

Coaching Programme

The PlaySport initiative is about providing physical activity, but most of all creating positive relationships with sport.

Included in year family membership

PRE-SCHOOL FOOTBALL £3.00 per session

During a pre-school football sessions you should expect your child to have lots of fun through participating in fun games, football drills and mini football games, Our aim is to provide a positive relationship with football and to coach basic football skills.

Monday	1:00-1:45pm	Pre-School
Tuesday	1:00-1:45pm	Pre-School

PRE-SCHOOL GAMES £3.00 per session

During a pre-school games session you can expect your child to develop social skills, language, communication as well as building confidence and develop physical skills while playing various fun games.

Wednesday	2:00-2:45pm	Pre-School
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PRIMARY FOOTBALL £3.00 per session

During our primary football classes you should expect your child to learn the basic football skills and be able to put these skills in a game situation. We aim to deliver each element of football through the use of fun games and drills finishing most weeks with a game.

Monday	4:00-5:00pm	P1 to P3
Tuesday	4:00-5:00pm	P4 to P7
Thursday	4:00-5:00pm	P1 to P3

ATHLETICS £2.90 per session

Come and learn the correct techniques for activities such as speed bounce, standing long jump, triple jump, javelin, high jump, individual and relay races in these fun sessions.

Wednesday	4:00-5:00pm	P1 to P3
Wednesday	5:00-6:00pm	8 years +
Friday	4:00-5:00pm	P1 to P3

CLIMB CUBE £3.00 per session

Learn the fundamentals of climbing through fun games and drills

Tuesday	4:15-5:00pm	S1 to S6
Wednesday	4:15-5:00pm	P2 to P4
Thursday	4:00-4:45pm	P5 to P7

TENNIS £3.00 per session

Coaching tennis skills and the basis of the game. Many fun games and matches played throughout the sessions.

Monday	5:00-6:00pm	P1 to P3
Wednesday	4:00-5:00pm	P4 to P7

MINI MOVERS £3.50 per session

A confidence building class for Pre-School kids. Lots of fun, while improving motor skills and flexibility.

Friday	10:00-10:45am	Parent and Toddler
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CRICKET £3.00 per session

Cricket session run by Oban Cricket club on behalf of PlaySport. During these sessions you can expect to learn how to play cricket, understand the rules and be coached the correct techniques.

Sunday	12:00-1:00pm	P6 to High School
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VOLLEYBALL

Returning after summer 2016, email ben.pollock@atlantisleisure.co.uk for details.

BADMINTON

Returning after summer 2016, email ben.pollock@atlantisleisure.co.uk for details.

Not included in your family membership

FREESTYLE FRIDAY £3.30 per session

Youth night in Atlantis where the centre is specifically aimed towards allowing S1 and S2 pupils to relax and have fun. Pupils will have access to supervised activity sessions in the swimming pool, gym, Main hall, Dance studio, Astro football pitch, Tennis courts, climbing cube and more.

Fridays (school term time)	7:30-9:30pm	S1 to S2
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ARCHERY Beginners course - Child £36.05, Adult £42.45

Open shoot session - Child £3.10 per session
Adult £4.80 per session

Sign up to this five week certificated beginner's course (10 hours) then come and attend the open shoot during this time slot.

Friday	5:30-7:30pm	10 years +
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TEEN GYM

Teen gym is designed to provide an introduction to fitness and exercise in a safe controlled environment with fully qualified fitness instructors.

Teens are required to book in for and go through an induction process.

Monday (school term time)	4:00-5:30pm	S1 to S6
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For more information and queries please contact:

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PLAYSPORT COACHES



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