

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	Mini Kickers - Football	2-4yrs	5.45pm	Dalry CSH
Tue	Dalry Football Academy	5-13yrs	6.30pm	Dalry CSH
Wed	Smash In2 Badminton	5-13yrs	6pm	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
Thu	Inspire Dance Academy	5-7yrs	6pm	Dalry CSH
Thu	Inspire Rugby	5-7yrs	5pm	Dalry CSH
Thu	Inspire Rugby	8-13yrs	6pm	Dalry CSH
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	8-13yrs	11.15am	Garnock CC
Sat	Drama with Showworks Theatre	8-13yrs	10.45am	Garnock CC
Sat	Pre School Gymnastics	2-4yrs	10.15am	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	Smash In2 Badminton	5-13yrs	6pm	Kilwinning CSH
Fri	Friday Fun Football Academy	5-13yrs	5pm	Kilwinning CSH

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



THREE TOWNS

COMMUNITY SPORT CLASSES

	CLASS	AGE	TIME	VENUE
Mon	Inspire Art 5-7 yrs with Ellie	5-7yrs	6pm	St Matthews CSH
Mon	Inspire Art 8-13 Yrs with Ellie	8-13yrs	7.15pm	St Matthews CSH
Mon	Inspire Pre School Gymnastics	2-4yrs	5.45pm	St Matthews CSH
Mon	Inspire Gymnastics 5-7yrs	5-7yrs	6.45pm	St Matthews CSH
Mon	Inspire Gymnastics 8-13yrs	8-13yrs	7.45pm	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
Fri	Kids Pickleball	5-13yrs	6pm	St Matthews CSH
Fri	Dodgeball and Rounders	5-13yrs	7pm	St Matthews CSH
Sat	Mini Kickers - Football	2-4yrs	9am	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

PRE BOOKING REQUIRED.

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

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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	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	5-13yrs	3.15pm	Skelmorlie PS
Fri	Fairlie Football Academy	5-13yrs	3.15pm	Fairlie PS
Fri	Inspire Dance Academy	5-9yrs	4.30pm	Vikingar
Sat	Mini Kickers - Football	2-4yrs	9am	Largs CC
Sat	Come & Play Football	5-13yrs	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	2-4yrs	5.15pm	The Circuit
Mon	Irvine Sharks Basketball	12-15yrs	6pm	Greenwood CSH
Mon	Irvine Sharks Basketball	8-13yrs	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
Sat	Rugby Tots	2-4yrs	9.15am	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 Racquet Sport	14+	8pm	Largs CC
Tue	Adult Social Pickleball	14+	6pm	Largs CC
Tue	Womans only Badminton	16+	7pm	Kilwinning
Tue	Adult Social Pickleball	14+	7pm	Largs CC
Wed	Adult Social Badminton	14+	11am	The Portal
Wed	Adult Social Pickleball	14+	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 Matthews CSH
Thu	Adult Social Badminton	14+	7pm	The Portal
Sat	Adult Social Pickleball	14+	10am	Garnock CC
Sun	Adult Social Pickleball	14+	10am	St Matthews CSH
Sun	Adult Social Pickleball	14+	11am	St Matthews CSH
Sun	Adult Social Badminton	14+	12noon	St Matthews CSH
Sun	Adult Social Badminton	14+	1pm	St Matthews CSH

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	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