

High Life Highland Ardnamurchan Summer Activities 2015

MONDAY 06 JULY 4 DAY ACTIVITY FOOTBALL Ages 5-7 years The sessions will be fun, active, enjoyable and you will pick up some new skills. Wear clothes suitable for sport and the weather. Bring football boots (no blades) or outside trainers, a drink and a snack. Meet in Sunart Centre Community beside library at 10 o'clock. Sunart Centre, Strontian. 10:00-12:00. 15 max spaces. £2.00 / £2.00 / £2.00 (PER DAY)	MONDAY 06 JULY 4 DAY ACTIVITY FOOTBALL Ages 8-13 years Come along and work with an experienced coach learn some new techniques and have fun playing with others. Wear clothes suitable for sport and the weather. Bring football boots (no blades) or outside trainers, a drink and a snack. Sunart Centre, Strontian. 10:00-12:00. 20 max spaces. £2.00 / £2.00 / £2.00 (PER DAY)	MONDAY 06 JULY SINGLE DAY ACTIVITY KEEP FIT & ACTIVE Ages 12 – 17 years. Open to all teenagers 12 and over. Come along and use the facilities free of charge with your friends and have a game of football, volleyball, table tennis, netball or any other sport or games of your choice. We can also set up the Wii fit for you if you want to keep fit together. This is a drop in so no need to book. Sunart Centre, Strontian. 14:00-16:00. 15 max spaces. FREE / FREE / FREE
TUESDAY 07 JULY 4 WEEK ACTIVITY KILCHOAN SPORTS Ages 5-16 years. Fun days of sports with Kayleigh. Come along and join in the fun these sessions are free!! Sports Field, Kilchoan Sports Field. 17:30-19:00. 15 max spaces. FREE / FREE / FREE (PER DAY)	FRIDAY 10 JULY SINGLE DAY ACTIVITY FOOTBALL TOURNAMENT Ages 5-11 years. You have spent four mornings learning skills; now put them to good use! We will have teams coming along from other areas so prepare for some competition. Bring your football boots, dress for sport and bring a snack and a water bottle. Sunart Centre 10:30-12:30. 12 max spaces. FREE / FREE / FREE	MONDAY 13 JULY SINGLE DAY ACTIVITY FIT KIDS Ages 5-11 years. Fun active athletics sessions with qualified fitness instructor. Fun games and activities wear clothes suitable for sport and being active. Bring a water bottle and a snack. Sunart Centre 10:00-12:00. 20 max spaces. £2.00 / £2.00 / £2.00
MONDAY 13 JULY SINGLE DAY ACTIVITY KEEP FIT & ACTIVE Ages 12 – 17 years. Come along and use the facilities free of charge and have a game of football, volleyball, table tennis, netball or any other sport or games of your choice. We can also set up the Wii if you want to keep fit together. This is a drop in so no need to book. Sunart Centre 14:00-16:00. 15 max spaces. FREE / FREE / FREE	MONDAY 13 JULY SINGLE DAY ACTIVITY BOOKBUG SESSION Ages 0-5 years. A fun song, rhyme and story session for babies, toddlers and their carers. Older brothers and sisters also welcome. Ardnamurchan Library, Strontian. 10:30-11:30. 12 max spaces. FREE / FREE / FREE	WEDNESDAY 15 JULY SINGLE DAY ACTIVITY FIT KIDS Ages 5-11 years. Fun active athletics sessions with qualified fitness instructor. Fun games and activities wear clothes suitable for sport and being active. Bring a water bottle and a snack. Sunart Centre, Strontian. 10:00-12:00. 20 max spaces. £2.00 / £2.00 / £2.00
THURSDAY 16 JULY SINGLE DAY ACTIVITY RUGBY COACHING FOR PRIMARIES Ages 8-11 years. An opportunity to enjoy some taster sessions in rugby. Come along wear clothes & boots suitable for outdoors. Bring a water bottle and a snack. Sunart Centre, Strontian. 10:00-12:00. 12 max spaces. £2.00 / £2.00 / £2.00	FRIDAY 17 JULY SINGLE DAY ACTIVITY RUGBY COACHING FOR PRIMARIES Ages 8-11 years. An opportunity to take part in some rugby taster sessions with our qualified coach Matthew. All abilities welcome. Wear sports clothes and bring a water bottle and a snack. Sunart Centre, Strontian. 10:00-12:00. 12 max spaces. £2.00 / £2.00 / £2.00	MONDAY 20 JULY SINGLE DAY ACTIVITY KEEP FIT & ACTIVE Ages 12 – 17 years.. Come along and use the facilities free of charge and have a game of football, volleyball, table tennis, netball or any other sport or games of your choice. Also set up the Wii fit if you want to keep fit together. This is a drop in so no need to book. Sunart Centre, Strontian. 14:00-16:00. 15 max spaces. FREE
MONDAY 20 JULY 5 DAY ACTIVITY GAMES AND PUZZLE AFTERNOONS Ages 0-12 years. No need to book, just come in and play some traditional board games, complete some jigsaws, or draw some pictures with your friends and family. Ardnamurchan Library, Strontian. 14:00-16:00. 10 max spaces. FREE / FREE / FREE (PER DAY)	WEDNESDAY 22 JULY SINGLE DAY ACTIVITY CYCLING & PICNIC Age 5-11 years. Leaving the Sunart Centre and taking the paths up to Ariundle a bike trip in beautiful countryside. Bring a packed lunch in a small rucksack and dress suitably for cycling and the weather. Meet outside Sunart Centre, Strontian. 10:00-13:00. 10 max spaces. £3.00 / £3.00 / £3.00	THURSDAY 23 JULY SINGLE DAY ACTIVITY VOLLEYBALL COACHING AND TOURNAMENT Ages 8+ years. Come along and play volleyball get some coaching tips before playing a fun tournament with teams from Oban and Benbecula. A friendly fun competition with medals for all participants, come and join in the fun. Sunart Centre, Strontian. 13:00-16:00. 50 max spaces. FREE / FREE / FREE
<p style="text-align: center;">MONDAY 27 JULY 5 DAY ACTIVITY PLAYScheme</p> <p style="text-align: center;">Come along for a week packed with fun sports, games and arts activity. Children need a packed lunch and clothes suitable for the day. Please book in advance. Sunart centre, Strontian. 10:30-15:00. 50 max spaces. £6.00 / £6.00 / £6.00 (PER DAY)</p>		
MONDAY 27 JULY SINGLE DAY ACTIVITY BOOKBUG SESSION Ages 0-5 years. A fun song, rhyme and story session for babies, toddlers and their carers. Older brothers and sisters also welcome Ardnamurchan Library, Strontian. 10:30-11:30. 12 max spaces. FREE / FREE / FREE	WEDNESDAY 29 JULY SINGLE DAY ACTIVITY FAMILY TREASURE HUNT Ages 4-14 years. Follow the trail of some brilliant record breakers and find out about some amazing real life achievements on the way. (Dress for outdoors). Ardnamurchan Library, Strontian. 11:30-14:30. 50 max spaces. FREE / FREE / FREE	MONDAY 03 AUGUST 5 DAY ACTIVITY GAMES AND PUZZLE AFTERNOONS Ages 0-12 years. No need to book, just come in and play some traditional board games, complete some jigsaws, or draw some pictures with your friends and family. Ardnamurchan Library, Strontian. 14:00-16:00. 10 max spaces. FREE / FREE / FREE (PER DAY)