



leisure

Inspire

CS  
COMMUNITY  
SPORT

## GARNOCK VALLEY

# COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
<b>Mon</b>	<b>Multi Sports / Dodgeball</b>	5-13yrs	5.30pm	Dalry CSH
<b>Mon</b>	<b>Mini Athletics with NAAC</b>	2-4yrs	5.45pm	Dalry CSH
<b>Mon</b>	<b>Athletics with NAAC</b>	5-13yrs	6.30pm	Dalry CSH
<b>Tue</b>	<b>Winslow School of Art and Design</b>	5-13yrs	5.30pm	Dalry CSH
<b>Tue</b>	<b>Mini Kickers- Football</b>	2-4yrs	5.45pm	Dalry CSH
<b>Tue</b>	<b>Dalry Football Academy</b>	5-13yrs	6.30pm	Dalry CSH
<b>Wed</b>	<b>Smash In2 Badminton</b>	5-13yrs	6pm	Garnock CC
<b>Wed</b>	<b>Dalry Basketball Academy</b>	5-13yrs	7pm	Dalry CSH
<b>Thu</b>	<b>Mini Dance Academy</b>	Walk-4yrs	5pm	Dalry CSH
<b>Thu</b>	<b>Garnock Basketball Academy</b>	5-13yrs	5pm	Garnock CC
<b>Thu</b>	<b>Inspire Dance Academy</b>	5-7yrs	6pm	Dalry CSH
<b>Thu</b>	<b>Inspire Rugby (Starts 15/1/26)</b>	5-7yrs	5pm	Dalry CSH
<b>Thu</b>	<b>Inspire Rugby (Starts 15/1/26)</b>	5-13yrs	6pm	Dalry CSH
<b>Fri</b>	<b>Mini Explorers</b>	2-5yrs	5pm	Dalry CSH
<b>Fri</b>	<b>ASN Assault Course Drop-In</b>	5-16yrs	6pm	Dalry CSH
<b>Sat</b>	<b>Pre-School Drama with Showworks Theatre</b>	3-4yrs	9.30am	Garnock CC
<b>Sat</b>	<b>Drama with Showworks Theatre</b>	5-7yrs	10am	Garnock CC
<b>Sat</b>	<b>Drama with Showworks Theatre</b>	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](mailto:sport@kaleisure.com). To book scan the QR Code.

\*Some exceptions apply





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KILWINNING

# COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
Mon	<b>Kilwinning Basketball Academy</b>	5-7yrs	6.30pm	Kilwinning CSH
Mon	<b>Kilwinning Basketball Academy</b>	8-13yrs	7.30pm	Kilwinning CSH
Tue	<b>Mini Racquet Sports</b>	2-4yrs	5.15pm	Kilwinning CSH
Tue	<b>Smash In2 Badminton</b>	5-13yrs	6pm	Kilwinning CSH
Wed	<b>Winslow School of Art</b>	5-7yrs	6pm	Kilwinning CSH
Wed	<b>Winslow School of Art</b>	8-11yrs	7.15pm	Kilwinning CSH
Fri	<b>Friday Fun Football Academy</b>	5-13yrs	5pm	Kilwinning CSH

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## THREE TOWNS

## COMMUNITY SPORT CLASSES

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

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## 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	Inspire Dodgeball	5-13yrs	6pm	Largs CC
Wed	Largs Multi Sports Club	5-13yrs	7pm	Largs CC
Thu	Skelmorlie Football Academy	5-13yrs	3.15pm	Skelmorlie PS
Fri	Fairlie Football Academy	5-13yrs	3.15pm	Fairlie PS
Fri	Inspire Dance Academy	5-9yrs	4.30pm	Vikingar
Fri	Winslow School of Art	5-13yrs	5.45pm	Vikingar
Fri	Inspire Dance Academy	10-13yrs	7pm	Vikingar
Sat	Mini Kickers - Football	2-4yrs	9am	Largs CC
Sat	Come & Play Football	5-13yrs	10am	Largs CC

