

JUNIOR TIMETABLE

August - September

Arbroath Sports Centre 01241 438190

Monday

Tiny Dancers adult & child	18mths-3yrs	09:15-10:00
Swimming Lessons adult & child	6mths-4yrs	09:30-10:30
Pre-school Dance	3-5yrs	10:00-10:45
Tiny Dancers adult & child	18mths-3yrs	10:45-11:30
Pre-school Dance	3-5yrs	11:30-12:15
Swimming Lessons adult & child	6mths-4yrs	14:00-14:30
Pre-school Swimming Lessons	4-5yrs	14:30-16:00
Swimming Lessons	5-12yrs	16:00-17:30
Trampoline	5-14yrs	16:15-20:15
Swimming Lessons	8-14yrs	17:00-17:30

Tuesday

Swimming Lessons adult & child	6mths-4yrs	09:30-11:00
Pre-school Swimming Lessons	4-5yrs	14:00-15:30
Swimming Lessons	5-12yrs	16:00-17:30

Wednesday

Tiny Dancers adult & child	18mths-3yrs	13:00-13:45
Swimming Lessons adult & child	6mths-4yrs	13:00-14:00
Pre-school Dance	3-5yrs	13:45-14:30
Pre-school Swimming Lessons	4-5yrs	14:00-16:00
Pre-school Dance	3-5yrs	14:30-15:15
Swimming Lessons	5-12yrs	16:00-17:30
Rookie Lifeguard	Level 6+	16:00-17:30
Gymnastics	5-12yrs	16:00-20:00
Highland Dancing	5-12yrs	18:00-21:00

Thursday

Swimming Lessons adult & child	6mths-4yrs	09:30-10:30
Pre-school Swimming Lessons	4-5yrs	10:30-11:00
Swimming Lessons	5-12yrs	16:00-17:45

Friday

Swimming Lessons adult & child	6mths-4yrs	09:30-10:30
Pre-school Swimming Lessons	4-5yrs	10:30-11:00
Swimming Lessons	5-12yrs	16:00-17:30
Scottish FA Football	5-7yrs	16:00-17:00
Scottish FA Football	8-12yrs	17:00-18:00
Terrorzone	8yrs+	17:45-18:45

Saturday

Swimming Lessons adult & child	6mths-4yrs	09:00-10:30
Pre-school Swimming Lessons	4-5yrs	09:00-10:00
Swimming Lessons	5-12yrs	09:00-11:00
Rookie Lifeguard	Level 6+	09:00-10:00
Gymnastics	5-12 yrs	09:00-12:00
Family Fun Session	All	10:00-11:00
Swimming Lessons	8-14yrs	10:30-11:00
Cheerleading	5-12yrs	12:00-13:00

Sunday

Family Fun Session	All	11:00-12:00
Pre-school Swimming Lessons	4-5yrs	15:00-16:00
Swimming Lessons adult & child	6mths-4yrs	16:00-16:30
Swimming Lessons	5-12yrs	16:00-17:00

Brechin Community Campus 01356 627474

Monday

Swimming Lessons	5-12yrs	16:00-17:00
Mini Kickers (Football)	3-5yrs	16:00-17:00
Climbing Wall adult & child	3-5yrs	16:00-17:00
Lidl Skills Centre Football	5-7yrs	17:00-18:00
Climbing Wall Course	5-7yrs	18:00-19:00
Climbing Wall Course	8-16yrs	19:00-20:00

Tuesday

Pre-school Swimming Lessons	4-5yrs	13:00-15:00
Run, Jump & Throw Pre-school	3-5yrs	15:45-16:30
Run, Jump & Throw	5-7yrs	16:30-17:15
Run, Jump & Throw	5-7yrs	17:15-18:00

Wednesday

Run, Jump & Throw Pre-school	3-5yrs	15:45-16:30
Swimming Lessons	5-12yrs	16:00-17:00
Run, Jump & Throw	8-12yrs	16:30-17:15

Thursday

Swimming Lessons	5-12yrs	16:00-17:00
Climbing Wall Course	5-7yrs	16:00-17:00
Tennis	5-12yrs	17:00-18:00

Friday

Multi Sports Pre-school	3-5yrs	15:45-16:30
Climbing Wall Course	5-7yrs	16:00-17:00
Multi Sports	5-7yrs	16:30-17:15
Multi Sports	8-12yrs	17:15-18:00

Saturday

Swimming Lessons	5-12yrs	09:00-11:00
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Sunday

Climbing Wall Session	5-16yrs	10:00-12:00
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Carnoustie Sports Centre 01241 803590

Monday

Lidl Skills Centre Football	5-7yrs	16:00-17:00
Multi Sports	5-12yrs	17:00-18:00

Tuesday

Pre-school Gymnastics	3-5yrs	10:30-11:15
Pre-school Gymnastics	18mths-3yrs	11:15-12:00
Pre-school Gymnastics	3-5yrs	13:15-14:00

Carnoustie Cont.

