

TOTS TO TEENS SPORTS CLASSES



For kids aged 3 and up

Lots of activities to choose from:

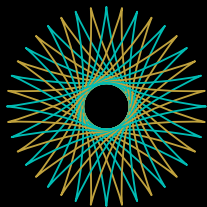
- Football
- Rugby
- Netball
- Basketball
- Multi-Sport
- Inflatable Fun Session
- Racquet Club
- Floor Gymnastics
- Run, Jump and Throw Classes

**Block 2
classes start
on Monday
17th April**

Facility Opening Times

**Mon-Fri (6:30-22:00)
Sat (8:00-20:00)
Sun (8:00-22:00)**

For more information call 0131 451 8400 or email events@oriam.hw.ac.uk



Oriam
COMMUNITY SPORT

Our wide range of classes provide the perfect opportunity for your children to participate in a structured and engaging sport and physical activity environment, whilst receiving high quality coaching.

ORIAM BIRTHDAY PARTIES

Are you looking for something different for your child's next birthday party? What better place to have it than Oriam, where some of Scotland's best sporting athletes train and compete!

We can provide the following:

- Be-spoke packages including activity, catering and extras
- Activity packages ranging from £8p/p-£15p/p
- Sports parties available including football, basketball, netball, ultimate frisbee, among others
- Inflatable parties
- In-house catering options from Oriam's Bistro Kitchen
- Additional extras to make your party extra special
- Dedicated sports coach/party host
- Electronic editable invites available on request



For more information and an enquiry form please visit our website at oriamscotland.com/sport/community/ or email events@oriam.hw.ac.uk



TOTS CLASSES (AGED 3-5)

Our tots classes are specially designed for pre-school children. Friendly coaching staff will lead fun and engaging activities that will allow your young ones to develop a wide range of skills.

N.B. Parents/guardians must stay in the class with their child at all times.

Baby Ballers

Perfect for any future basketball, netball, handball or rugby stars. Your child will learn balance, coordination and control, combined with ball skills such as throwing and catching. In association with Netball Scotland.

Multi-sport

The best way to get involved in sport at a young age. Your child can try a range of energetic and educational activities tailored to their physical and developmental needs, such as balloon tennis and volleyball!

Football

Mini balls? Check! Mini goals? Check! These sessions will provide your young ones with the perfect introduction to the beautiful game.



TOTS CLASSES

	Activity	Time	Location	Block Cost (9 weeks)
Mon	Baby Ballers	10:00-10:50	Sports Hall 1	£45
Thurs	Multi-sport	14:00-14:50	Sports Hall 1	£45
Fri	Baby Ballers	11:00-11:50	Sports Hall 1	£45
Fri	Football	14:30-15:15	Academy Synthetic	£45

CHILDREN'S CLASSES (AGED 5-8 AND 8-11)

These classes are split into two age groups, 5 to 8 and 8 to 11, and are available to children of all abilities. This helps to ensure age appropriate activity as well as encouraging progression in a wide range of activities.

Whether they're trying out the sport for the first time or looking to improve on the skills they already have, this is a great avenue for children to make friends in a fun and active way.

Netball

These sessions will not only develop girls netball skills but also teach them the importance of teamwork and good sportsmanship as well as building their confidence and self-esteem.

Football

Whether your child is the next Messi or Ronaldo, or just wants to improve their footballing skills these classes are the perfect solution.

Racquet Club

Does your child prefer to hit balls rather than throw, catch or kick them? Our racquet club is the perfect solution. They will have the chance to try badminton, short-tennis, squash, table-tennis and racquet-ball.

Basketball

From passing and dribbling to shooting and movement, your child will develop all the necessary skills for success on the court.

Gymnastics

Tumble, jump and roll! A great way to learn the basic skills. In association with Pentland Gymnastics.

Multi-Sport

Struggling to pick just one sport? Our multi-sport classes are the perfect way to experience a range of activities, from Dodgeball to Kwik-cricket, and Ultimate Frisbee to Hockey.

Run, Jump & Throw/ Mini Athletics

Young children will develop run, jump and throw skills, and older children can progress through the various disciplines. The perfect choice for any budding athletics superstars!

