

ELEVATE ACADEMY

Elevate Academy is a 4-day programme providing 12–15-year-olds with an introduction to a Gym Environment. These sessions will provide information on how to exercise safely and effectively whilst looking to Inspire, Educate and Challenge the Future Generation.

**AGE
12-15**

On completion of the course, members will receive one free month membership to kickstart their fitness journey. 12–15-year-olds **MUST** complete this course before they are able to take out an E:Active Junior membership.

DATES	AUCHENHARVIE	PORTAL	VIKINGAR	WALKER HALL
Mon 1st July – Thu 4th July	12pm – 1pm	2pm – 3pm	3pm – 4pm	11.30am – 12.30pm
Mon 8th July – Thu 11th July	12pm – 1pm	2pm – 3pm	3pm – 4pm	11.30am – 12.30pm
Mon 15th July – Thu 18th July	12pm – 1pm	2pm – 3pm	3pm – 4pm	11.30am – 12.30pm
Mon 22nd July – Thu 25th July	12pm – 1pm	2pm – 3pm	3pm – 4pm	11.30am – 12.30pm
Mon 29th July – Thu 1st August	12pm – 1pm	2pm – 3pm	3pm – 4pm	11.30am – 12.30pm
Mon 5th August – Thu 8th August	12pm – 1pm	2pm – 3pm	3pm – 4pm	11.30am – 12.30pm
Mon 12th August – Thu 15th August	12pm – 1pm	2pm – 3pm	3pm – 4pm	11.30am – 12.30pm

Cost: £40

Pre-Booking required. Visit:
kaleisure.com/holiday-activities