Pre-school Gymnastics	3-5yrs	14:00-14:45
Gym Movers	5-7yrs	15:45-16:45
Mini Kickers (Football)	3-5 yrs	16:00-17:00
Dance	5-7yrs	16:00-17:00
Gym Movers	5-12yrs	16:45-17:45
Dance	8-12yrs	17:00-18:00
Basketball	8-12yrs	17:00-18:00

Wednesday

Tiny Dancers adult & child	18mths-3yrs	10:00-10:45
Pre-school Dance	3-5yrs	10:45-11:30
Run, Jump & Throw	6-12yrs	16:00-17:00
Dance	5-7yrs	16:45-17:45
Scottish FA Football	8-12yrs	17:00-18:00

Thursday

Pre-school Gymnastics	3-5yrs	09:15-10:00
Pre-school Gymnastics	18mths-3yrs	10:00-10:45
Mini Kickers (Football)	3-5yrs	16:00-17:00
Gymnastics	5-7yrs	16:00-17:00
Lidl Skills Centre Football	5-7yrs	17:00-18:00
Gymnastics	5-12yrs	17:00-18:00
Gymnastics	8-12yrs	18:00-19:00

Friday

Mini Kickers (Football)	3-5yrs	16:00-17:00
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Saturday

Monifieth High School Pool*

Mini Kickers (Football)	3-5yrs	09:30-10:15
Lidl Skills Centre Football	5-7yrs	10:15-11:00
Scottish FA Football	8-12yrs	11:00-12:00
Swimming Lessons	5-12yrs	13:30-15:45

Carnoustie High School Pool*

Swimming Lessons	5-12yrs	10:15-12:30
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Sunday

Pre-school Trampoline	3-5yrs	09:30-10:30
Trampoline	5-7yrs	09:30-10:30
Trampoline	5-7yrs	10:30-11:30
Trampoline	5-7yrs	11:30-12:30
Trampoline	8-12yrs	12:30-13:30

Carnoustie High School Pool*

Swimming Lessons	5-12yrs	09:15-12:00
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Monifieth High School Pool*

Swimming Lessons	5-12yrs	13:15-15:30
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*Book through Carnoustie Sports Centre

Forfar Community Campus 01307 476006

Monday

Baby Gym Teds	2-3yrs	13:30-14:15
Gym Teds	3-4yrs	14:15-15:15
Mini Kickers (Football)	3-5yrs	16:00-17:00
Trampoline	5-7yrs	16:00-17:00
Swimming Lessons	5-12yrs	16:00-17:30
Badminton	7-12yrs	17:00-18:00
Football (disabilities)	12+ to adult	17:30-19:00

Tuesday

Gym Teds	3-4yrs	09:30-10:30
Baby Gym Teds	2-3yrs	10:45-11:30
Pre-school Swimming	4-5yrs	15:30-16:00
Swimming Lessons	5-7yrs	16:00-17:30
Basketball	8-12yrs	16:00-17:00
Run, Jump & Throw	6-12yrs	17:00-18:00

Wednesday

Swimming Lessons adult & child	2-3yrs	13:00-13:30
Swimming Lessons adult & child	3-4yrs	13:30-14:00
Gym Teds	3-4yrs	13:30-14:30
Pre-school Swimming	4-5yrs	15:30-16:00
Pre-school Dance	3-5yrs	16:00-17:00
Swimming Lessons	5-12yrs	16:00-17:00
Lidl Skills Centre Football	5-7yrs	16:00-17:00
Lidl Skills Centre Football	5-7yrs	17:00-18:00
Scottish FA Football	8-12yrs	17:00-18:00
Dance	5-12yrs	17:00-18:00

Thursday

Swimming Lessons adult & child	6-15mths	09:15-09:45
Swimming Lessons adult & child	15mths-2yrs	09:45-10:15
Tiny Dancers adult & child	18 mths -3yrs	13:00-13:45
Pre-school Dance	3-5yrs	14:00-14:45
Pre-school Dance	3-5yrs	15:00-15:45
Trampoline	8-12yrs	16:00-17:00
Swimming Lessons	5-12yrs	16:00-17:00
Junior Gymfit	10-14yrs	16:00-17:00

Friday

Trampoline	12-14yrs	13:30-14:30
Pre-school Swimming	4-5yrs	15:00-16:00
Swimming Lessons	5-12yrs	16:00-17:30
Trampoline	5-7yrs	16:00-17:00
Mini Kickers (Football)	3-5yrs	16:00-17:00
Fun Session	8-12yrs	19:00-20:00

Saturday

Family Fun Session	All	10:30-11:30
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Sunday

