

GARNOCK VALLEY

COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
MON	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
TUE	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
WED	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
THU	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
FRI	Mini Explorers	2 - 5 yrs	5.00pm	Dalry CSH
	ASN Assault Course Drop In	5 - 16 yrs	6.00pm	Dalry CSH
SAT	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. 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	Mini Racquet Sports	2 - 4 yrs	5.15pm	Kilwinning CSH
	Smash In2 Badminton	5 - 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 - 11 yrs	7.15pm	Kilwinning CSH
FRI	Friday Fun Football Academy	5 - 13 yrs	5.00pm	Kilwinning CSH
	Come & Play Basketball	5 - 13 yrs	6.00pm	Kilwinning CSH
SAT	Mini Athletics with NAAC	2 - 4 yrs	10.00am	Kilwinning CSH
	Athletics with NAAC	5 - 13 yrs	11.00am	Kilwinning CSH

PRE BOOKING REQUIRED.

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THREE TOWNS

COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
MON	Inspire Dance Tots	2 - 4yrs	5.45pm	St Matthew's CSH
	Inspire Art 5-7 yrs with Ellie	5 - 7 yrs	6.00pm	St Matthew's CSH
	Inspire Dance Academy	5 - 9 yrs	7.00pm	St Matthew's CSH
	Inspire Art 8-13 yrs with Ellie	8 - 13 yrs	7.15pm	St Matthew's CSH
	Inspire Dance Academy	10 - 13 yrs	8.00pm	St Matthew's CSH
TUE	Come and Play Football	5 - 13 yrs	4.15pm	West Kilbride PS
	Mini Kickers - Football	2 - 4 yrs	6.00pm	St Matthew's CSH
	Young Voices Choir	5 - 13 yrs	6.00pm	St Matthew's CSH
	St Matthew's Football Academy	5 - 13 yrs	7.00pm	St Matthew's CSH
WED	Inspire Hockey with Ardrossan (Outdoor)	5 - 13 yrs	6.30pm	St Matthew's CSH
THU	Irvine Bay Gymnastics Club	5 - 8 yrs	5.00pm	St Matthew's CSH
	Irvine Bay Gymnastics Club	5 - 8 yrs	6.15pm	St Matthew's CSH
	Irvine Bay Gymnastics Club	8 - 13 yrs	7.30pm	St Matthew's CSH
FRI	Kids Pickleball	5 - 13 yrs	6.00pm	St Matthew's CSH
SAT	Mini Kickers - Football	2 - 4 yrs	9.00am	St Matthew's CSH
	ASN Football / Multi Sport	5 - 13 yrs	10.00am	St Matthew's CSH
	Pre-School Drama with Showworks Theatre	2 - 4 yrs	12.30pm	St Matthew's CSH
	Drama with Showworks Theatre	5 - 7 yrs	1.00pm	St Matthew's CSH
	Drama with Showworks Theatre	8 - 13 yrs	1.45pm	St Matthew's CSH

PRE BOOKING REQUIRED.

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LARGS & NORTH COAST

COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
MON	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
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	Multi Sports & Dodgeball	5 - 13 yrs	6.00pm	Largs CC
	Largs Multi Sports Club	5 - 13 yrs	7.00pm	Largs CC
THU	Skelmorlie Football Academy	5 - 13 yrs	3.15pm	Skelmorlie PS
FRI	Fairlie Football Academy	5 - 13 yrs	3.15pm	Fairlie PS
	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!
SAT	Mini Kickers Football	2 - 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	Walk - 3 yrs	10.45am	The Portal
	Inspire Dance Academy	5 - 10 yrs	4.00pm	The Portal
WED	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
THU	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
FRI	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.

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*Some exceptions apply



THE CIRCUIT & GREENWOOD CSH

COMMUNITY SPORT CLASSES

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

PRE BOOKING REQUIRED.

All classes £4.50 per week* or included with an Inspire Membership.

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*Some exceptions apply





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Inspire

**AGE 14+**

ADULT CLASSES

	CLASS	AGE	TIME	VENUE
MON	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
TUE	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
WED	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
THU	Adult Social Badminton	14+	7.00pm	Portal
FRI	Adult Badminton / Pickleball	14+	7.00pm	St Matthew's CSH
SAT	Adult Social Pickleball	14+	10am	Garnock CC

For more information or booking email sport@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

AGE 40+

FOOTBALL CLASSES

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