

GARNOCK VALLEY

COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
Mon	Multi Sports / Dodgeball	5-13yrs	5.30pm	Dalry CSH
Mon	Mini Athletics with NAAC	2-4yrs	5.45pm	Dalry CSH
Mon	Athletics with NAAC	5-13yrs	6.30pm	Dalry CSH
Tue	Pre School Dance Academy	Walk-5yrs	1pm	Beith CC
Tue	Winslow School of Art and Design	5-13yrs	5.30pm	Dalry CSH
Tue	Mini Kickers- Football	2-4yrs	5.45pm	Dalry CSH
Tue	Dalry Football Academy	5-13 yrs	6.30pm	Dalry CSH
Wed	Inspire Dance Tots	2-4yrs	5.30pm	Garnock CC
Wed	Smash In2 Badminton	5-13yrs	6pm	Garnock CC
Wed	Inspire Dance Academy	5-7yrs	6.15pm	Garnock CC
Wed	Dalry Basketball Academy	5-13yrs	7pm	Dalry CSH
Wed	Inspire Dance Academy	8-13yrs	7.15pm	Garnock CC
Thu	Mini Dance Academy	Walk-4yrs	5pm	Dalry CSH
Thu	Garnock Basketball Academy	5-13yrs	5pm	Garnock CC
Fri	Mini Explorers	2-5yrs	5pm	Dalry CSH
Fri	ASN Assault Course Drop-In	5-16yrs	6pm	Dalry CSH
Sat	Inspire Gymnastics	P1-4	9am	Garnock CC
Sat	Pre-School Drama with Showworks Theatre	3-4yrs	9.30am	Garnock CC
Sat	Drama with Showworks Theatre	5-7yrs	10am	Garnock CC
Sat	Inspire Gymnastics	P5-7	10.15am	Garnock CC
Sat	Drama with Showworks Theatre	8-13yrs	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	5-7yrs	6.30pm	Kilwinning CSH
Mon	Kilwinning Basketball Academy	8-13yrs	7.30pm	Kilwinning CSH
Tue	Mini Racquet Sports	2-4yrs	5.15pm	Kilwinning CSH
Tue	Smash In2 Badminton	5-13yrs	6pm	Kilwinning CSH
Wed	Winslow School of Art	5-7yrs	6pm	Kilwinning CSH
Wed	Winslow School of Art	8-11yrs	7.15pm	Kilwinning CSH
Fri	Friday Fun Football Academy	5-13yrs	5pm	Kilwinning CSH
Sat	Mini Athletics with NAAC	2-4yrs	10am	Kilwinning CSH
Sat	Athletics with NAAC	5-13yrs	11am	Kilwinning CSH

PRE BOOKING REQUIRED.

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

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THREE TOWNS

COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
Mon	Inspire Dance Tots	2-4yrs	5.45pm	St Matthews CSH
Mon	Inspire Art 5-7 yrs with Ellie	5-7 Years	6pm	St Matthews CSH
Mon	Inspire Dance Academy	5-9yrs	7pm	St Matthews CSH
Mon	Inspire Art 8-13 Yrs with Ellie	8-13 Years	7.15pm	St Matthews CSH
Tue	Come and Play Football	5-13yrs	4.15pm	West Kilbride PS
Tue	Mini Kickers- Football	2-4yrs	6pm	St Matthews CSH
Tue	Young Voices Choir	5-13yrs	6pm	St Matthews CSH
Tue	St Matthews Football Academy	5-13yrs	7pm	St Matthews CSH
Wed	Inspire Ball Hockey (With Ardrossan)	5-13yrs	6.30pm	St Matthews CSH
Thu	Irvine Bay Gymnastics Club	5-8yrs	5pm	St Matthews CSH
Thu	Irvine Bay Gymnastics Club	5-8yrs	6.15pm	St Matthews CSH
Thu	Irvine Bay Gymnastics Club	8-13yrs	7.30pm	St Matthews CSH
Fri	Kids Pickleball	5-13 yrs	6pm	St Matthews CSH
Fri	Inspire Dodgeball and Rounders	5-13 yrs	7pm	St Matthews CSH
Sat	Mini Kickers - Football	2-4 yrs	9am	St Matthews CSH
Sat	ASN Football / Multi Sport	5-13yrs	10am	St Matthews CSH
Sat	Pre-School Drama with Showworks Theatre	2-4yrs	12.30pm	St Matthews CSH
Sat	Drama with Showworks Theatre	5-7yrs	1pm	St Matthews CSH
Sat	Drama with Showworks Theatre	8-13yrs	1.45pm	St Matthews CSH