Family Fun Session	All	09:30-10:30
Family Fun Session	All	14:00-15:00

Montrose Sports Centre 01674 662666

Monday

Pre-school Swimming Lessons	3.5-5yrs	10:30-14:00
Swimming Lessons	5-12yrs	16:00-18:00
Gymnastics	5-16yrs	16:00-17:00
Trampoline	5-16yrs	17:00-20:00

Tuesday

Pre-school Gymnastics	3-5yrs	09:30-11:00
Pre-school Swimming Lessons	2-5yrs	11:00-16:00
Pre-school Gymnastics	2-5yrs	13:00-14:15
Swimming Lessons	5-12yrs	16:00-18:00
Gymnastics	5-16yrs	17:00-18:00
Trampoline	5-16yrs	18:00-20:00

Wednesday

Pre-school Gymnastics	2-5yrs	13:00-15:00
Pre-school Swimming Lessons	3.5-5yrs	15:30-16:00
Swimming Lessons	5-12yrs	16:00-18:00
Gymnastics	5-16yrs	16:00-18:00

Thursday

Pre-school Swimming Lessons	6mths-5yrs	12:00-14:00
Pre-school Swimming Lessons	3.5-5yrs	15:30-16:00
Table Tennis (disabilities)	12+ to adult	16:00-17:00
Swimming Lessons	5-12yrs	16:00-18:00
Gymnastics	5-16yrs	16:00-18:00

Friday

Swimming Lessons	5-12yrs	16:00-16:45
Sailing	8yrs+	17:30-18:30
Sailing	8yrs+	18:30-19:30

Saturday

Swimming Lessons	5-12yrs	09:00-12:00
Family Fun Session	All	12:00-13:00
Family Fun Session	All	13:00-14:00
Inflatable Session	8-12 yrs	16:00-17:00

Sunday

Family Fun Session	All	10:00-11:00
Family Fun Session	All	11:00-12:00
Swimming Lessons	5-12yrs	13:15-14:15

Saltire Sports Centre 01241 438290

Monday

Pre-school Trampoline	3-5yrs	12:00-12:45
Pre-school Gymnastics	3-5yrs	13:45-14:30
Tiny Dancers adult & child	18mths-3yrs	14:15-15:00
Pre-school Gymnastics	3-5yrs	14:30-15:15
Pre-school Dance	3-5yrs	15:00-15:45
Mini Kickers (Football)	3-5yrs	15:00-16:00
Gymnastics	5-7yrs	16:00-17:00
Lidl Skills Centre Football	5-7yrs	16:00-17:00
Gymnastics	5-12yrs	17:00-18:00

Tuesday

Gymnastics	5-7yrs	16:00-17:00
Gymnastics	8-12yrs	17:00-18:00
Trampoline	5-12yrs	18:00-19:00
Boccia (disabilities)	12+ to adult	18:30-20:30

Wednesday

Trampoline	5-12yrs	16:00-17:00
Trampoline	5-12yrs	17:00-18:00
Multi Sports (disabilities)	12+ to adult	19:00-21:00

Thursday

Mini Kickers (Football)	3-5yrs	15:00-16:00
Lidl Skills Centre Football	5-7yrs	16:00-17:00
Lidl Skills Centre Football	5-7 yrs	17:00-18:00
Scottish FA Football	8-12yrs	17:00-18:00
Boccia (disabilities)	12+ to adult	18:00-20:00

Friday

Tiny Dancers adult & child	18mths-3yrs	14:15-15:00
Pre-school Dance	3-5yrs	15:00-15:45
Dance	5-7yrs	15:45-16:45
Dance	8-12yrs	16:45-17:45

Webster's Sports Centre 01575 577177

Monday

Swimming Lessons	5-12yrs	16:00-17:45
Trampoline	5-12yrs	17:15-18:45

Tuesday

Swimming Lessons adult & child	6mths-2.5yrs	13:30-14:00
Swimming Lessons adult & child	2.5yrs-4yrs	14:00-14:30
Rookie Lifeguard	8yrs+ & Level 6+	15:45-16:30
Swimming Lessons	5-12yrs	16:00-17:00
Mini Kickers (Football)	3-5yrs	16:00-17:00
Lidl Skills Centre Football	5-7yrs	17:00-18:00
Scottish FA Football	8-12yrs	18:00-19:00
Highland Dancing	5-12yrs	18:00-19:00

Wednesday

Swimming Lessons	5-12yrs	16:00-17:45
Trampoline	5-12yrs	17:00-17:45

Thursday

Swimming Lessons	5-12yrs	16:00-18:00
XYZ	10-14yrs	16:00-17:00

Friday

Swimming Lessons	5-12yrs	16:00-17:30
Gymnastics	5-12yrs	16:00-19:00

Saturday

Gymnastics	5-12yrs	09:30-11:30
Swimming Lessons	5-12yrs	10:15-12:45

Sunday

Swimming Lessons	5-12yrs	09:00-10:00
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