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## PORTAL

# COMMUNITY SPORT CLASSES

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

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## THE CIRCUIT & GREENWOOD CSH COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
Mon	<b>Circuit Football Academy</b>	5-13yrs	4pm	The Circuit
Mon	<b>Mini Kickers - Football</b>	2-4yrs	5.15pm	The Circuit
Mon	<b>Irvine Sharks Basketball</b>	12-15yrs	6pm	Greenwood CSH
Mon	<b>Irvine Sharks Basketball</b>	8-13yrs	7pm	Greenwood CSH
Tue	<b>Drama with Ross</b>	8-13yrs	7.15pm	Greenwood CSH
Wed	<b>Circuit Football Academy</b>	5-7yrs	4pm	The Circuit
Wed	<b>Circuit Football Academy</b>	8-13yrs	5pm	The Circuit
Thu	<b>Winslow School of Art</b>	5-7yrs	6pm	Greenwood CSH
Thu	<b>Winslow School of Art</b>	8-13yrs	7.15pm	Greenwood CSH
Fri	<b>Inspire Rugby with Irvine Rugby Club</b> (Starts 17/1/26)	5-7yrs	4pm	The Circuit
Fri	<b>Inspire Rugby with Irvine Rugby Club</b> (Starts 17/1/26)	8-13yrs	5pm	The Circuit
Sat	<b>Rugby Tots With Irvine Rugby Club</b>	2-4yrs	9.15am	Greenwood CSH

### PRE BOOKING REQUIRED.

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**AGE 14+**

## ADULT CLASSES

	CLASS	AGE	TIME	VENUE
<b>Mon</b>	<b>Adult Social Pickleball &amp; Badminton</b>	14+	12noon	The Portal
<b>Mon</b>	<b>Adult Social Pickleball &amp; Badminton</b>	14+	1pm	The Portal
<b>Mon</b>	<b>Adult Social Pickleball</b>	14+	6pm	Largs CC
<b>Mon</b>	<b>Irvine Sharks</b>	16+	8pm	Greenwood CSH
<b>Mon</b>	<b>Adult Racquet Sport</b>	14+	8pm	Largs CC
<b>Tue</b>	<b>Adult Social Pickleball</b>	14+	6pm	Largs CC
<b>Tue</b>	<b>Winslow School of Art and Design</b>	16+	7pm	Dalry CSH
<b>Tue</b>	<b>Adult Social Pickleball</b>	14+	7pm	Largs CC
<b>Wed</b>	<b>Adult Social Badminton</b>	14+	11am	The Portal
<b>Wed</b>	<b>Adult Social Pickleball</b>	16+	12noon	The Portal
<b>Wed</b>	<b>Recreational Badminton 14+</b>	14+	7pm	Garnock CC
<b>Wed</b>	<b>Social Basketball 14+</b>	14+	8pm	Largs CC
<b>Wed</b>	<b>Social Badminton 14+</b>	14+	8pm	St Matthews CSH
<b>Thu</b>	<b>Adult Social Badminton</b>	14+	7pm	The Portal
<b>Sat</b>	<b>Adult Social Pickleball</b>	14+	10am	Garnock CC
<b>Sat</b>	<b>Adult Social Pickleball</b>	14+	11am	Garnock CC
<b>Sun</b>	<b>Adult Social Pickleball</b>	14+	10am	St Matthews CSH
<b>Sun</b>	<b>Adult Social Pickleball</b>	14+	11am	St Matthews CSH
<b>Sun</b>	<b>Adult Recreational Badminton 14+</b>	14+	12noon	St Matthews CSH
<b>Sun</b>	<b>Adult Recreational Badminton 14+</b>	14+	1pm	St Matthews CSH

### 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



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**AGE 40+**

# FOOTBALL CLASSES

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