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*Some exceptions apply



LARGS & NORTH COAST

COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
Mon	Mini Athletics with NAAC	2-4yrs	6pm	Largs CC
Mon	Smash In2 Badminton	5-13yrs	6pm	Largs CC
Mon	Athletics with NAAC	5-13yrs	7pm	Largs CC
Tue	Come and Play Football	5-13yrs	4.15pm	West Kilbride PS
Tue	Largs Football Academy	5-7yrs	6pm	Largs CC
Tue	Largs Football Academy	8-13yrs	7pm	Largs CC
Tue	Largs Basketball Academy	8-13yrs	8pm	Largs CC
Wed	Multi Sports & Dodgeball	5-13yrs	6pm	Largs CC
Wed	Largs Multi Sports Club	5-13yrs	7pm	Largs CC
Thu	Skelmorlie Football Academy	5-13 yrs	3.15pm	Skelmorlie PS
Fri	Fairlie Football Academy	5-13 yrs	3.15pm	Fairlie PS
Fri	Inspire Dance Academy	5 - 9yrs	4.30pm	Vikingar
Fri	Winslow School of Art	5-13 yrs	5.45pm	Vikingar
Fri	Inspire Dance Tots	2- 4yrs	5.45pm	Vikingar
Fri	Inspire Dance Academy	10 - 13 yrs	7pm	Vikingar
Sat	Mini Kickers - Football	2-4 yrs	9am	Largs CC
Sat	Come & Play Football	5-13 yrs	10am	Largs CC

PRE BOOKING REQUIRED.

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

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*Some exceptions apply



PORTAL

COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
Mon	Mini Explorers	Walk-3yrs	10.45am	The Portal
Wed	Mini Movers	3-5yrs	10am	The Portal
Wed	Fit Ayrshire Babies	Walk-3yrs	11.15am	The Portal
Wed	Mini Movers	Walk-3yrs	1pm	The Portal
Wed	Mini Movers	3-5yrs	2pm	The Portal
Wed	Inspire Rugby with Irvine Rugby Club	5-13yrs	6pm	The Portal or IRC
Thu	Fit Ayrshire Babies	3mths-Walk	10am	The Portal
Thu	Fit Ayrshire Babies	3mths-Walk	11.15am	The Portal
Thu	Racquet Sports Minis	2-4yrs	5.15pm	The Portal
Thu	Smash In2 Badminton	5-13yrs	6pm	The Portal
Thu	Mini Kickers - Football	2-4yrs	9.30am	The Portal
Thu	Mini Kickers - Football	2-4yrs	1.30pm	The Portal
Fri	Fit Ayrshire Babies	Walk-3yrs	10am	The Portal
Fri	Fit Ayrshire Babies	3mths-Walk	11.15am	The Portal
Fri	Mini Movers	3-5yrs	1pm	The Portal
Fri	Mini Movers	3-5yrs	2pm	The Portal
Fri	The Portal Multi Sports Club	5-13yrs	4pm	The Portal

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



THE CIRCUIT & GREENWOOD CSH

COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
Mon	Circuit Football Academy	5-13yrs	4pm	The Circuit
Mon	Mini Kickers - Football	2 - 4 yrs	5.15pm	The Circuit
Mon	Irvine Sharks Basketball	12-15yrs	6pm	Greenwood CSH
Mon	Irvine Sharks Basketball	8 - 13 yrs	7pm	Greenwood CSH
Tue	Drama with Ross	8-13yrs	7.15pm	Greenwood CSH
Wed	Circuit Football Academy	5-7yrs	4pm	The Circuit
Wed	Circuit Football Academy	8-13yrs	5pm	The Circuit
Thu	Winslow School of Art	5-7 Years	6pm	Greenwood CSH
Thu	Winslow School of Art	8-13 Years	7.15pm	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+	12noon	The Portal
Mon	Adult Social Pickleball	14+	1pm	The Portal
Mon	Adult Social Pickleball	14+	6pm	Largs CC
Mon	Irvine Sharks	16+	8pm	Greenwood CSH
Mon	Adult Raquet Sport	14+	8.00pm	Largs CC
Tue	Adult Social Pickleball	14+	6pm	Largs CC
Tue	Winslow School of Art and Design	16+	7pm	Dalry CSH
Tue	Adult Social Pickleball	14+	7pm	Largs CC
Wed	Adult Social Badminton	14+	11am	The Portal
Wed	Adult Social Pickleball	16+	12noon	The Portal
Wed	Recreational Badminton 14+	14+	7pm	Garnock CC
Wed	Social Basketball 14+	14+	8pm	Largs CC
Wed	Social Badminton 14+	14+	8pm	St Mathews CSH
Thu	Adult Social Badminton	14+	7pm	The Portal
Sat	Adult Social Pickleball	14+	10am	Garnock CC
Sun	Adult Social Pickleball	14+	10am	St Mathews CSH
Sun	Adult Recreational Badminton 14+	14+	12noon	St Mathews CSH

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



| leisure

Inspire



AGE 40+

FOOTBALL CLASSES

	FOOTBALL CLASSES	AGE	TIME	VENUE
Mon	Adult Walking Football	40+	4pm	The Circuit
Wed	Adult Walking Football	40+	7pm	St Matthews CSH
Thu	Adult Walking Football	40+	10am	The Circuit
Sat	Adult Walking Football	40+	10am	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