portal
	Mini Explorers - Play & Discover	3 - 4 yrs	11.45am	The Portal
	Adult Social Pickleball	14+	1.00pm	The Portal
	Jnr Dance	5 - 10 yrs	4.00pm	The Portal
<b>TUE</b>	North Ayrshire Table Tennis Club	5 - 13 yrs	5.00pm	The Portal
<b>WED</b>	Mini Movers - Gymnastics	3 - 5 yrs	10.00am	The Portal
	Adult Social Badminton	14+	11.00am	The Portal
	FAB - Gymnastics	Walk - 3 yrs	11.15am	The Portal
	Adult Recreational Badminton	16+	12.00pm	The Portal
	Mini Movers - Gymnastics	3 - 5 yrs	1.00pm	The Portal
	Mini Movers - Gymnastics	3 - 5 yrs	2.00pm	The Portal
	Inspire Rugby with Irvine Rugby Club	P1-3, P4-5, P6-7	6.30pm	Irvine Sports Club
<b>THU</b>	FAB - Gymnastics	3mths - Walk	10.00am	The Portal
	FAB - Gymnastics	3mths - Walk	11.15am	The Portal
	Smash In2 Badminton	8 - 13yrs	6.00pm	The Portal
	Social Badminton 14+	14+	7.00pm	The Portal
<b>FRI</b>	FAB - Gymnastics	Walk - 3 yrs	10.00am	The Portal
	FAB - Gymnastics	3mths - Walk	11.15am	The Portal
	Mini Movers - Gymnastics	3 - 5 yrs	1.00pm	The Portal
	Mini Movers - Gymnastics	3 - 5 yrs	2.00pm	The Portal
	Street Dance	5 - 13 yrs	4.15pm	The Portal
	Multi Sports Club	5 - 13 yrs	4.00pm	The Portal
<b>SAT</b>	The Portal Multi Sports Club	5 - 13 yrs	10.00am	The Portal

**PRE BOOKING REQUIRED.**

All classes £4 per week\* or included with an Inspire Membership.

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\*Some exceptions apply



# THE CIRCUIT & GREENWOOD CSH

## COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	<b>Men's Walking Football</b> (Fully Booked)	40+	4.00pm	The Circuit
	<b>Circuit Football Academy</b>	5 - 13 yrs	4.00pm	Circuit Indoor Pitch
	<b>Mini Kickers - Football</b>	3 - 4 yrs	5.15pm	Circuit Indoor Pitch
	<b>Phoenix Hockey</b>	5 - 13 yrs	5.30pm	Greenwood CSH
	<b>Irvine Sharks Basketball</b>	12 - 15 yrs	6.00pm	Greenwood CSH
	<b>Irvine Sharks Basketball</b>	8 - 13 yrs	7.00pm	Greenwood CSH
<b>TUE</b>	<b>Inspire Drama with Ross</b>	5 - 7 yrs	6.00pm	Greenwood CSH
	<b>Inspire Drama with Ross</b>	8 - 13 yrs	7.15pm	Greenwood CSH
<b>WED</b>	<b>Circuit Football Academy</b>	5 - 7 yrs	4.00pm	Circuit Indoor Pitch
	<b>Circuit Football Academy</b>	8 - 13 yrs	5.00pm	Circuit Indoor Pitch
<b>THU</b>	<b>Men's Walking Football</b> (Fully Booked)	40+	10.00am	The Circuit
	<b>Inspire Art with Lynn McNally</b>	5 - 7 yrs	6.00pm	Greenwood CSH
	<b>Inspire Art with Lynn McNally</b>	8 - 13 yrs	7.15pm	Greenwood CSH
<b>FRI</b>	<b>Women's Walking Football</b>	40+	7.00pm	The Circuit
<b>SAT</b>	<b>Men's Walking Football</b> (Fully Booked)	40+	10.00am	The Circuit
<b>SUN</b>	<b>Irvine Sharks Basketball</b>	16+	2.30pm	Greenwood CSH

### PRE BOOKING REQUIRED.

All classes £4 per week\* or included with an Inspire Membership.

For more information email [sport@kaleisure.com](mailto:sport@kaleisure.com). To book scan the QR Code.

\*Some exceptions apply



**AGE 14+**

# ADULT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	Adult Social Pickleball	14+	1.00pm	Portal
	Adult Recreational Badminton	16+	6.30pm	Dalry CSH
	Adult Racquet Sport	16+	8.00pm	Largs CC
<b>TUE</b>	Winslow School of Art and Design	16+	7.00pm	Dalry CSH
<b>WED</b>	Adult Social Badminton	14+	11.00am	Portal
	Adult Recreational Badminton	16+	12.00pm	Portal
	Adult Social Badminton	14+	7.00pm	Garnock CC
<b>THU</b>	Adult Social Badminton	14+	7.00pm	Portal
<b>SUN</b>	Irvine Sharks Basketball	16+	2.30pm	Greenwood CSH

For more information or booking email [sport@kaleisure.com](mailto:sport@kaleisure.com)

	CLASS	AGE	TIME	VENUE
<b>MON</b>	Men's Walking Football (Fully Booked)	40+	4.00pm	The Circuit
<b>WED</b>	Men's Walking Football	40+	7.00pm	St Matthews CSH
<b>THU</b>	Men's Walking Football (Fully Booked)	40+	10.00am	The Circuit
<b>FRI</b>	Women's Walking Football	40+	7.00pm	The Circuit
<b>SAT</b>	Men's Walking Football (Fully Booked)	40+	10.00am	The Circuit

For more information or booking email [chamilton@kaleisure.com](mailto:chamilton@kaleisure.com)

## PRE BOOKING REQUIRED.

All classes are included in an adult membership for more information email [sport@kaleisure.com](mailto:sport@kaleisure.com) or please contact **01294 315120**.

Book via the KA App