

# GARNOCK VALLEY

# COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	Multi Sports / Dodgeball	5 - 13 yrs	5.30pm	Dalry CSH
	Mini Athletics with NAAC	2 - 4 yrs	5.45pm	Dalry CSH
	Athletics with NAAC	5 - 13 yrs	6.30pm	Dalry CSH
<b>TUE</b>	Pre-School Dance Academy	Walk - 5 yrs	1.00pm	Beith CC
	Winslow School of Art and Design	5 - 13 yrs	5.30pm	Dalry CSH
	Mini Kickers - Football	2 - 4 yrs	5.45pm	Dalry CSH
	Dalry Football Academy	5 - 13 yrs	6.30pm	Dalry CSH
<b>WED</b>	Inspire Dance Tots	2 - 4 yrs	5.30pm	Garnock CC
	Balanceability	3 - 7 yrs	5.45pm	Dalry CSH
	Smash In2 Badminton	5 - 13 yrs	6.00pm	Garnock CC
	Inspire Dance Academy	5 - 7 yrs	6.15pm	Garnock CC
	Dalry Basketball Academy	5 - 13 yrs	7.00pm	Dalry CSH
	Inspire Dance Academy	8 - 13 yrs	7.15pm	Garnock CC
<b>THU</b>	Mini Dance Academy	Walk - 4 yrs	5.00pm	Dalry CSH
	Garnock Basketball Academy	5 - 13 yrs	5.00pm	Garnock CC
	Inspire Dance Academy	5 - 7 yrs	6.00pm	Dalry CSH
	Inspire Dance Academy	8 - 13 yrs	7.00pm	Dalry CSH
<b>FRI</b>	Mini Explorers	2 - 5 yrs	5.00pm	Dalry CSH
	ASN Assault Course Drop In	5 - 16 yrs	6.00pm	Dalry CSH
<b>SAT</b>	Inspire Gymnastics	P1 - 4	9.00am	Garnock CC
	Pre-School Drama with Showworks Theatre	3 - 4 yrs	9.30am	Garnock CC
	Drama with Showworks Theatre	5 - 7 yrs	10.00am	Garnock CC
	Inspire Gymnastics	P5 - 7	10.15am	Garnock CC
	Drama with Showworks Theatre	8 - 13 yrs	10.45am	Garnock CC

## PRE BOOKING REQUIRED.

All classes £4.50 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>	Kilwinning Basketball Academy	5 - 7 yrs	6.30pm	Kilwinning CSH
	Kilwinning Basketball Academy	8 - 13 yrs	7.30pm	Kilwinning CSH
<b>TUE</b>	Mini Racquet Sports	2 - 4 yrs	5.15pm	Kilwinning CSH
	Smash In2 Badminton	5 - 13 yrs	6.00pm	Kilwinning CSH
<b>WED</b>	Winslow School of Art and Design	5 - 7 yrs	6.00pm	Kilwinning CSH
	Winslow School of Art and Design	8 - 11 yrs	7.15pm	Kilwinning CSH
<b>FRI</b>	Friday Fun Football Academy	5 - 13 yrs	5.00pm	Kilwinning CSH
	Come & Play Basketball	5 - 13 yrs	6.00pm	Kilwinning CSH
<b>SAT</b>	Mini Athletics with NAAC	2 - 4 yrs	10.00am	Kilwinning CSH
	Athletics with NAAC	5 - 13 yrs	11.00am	Kilwinning CSH

