

GARNOCK VALLEY

COMMUNITY SPORT CLASSES

| | CLASS | AGE | TIME | VENUE |
|------------|---|--------------|---------|------------|
| MON | 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 |
| TUE | 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 |
| | Young Voices (Starting 22/10) | 5 - 13 yrs | 6.30pm | Garnock CC |
| | Winslow School of Art and Design | 16+ | 7.00pm | Dalry CSH |
| WED | Balanceability | 3 - 7 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 |
| THU | Garnock Basketball Academy | 5 - 13 yrs | 5.00pm | Garnock CC |
| | Mini Dance | Walk - 4 yrs | 5.00pm | Dalry CSH |
| | ASN Dance | 5 - 13 yrs | 6.00pm | Dalry CSH |
| FRI | Mini Explorers | Walk - 4 yrs | 5.00pm | Dalry CSH |
| | ASN Assault Course and Fun Activities | 5 - 16 yrs | 6.00pm | Dalry CSH |
| SAT | 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. To book scan the QR Code.

*Some exceptions apply



KILWINNING

COMMUNITY SPORT CLASSES

| | CLASS | AGE | TIME | VENUE |
|------------|---|------------|--------|----------------|
| MON | Kilwinning Basketball Academy | 5 - 7 yrs | 6.30pm | Kilwinning CSH |
| | Kilwinning Basketball Academy | 8 - 13 yrs | 7.30pm | Kilwinning CSH |
| TUE | Smash In2 Badminton | 7 - 13 yrs | 6.00pm | Kilwinning CSH |
| WED | Winslow School of Art and Design | 5 - 7 yrs | 6.00pm | Kilwinning CSH |
| | Winslow School of Art and Design | 8 - 13 yrs | 7.15pm | Kilwinning CSH |
| FRI | Friday Fun Football Academy | 5 - 13 yrs | 5.00pm | Kilwinning CSH |

PRE BOOKING REQUIRED.

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

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*Some exceptions apply



THREE TOWNS

COMMUNITY SPORT CLASSES

| | CLASS | AGE | TIME | VENUE |
|------------|--------------------------------------|------------|---------|------------------|
| MON | Inspire Art with Lynn McNally | 5 - 7 yrs | 6.00pm | St Matthews CSH |
| | Inspire Art with Lynn McNally | 8 - 13 yrs | 7.15pm | St Matthews CSH |
| TUE | Come and Play Football | 5 - 13 yrs | 4.15pm | West Kilbride PS |
| | Mini Kickers - Football | 3 - 4 yrs | 6.00pm | St Matthews CSH |
| | Young Voices (Starting 22/10) | 5 - 13 yrs | 6.00pm | St Matthews CSH |
| | St Matthews Football Academy | 5 - 13 yrs | 7.00pm | St Matthews CSH |
| WED | Men's Walking Football | 40+ | 7.00pm | St Matthews CSH |
| THU | Irvine Bay Gymnastics Club | 5 - 8 yrs | 5.00pm | St Matthews CSH |
| | Irvine Bay Gymnastics Club | 5 - 8 yrs | 6.15pm | St Matthews CSH |
| | Irvine Bay Gymnastics Club | 8 - 13 yrs | 7.30pm | St Matthews CSH |
| SAT | ASN Football / Multi Sport | 5 - 13 yrs | 10.00am | St Matthews CSH |

PRE BOOKING REQUIRED.

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LARGS & NORTH COAST

COMMUNITY SPORT CLASSES

| | CLASS | AGE | TIME | VENUE |
|------------|---------------------------------------|------------|---------|------------------|
| MON | 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 |
| TUE | 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 |
| WED | 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 |
| THU | Skelmorlie Football Academy | 5 - 13 yrs | 3.15pm | Skelmorlie PS |
| FRI | Fairlie Football Academy | 5 - 13 yrs | 3.15pm | Fairlie PS |
| | Winslow School of Art and Design | 5 - 13 yrs | 5.45pm | Vikingar! |
| SAT | Mini Kickers Football | 3 - 4 yrs | 9.00am | Largs CC |
| | Come & Play Football | 5 - 13 yrs | 10.00am | Largs CC |

PRE BOOKING REQUIRED.

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PORTAL

COMMUNITY SPORT CLASSES

| | CLASS | AGE | TIME | VENUE |
|------------|--------------------------------------|------------------|---------|--------------------|
| MON | 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 |
| WED | 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 |
| THU | 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 |
| FRI | 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 |

PRE BOOKING REQUIRED.

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

For more information email sport@kaleisure.com. To book scan the QR Code.

*Some exceptions apply



THE CIRCUIT & GREENWOOD CSH COMMUNITY SPORT CLASSES

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

PRE BOOKING REQUIRED.

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

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*Some exceptions apply



AGE 14+

ADULT CLASSES

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

For more information or booking email sport@kaleisure.com

| | CLASS | AGE | TIME | VENUE |
|------------|--|-----|---------|-----------------|
| MON | Men's Walking Football (Fully Booked) | 40+ | 4.00pm | The Circuit |
| WED | Men's Walking Football | 40+ | 7.00pm | St Matthews CSH |
| THU | Men's Walking Football (Fully Booked) | 40+ | 10.00am | The Circuit |
| SAT | Men's Walking Football (Fully Booked) | 40+ | 10.00am | The Circuit |

For more information or booking email chamilton@kaleisure.com

PRE BOOKING REQUIRED.

All classes are included in an adult membership for more information email sport@kaleisure.com or please contact **01294 315120**.

Book via the KA App