



SUMMER HOLIDAY ACTIVITIES 2015

Great Glen Activities

KAYAKING: Monday 6th July (GLKI005105) & Monday 13th July (GLKI005110)

The Great Glen Water Park, South Laggan, Spean Bridge. **10:00-12:00 / £15.00** (per session) / **7-12 years**

In partnership with Active Highs at The Great Glen Water Park, come and try Kayaking with your friends in this fun session on Loch Oich. A confirmation letter with full details of the session will be sent out upon successful booking.

ARCHERY: Monday 6th July (GLKI005106) & Monday 13th July (GLKI005111)

The Great Glen Water Park, South Laggan, Spean Bridge. **13:00-14:30 / £7.00** (per session) / **7-12 years**

Hit the bull's eye this summer with Active Highs at The Great Glen Water Park. Archery coaching, games and challenges; all equipment provided. Wear comfortable clothing and bring a drink.

FOOTBALL: Every Tuesday (7th, 14th, 21st, 28th July & 4th, 11th August)

The Craigmorie Centre (Astro), Drumnadrochit. **13:00-14:30 / Free / S1-S3 / No need to pre-book**

Come and join in with 7-a-side matches or a full 11-a-side 90 minute match (depending on numbers). This session is open to the new S1-S3 year groups at Glen Urquhart High School and Kilchuimen Academy. No need to pre-book, please just turn up. Bring a drink!

FOOTBALL: Every Tuesday (7th, 14th, 21st, 28th July & 4th, 11th August)

The Craigmorie Centre (Astro), Drumnadrochit. **15:00-16:30 / Free / S4-S6 / No need to pre-book**

7-a-side matches or a full 11-a-side 90 minute match (depending on numbers). This session is for the new S4-S6 year groups at Glen Urquhart High School and Kilchuimen Academy. No need to pre-book, please just turn up.

MULTISPORTS: Wednesday 8th July (GLKI005107)

MUGA, Kilchuimen Primary School, Fort Augustus. **10:00-12:00 / £2.00 / 5-12 years**

Tag games, team games and challenges – you name it, we play it! Come along and join in on a morning of sports activities. Wear sports clothes and bring a drink.

TENNIS: Wednesday 8th July (GLKI005108) & Wednesday 15th July (GLKI005115)

Fort Augustus Tennis Club, Fort Augustus. **13:00-15:00 / £2.00** (per session) / **7-12 years**

Are you the next Andy Murray? A budding Rafael Nadal? Just like to play tennis and have fun? Come and join this tennis session, learning techniques and tips from our coaches. All equipment provided, all abilities welcome!

Plus lots more – visit highlifehighland.com/summer to download the full brochure

To book, please visit highlifehighland.com/summer / call 01349 860 840 / or visit your local High Life Highland Centre

To discuss any of the sessions listed above, please contact Garry McKay on
01456 459 227 / 07747 842 713
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RACKET SPORTS CAMP: Thursday 9th & Friday 10th July (GLKI005109)

Craigmonie Centre, Drumnadrochit. **10:00-15:30 / £15.00** (for both days) / **7-12 years**

Join us for some SMASHING fun! Badminton, Table Tennis & Short Tennis sessions for all levels. Bring a packed lunch and indoor shoes. All equipment provided!

FUSION: Saturday 11th July (GLKI005365)

Sports Field, Craigmonie Centre, Drumnadrochit. **18:00-21:00 / Free / 11-18 years**

Lasertag – come and shoot your pals with lasers, hide behind obstacles plus more activities.

OWN A PONY FOR A MORNING: Tuesday 14th July (GLKI005112) & Tuesday 28th July (GLKI005135)

Highland Riding Centre, Drumnadrochit. **10:00-12:30 / £12.00** (per session) / **7+ years**

Owning your own pony is a dream for many youngsters, come along and own one for a morning. This pony will be 'all yours', with constant supervision, to groom, tack, ride lesson, feed, muck out and turn out. Age, height and weight required – participants will be contacted upon booking.

SOCCER SCHOOL: Wednesday 15th July (GLKI005113)

MUGA, Kilchuimen Primary School, Fort Augustus. **10:00-12:00 / £2.00 / 5-12 years**

Early touches for future superstars! Football skills, challenges and games. Wear sports clothes and bring a drink.

GAELIC FUN TIME: Wednesday 15th, 22nd, 29th July & 5th August (GLKI007565)

Library, Drumnadrochit. **14:00-15:30 / Free / 5-8 years** | Games and activities in the medium of Gaelic.

SHINTY: Wednesday 15th, 22nd, 29th July & 5th August (GLKI005114)

Craigmonie Centre, Drumnadrochit. **14:30-16:00 / £2.00** (per session) / **6-13 years**

Shinty skills, fun & games with Glenurquhart Shinty Club. Equipment provided, wear sports clothes & bring a drink.