### PRE BOOKING REQUIRED.

All classes £4.50 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



## THREE TOWNS

# COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	<b>Inspire Dance Tots</b>	2 - 4yrs	5.45pm	St Matthew's CSH
	<b>Inspire Art 5-7 yrs with Ellie</b>	5 - 7 yrs	6.00pm	St Matthew's CSH
	<b>Inspire Dance Academy</b>	5 - 9 yrs	7.00pm	St Matthew's CSH
	<b>Inspire Art 8-13 yrs with Ellie</b>	8 - 13 yrs	7.15pm	St Matthew's CSH
	<b>Inspire Dance Academy</b>	10 - 13 yrs	8.00pm	St Matthew's CSH
<b>TUE</b>	<b>Come and Play Football</b>	5 - 13 yrs	4.15pm	West Kilbride PS
	<b>Mini Kickers - Football</b>	2 - 4 yrs	6.00pm	St Matthew's CSH
	<b>Young Voices Choir</b>	5 - 13 yrs	6.00pm	St Matthew's CSH
	<b>St Matthew's Football Academy</b>	5 - 13 yrs	7.00pm	St Matthew's CSH
<b>THU</b>	<b>Irvine Bay Gymnastics Club</b>	5 - 8 yrs	5.00pm	St Matthew's CSH
	<b>Irvine Bay Gymnastics Club</b>	5 - 8 yrs	6.15pm	St Matthew's CSH
	<b>Irvine Bay Gymnastics Club</b>	8 - 13 yrs	7.30pm	St Matthew's CSH
<b>FRI</b>	<b>Kids Pickleball</b>	5 - 13 yrs	6.00pm	St Matthew's CSH
<b>SAT</b>	<b>Mini Kickers - Football</b>	2 - 4 yrs	9.00am	St Matthew's CSH
	<b>ASN Football / Multi Sport</b>	5 - 13 yrs	10.00am	St Matthew's CSH
	<b>Pre-School Drama with Showworks Theatre</b>	2 - 4 yrs	12.30pm	St Matthew's CSH
	<b>Drama with Showworks Theatre</b>	5 - 7 yrs	1.00pm	St Matthew's CSH
	<b>Drama with Showworks Theatre</b>	8 - 13 yrs	1.45pm	St Matthew's CSH

### PRE BOOKING REQUIRED.

All classes £4.50 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



## LARGS & NORTH COAST

# COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	Mini Athletics with NAAC	2 - 4 yrs	6.00pm	Largs CC
	Smash In2 Badminton	5 - 13 yrs	6.00pm	Largs CC
	Athletics with NAAC	5 - 13 yrs	7.00pm	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>	Multi Sports & Dodgeball	5 - 13 yrs	6.00pm	Largs CC
	Largs Multi Sports Club	5 - 13 yrs	7.00pm	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
	Inspire Dance Academy	5 - 9 yrs	4.30pm	Vikingar!
	Winslow School of Art and Design	5 - 13 yrs	5.45pm	Vikingar!
	Inspire Dance Tots	2 - 4 yrs	5.45pm	Vikingar!
	Inspire Dance Academy	10 - 13 yrs	7.00pm	Vikingar!
<b>SAT</b>	Mini Kickers Football	2 - 4 yrs	9.00am	Largs CC
	Come & Play Football	5 - 13 yrs	10.00am	Largs CC

### PRE BOOKING REQUIRED.

All classes £4.50 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



# PORTAL

## COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	Mini Explorers	Walk - 3 yrs	10.45am	The Portal
	Inspire Dance Academy	5 - 10 yrs	4.00pm	The Portal
<b>WED</b>	Mini Movers	3 - 5 yrs	10.00am	The Portal
	FIT Ayrshire Babies	Walk - 3 yrs	11.15am	The Portal
	Mini Movers	3 - 5 yrs	1.00pm	The Portal
	Mini Movers	3 - 5 yrs	2.00pm	The Portal
	Inspire Rugby with Irvine Rugby Club	5 - 13 yrs	6.00pm	Irvine Sports Club
<b>THU</b>	Mini Kickers	2 - 4 yrs	9.30am	The Portal
	FIT Ayrshire Babies	3mths - Walk	10.00am	The Portal
	FIT Ayrshire Babies	3mths - Walk	11.15am	The Portal
	Mini Kickers	2 - 4 yrs	1.30pm	The Portal
	Racquet Sports Minis	2 - 4 yrs	5.15pm	The Portal
	Smash In2 Badminton	5 - 13yrs	6.00pm	The Portal
<b>FRI</b>	FIT Ayrshire Babies	Walk - 3 yrs	10.00am	The Portal
	FIT Ayrshire Babies	3mths - Walk	11.15am	The Portal
	Mini Movers	3 - 5 yrs	1.00pm	The Portal
	Mini Movers	3 - 5 yrs	2.00pm	The Portal
	The Portal Multi Sports Club	5 - 13 yrs	4.00pm	The Portal
	Street Dance	5 - 13 yrs	4.15pm	The Portal

