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Our action packed holiday programme features a wide range of activities available for children from the age of 3. These inclusive programmes promote a healthy and active lifestyle, with experienced coaches creating an atmosphere for children to engage, develop their skills, make friends and have lots of fun.

Bookings can be made in person at the Sports Centre and Swimming Pool receptions or by phone on 01786 466900. Payment can be made by credit or debit card. Children participating in the swimming sessions will need suitable clothing for the pool and after the class.
Kings Sports Camps

We are delighted to announce that Kings Camps will be running their nationally renowned sports and activity camps at the University of Stirling this summer during weeks 1-4 of our summer programme, 3rd – 7th, 10th – 14th, 17th – 21st and 24th – 28th July.

Kings Camps combine the best elements of sports and holiday clubs. With a wide range of sports and games, children develop socially while learning new skills and building lasting friendships. Their experienced coaches all have the ‘Kings Factor’; a unique way to engage your child to ensure they get the most out of their time on camp. With a variety of programmes and packages, discounts and payment options available there’s something for everyone.

Full details can be found at www.kingscamps.org or call the team on 0114 2632160 who will find the perfect package for your family this summer!
Triathlon Camp

This year’s triathlon camps will be lead by Billy Mitchell, British Triathlon’s 2016 Coach of the Year, who is a Level 3 Triathlon and Endurance running coach with 15 years experience. Delivery is in the finest location, with the National Swimming Academy, running track, conditioning suite and on-site meeting rooms within one of Scotland’s finest sporting Universities.

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Time</th>
<th>Camp</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 July - 14 July</td>
<td>08.30 - 16.30</td>
<td>Triathlon Camp (Advanced)*</td>
<td>£160</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 2</th>
<th>Time</th>
<th>Camp</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 July - 21 July</td>
<td>08.30 - 16.30</td>
<td>Kids Tri Camp (Beginner)**</td>
<td>£160</td>
</tr>
</tbody>
</table>

**Week 1**: This camp will be for more experienced and older athletes, of high school age, including those who have just left this year.

**Week 2**: This camp will be for younger or less experienced children and the training load will be reduced to reflect this.

**Offers for Triathlon Camp:**
Book your child into a week of triathlon camp and receive 20% off for each additional child.

Members of Stirling Triathlon Club, or Beaconhurst pupils receive 10% off their booking for Triathlon camp.

(Offers cannot be used in conjunction with another offer.)

To book call the Gannochy Sports Centre reception on 01786 466900
Tennis

Pre-School Tennis is aimed at children aged three to five, developing hand-eye co-ordination skills in a fun and challenging environment.

Mini Tennis Red is an ideal introduction to tennis, played on a mini-sized court with small rackets and sponge balls, for children aged five to seven.

Mini Tennis Orange, for those who have gained a basic knowledge, children gradually progress from foam balls to mid balls and builds in rallies. (7+)

All children attending tennis classes should bring suitable clothing for indoor tennis, and a drink for the session.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Week 1 03/07/17 - 07/07/17</th>
<th>Week 2 10/07/17 - 14/07/17</th>
<th>Week 3 17/07/17 - 21/07/17</th>
<th>Week 4 24/07/17 - 28/07/17</th>
<th>Week 5 31/07/17 - 04/08/17</th>
<th>Week 6 07/08/17 - 11/08/17</th>
<th>Week 7 14/08/17 - 19/08/17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-School Tennis</td>
<td>X</td>
<td>✓</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Mini Tennis Red</td>
<td>X</td>
<td>✓</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Mini Tennis Orange</td>
<td>X</td>
<td>✓</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
</tbody>
</table>

**Cost:**
£25 per week (Mon-Fri)

**Offer for Swim & Tennis:**
Book your child into a week of Tennis or Swim and receive 20% off for each additional child from the same family.

To book call the Gannochy Sports Centre reception on **01786 466900**
Swim

Pre-school swim provides children aged three to five with an opportunity to learn basic aquatic skills, water confidence, and safety awareness.

Beginner swim is for children from the age of five who cannot swim or can only swim a short distance. Children gain confidence in the water and develop techniques for swimming on their front and back.

Improver swim is for children aged seven years and above, who can swim unaided for 25 metres. Stroke technique is advanced while aquatic skills of sculling, breathing and submersion are progressed.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Week 1 03/07/17 - 07/07/17</th>
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<th>Week 6 07/08/17 - 11/08/17</th>
<th>Week 7 14/08/17 - 19/08/17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-School</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Beginner</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Improver</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
</tbody>
</table>

**Cost:**
- Pre-school and Beginner - £25 per week (Mon-Fri)
- Improver - £37.50 per week (Mon-Fri)

**Pre-School Swim:**
- 10.00-10.30

**Beginner:**
- 10.35-11.05

**Improver:**
- 11.15-11.55

**Offer for Swim & Tennis:**
Book your child into a week of Tennis or Swim and receive 20% off for each additional child from the same family.

To book call the Gannochy Sports Centre reception on **01786 466900**
ParSystem Golf

During the lessons all aspects of golf coaching will be covered, from swing analysis, fundamental skill acquisition, on course gameplay, goal setting, development and most importantly FUN!

<table>
<thead>
<tr>
<th>Time</th>
<th>Dates</th>
<th>Age</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10am - 12 noon</td>
<td>July 3 - 7</td>
<td>6 - 9 years</td>
<td>£75</td>
</tr>
<tr>
<td>10am - 12 noon</td>
<td>July 10 - 14</td>
<td>10 - 14 years</td>
<td>£75</td>
</tr>
<tr>
<td>10am - 12 noon</td>
<td>July 17 - 21</td>
<td>6 - 9 years</td>
<td>£75</td>
</tr>
<tr>
<td>10am - 12 noon</td>
<td>July 24 - 28</td>
<td>10 - 14 years</td>
<td>£75</td>
</tr>
<tr>
<td>10am - 12 noon</td>
<td>July 31 - 4 Aug</td>
<td>6 - 9 years</td>
<td>£75</td>
</tr>
<tr>
<td>10am - 12 noon</td>
<td>Aug 7 - 11</td>
<td>10 - 14 years</td>
<td>£75</td>
</tr>
</tbody>
</table>

To book call the Gannochy Sports Centre reception on 01786 466900
Special Offers

Offer for Pre-school classes
Book your child onto two pre-school activities in the same week and get the cheaper one half price (excluding all camps).

Offer for Swim & Tennis
Book your child into a week of Tennis or Swim and receive 20% off for each additional child from the same family.

Offers for Triathlon camp
Book your child into a week of triathlon camp and receive 20% off for each additional child.
Members of Stirling Triathlon Club, or Beaconhurst pupils receive 10% off their booking for Triathlon camp.
(Offers cannot be used in conjunction with another offer.)
Gannochy Sports Centre
Sports Development Service
University of Stirling
T:  01786 466900
E:  sports.development@stir.ac.uk
W:  http://stir.ac.uk/cf

Please see our website:
www.stir.ac.uk/sports-centre/childrens-sport/childrens-holiday-programme/ for more information
or contact reception on 01786 466900.

*This publication is available in alternative formats, please contact sports.development@stir.ac.uk*

http://stir.ac.uk/cf

@SportatStirling

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