RACKET SPORTS CAMP: Thursday 16th & Friday 17th July (GLKI005116)

Craigmonie Centre, Drumnadrochit. **10:00-15:30 / £15.00** (for both days) / **11-16 years**

Join us for some SMASHING fun! Badminton, Table Tennis & Short Tennis sessions for all levels. Bring a packed lunch and indoor shoes. All equipment provided!

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A BOOK IN A DAY: Thursday 16th, 23rd & 30th July (GLKI007567)

Library, Drumnadrochit. **13:30-15:30 / £2.00** (per session) / **7-10 years**

Make and design your very own book using techniques from around the World.

OWN A PONY DAY: Fri 17th July (GLKI005117), Wed 22nd July (GLKI005127) & Thu 6th August (GLKI005145)

Highland Riding Centre, Drumnadrochit. **10:30-15:30 / £20.00** (per session) / **9-15 years**

Owning a pony is a dream for many youngsters, come and own one for a day. This pony will be 'all yours', with constant supervision, to groom, tack, ride (lesson & ride out), feed and turn out. Age, height and weight required – participants will be contacted upon booking.

ARCHERY: Tuesday 21st July & Thursday 23rd July

(1) Cannich Hall, Cannich Bridge (GLKI005118/GLKI005123). **09:30-11:00 / £3.50** (per session) / **7-12 years**

(2) Craigmonie Centre, Drumnadrochit (GLKI005120/GLKI005125). **13:00-14:30 / £3.50** (per session) / **7-12 years**

Hit the bull's eye this summer at Cannich Hall/the Craigmonie Centre. Archery coaching, games and challenges; all equipment provided. Wear comfortable clothing and bring a drink.

MULTISPORTS: Tuesday 21st July

(1) Craigmonie Centre, Drumnadrochit (GLKI005119). **10:30-12:00 / £1.50 / 5-12 years**

(2) Cannich Hall, Cannich Bridge (GLKI005121). **14:00-15:30 / £1.50 / 5-12 years**

Tag games, team games and challenges – you name it, we play it! Come along and join in on a morning of sports activities. Wear sports clothes and bring a drink.

SOCCER SCHOOL: Thursday 23rd July

(1) Craigmonie Centre, Drumnadrochit (GLKI005124). **10:30-12:00 / £1.50 / 5-12 years**

(2) Cannich Hall, Cannich Bridge (GLKI005126). **14:00-15:30 / £1.50 / 5-12 years**

Early touches for future superstars! Football skills, challenges and games. Wear sports clothes and bring a drink.

MOUNTAIN BIKING & BUSHCRAFT DAY: Monday 27th July (GLKI005134)

Abriachan Forest Trust, Inverness-shire. **10:30-16:30 / £20.00 / 8-12 years**

Ride the routes at Abriachan Forest for half the day with a Mountain Bike Leader. For the rest of the day, have fun learning bush craft skills, building shelters and cooking snacks over the fire. All equipment provided. Please bring a packed lunch and a drink and dress for the weather. In partnership with Abriachan Forest Trust.

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ARCHERY & BUSHCRAFT DAY: Wednesday 29th July (GLKI005136)

Abriachan Forest Trust, Inverness-shire. 10:30-16:30 / £20.00 / 8-12 years

Hit the bull's eye this summer at Abriachan Forest Trust for half the day. For the rest of the day, have fun learning bush craft skills, building shelters and cooking snacks over the fire. All equipment provided. Please bring a packed lunch and a drink and dress for the weather. In partnership with Abriachan Forest Trust.

MOUNTAIN BIKING: Thursday 30th July

(1) Abriachan Forest Trails (CHAR005520). 10:00-12:30 / £8.00 / 8-11 years

(1) Abriachan Forest Trails (CHAR005521). 13:00-15:30 / £8.00 / 12-16 years

Skills session and ride the routes at Abriachan. Mountain bikes and safety equipment can be provided. However, participants are welcome to bring their own bike, helmet and gloves. Please dress for the weather and bring sunscreen. Bring a drink and a snack.

FAMILY FOREST FUN: Friday 31st July (GLKI005138)

Abriachan Forest Trust, Inverness-shire. 10:30-13:00 / £5.00 / 4+ years

Spend the morning in the fresh air learning bush craft skills, building dens and lighting fires. This is a family activity and places must be booked for parents and children. Parents must take part in the whole session. Wear suitable clothes and dress for the weather. In partnership with Abriachan Forest Trust.

FAMILY FOREST FUN: Friday 31st July (GLKI005139)

Abriachan Forest Trust, Inverness-shire. 13:30-16:00 / £5.00 / 4+ years

Navigate the routes and trails of the Abriachan Forest in a geo-caching Treasure Hunt. This is a family activity and places must be booked for parents and children. Parents must take part in the whole session. Wear suitable clothes and dress for the weather. In partnership with Abriachan Forest Trust.

FIMO MODELLING: Thursday 6th & 13th August (GLKI007570)

Library, Drumnadrochit. 13:30-15:30 / £3.00 (per session) / 7-13 years

Making models using Fimo modelling clay.

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