### PRE BOOKING REQUIRED.

All classes £4.50 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



# THE CIRCUIT & GREENWOOD CSH

## COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	<b>Circuit Football Academy</b>	5 - 13 yrs	4.00pm	The Circuit
	<b>Mini Kickers - Football</b>	2 - 4 yrs	5.15pm	The Circuit
	<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>Drama with Ross</b>	8 - 13 yrs	7.15pm	Greenwood CSH
<b>WED</b>	<b>Circuit Football Academy</b>	5 - 7 yrs	4.00pm	The Circuit
	<b>Circuit Football Academy</b>	8 - 13 yrs	5.00pm	The Circuit
<b>THU</b>	<b>Inspire Dance Tots</b>	2 - 4 yrs	5.45pm	Greenwood CSH
	<b>Winslow School of Art &amp; Design</b>	5 - 7 yrs	6.00pm	Greenwood CSH
	<b>Inspire Dance Academy</b>	5 - 13 yrs	6.45pm	Greenwood CSH
	<b>Winslow School of Art &amp; Design</b>	8 - 13 yrs	7.15pm	Greenwood CSH
	<b>Inspire Dance Academy</b>	10 - 13 yrs	8.00pm	Greenwood CSH

### PRE BOOKING REQUIRED.

All classes £4.50 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





leisure

Inspire

**AGE 14+**

# ADULT CLASSES

	CLASS	AGE	TIME	VENUE
<b>MON</b>	Adult Social Pickleball	14+	12 Noon	Portal
	Adult Social Pickleball	14+	1.00pm	Portal
	Adult Social Pickleball	14+	6.00pm	Largs CC
	Adult Recreational Badminton	14+	7.30pm	Dalry CSH
	Irvine Sharks	16+	8.00pm	Greenwood CSH
	Adult Racquet Sport	14+	8.00pm	Largs CC
<b>TUE</b>	Adult Social Pickleball	14+	6.00pm	Largs CC
	Winslow School of Art and Design	16+	7.00pm	Dalry CSH
	Adult Social Pickleball	14+	7.00pm	Largs CC
<b>WED</b>	Adult Social Badminton	14+	11.00am	Portal
	Recreational Badminton	16+	12 Noon	Garnock CC
	Recreational Badminton	14+	7.00pm	Garnock CC
	Social Basketball	14+	8.00pm	Largs CC
	Social Badminton	14+	8.00pm	St Matthew's CSH
<b>THU</b>	Adult Social Badminton	14+	7.00pm	Portal
<b>FRI</b>	Adult Badminton / Pickleball	14+	7.00pm	St Matthew's CSH
<b>SAT</b>	Adult Social Pickleball	14+	10am	Garnock CC

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

**AGE 40+**

# FOOTBALL CLASSES

	FOOTBALL CLASSES	AGE	TIME	VENUE
<b>MON</b>	<b>Adult Walking Football</b> (Fully Booked)	40+	4.00pm	The Circuit
<b>WED</b>	<b>Adult Walking Football</b>	40+	7.00pm	St Matthew's CSH
<b>THU</b>	<b>Adult Walking Football</b> (Fully Booked)	40+	10.00am	The Circuit
<b>SAT</b>	<b>Adult Walking Football</b> (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