Rugby

Pick up a ball and start running! These classes are a safe, fun and creative introduction to the game.

5-8 CLASSES

Activity		Time	Location	Block Cost (9 weeks)
Mon	Basketball	16:45-17:30	Sports Hall 1	£36
Mon	Gymnastics	16:00-16:45	Sports Hall 1	£45
Mon	Racquet Club	16:45-17:30	Sports Hall 1	£45
Thurs	Netball	16:45-17:30	Sports Hall 1	£32*
Thurs	Run, Jump & Throw	16:00-16:45	Sports Hall 1	£36
Fri	Football	15:15-16:00	Academy Synthetic	£36
Fri	Gymnastics	15:15-16:00	Studio 1	£45
Fri	Multi-sport	16:00-16:45	Sports Hall 1	£45
Fri	Racquet Club	14:30-15:15	Sports Hall 1	£45
Fri	Racquet Club	16:00-16:45	Sports Hall 1	£45
Sat	Football	11:45-12:30	Academy Synthetic	£36
Sat	Rugby	11:00-11:45	Academy Synthetic	£36

*no class on Thursday 4th May 2017



From w/c 17th April – w/c 12th June 2017

8-11 CLASSES

Activity		Time	Location	Block Cost (9 weeks)
Mon	Basketball	16:00-16:45	Sports Hall 1	£36
Mon	Gymnastics	16:45-17:30	Sports Hall 1	£45
Mon	Racquet Club	16:00-16:45	Sports Hall 1	£45
Thurs	Mini-Athletics	16:45-17:30	Sports Hall 1	£36
Thurs	Netball	16:00-16:45	Sports Hall 1	£32*
Fri	Gymnastics	14:30-15:15	Studio 1	£45
Fri	Racquet Club	15:15-16:00	Sports Hall 1	£45
Sat	Football	11:00-11:45	Academy Synthetic	£36
Sat	Rugby	11:45-12:30	Academy Synthetic	£36

*no class on Thursday 4th May 2017



INFLATABLE FUN SESSIONS

Our inflatable fun sessions bounced onto the scene in the start of 2017 and have been a massive hit!

There are two weekly sessions designed to cater for a wide range of ages using our very own inflatables.

The Wednesday class with our playzone and bouncy castle is primarily for pre-school age. While the session on Friday with our fun run and bouncy castle is for children of all ages from 3 years old up. Details are as follows:

Day	Time	Location	Cost p/p
Wed	09:30-11:30	Sports Hall 1	£3 (Pay-as-you-play)
Fri	14:00-16:00	Sports Hall 1	£3 (Pay-as-you-play)

Pre-booking is not required so just turn as and when you like, reporting to main reception on arrival.

The inflatables sessions will be running all year round but there may be some dates that the classes won't run due to other events. We will communicate these dates out in advance on social media, at the sessions and to previous attendees.

If you would like any further information please contact 0131 451 8400 or email events@oriam.hw.ac.uk



HOLIDAY CAMPS WITH KINGS CAMPS

We are proud to announce that Kings Camps, one of the nation's favourite school holiday sports camps providers, will be now be running programmes at Oriam until 2019!

Programmes will run during the Summer and October breaks, for children aged 4 and up in 2017.

Please see the Kings Camps website for more details.

kingscamps.org



HOW TO BOOK AND PAY FOR SPORTS CLASSES

There are two ways to book your child onto sports classes:

1. In person at Oriam reception
2. Over the phone on **0131 451 8400**

Deadline for initial bookings is 9th April 2017. Pro-rata bookings will also be available after 14th April throughout activity block with small additional admin fee applied.

Full terms and conditions are available at oriamscotland.com/sport/community

MEMBERSHIPS

Memberships for your Children aged 10-15. Join Oriam with an adult and start using the fitness suite & selected classes.

Price for juniors aged 10-15 year is £15 per month. This allows access to the Fitness Suite once an Oriam Junior Induction is completed.

Fitness Suite access hours for Juniors is Monday to Friday 4-8pm and Saturday & Sunday 8am-8pm. Children aged 10-13 must be accompanied by a parent for whole visit.

Please check the Oriam Website for further details on class timetable and for more details contact the membership team on 0131 451 8417.



Personal Training at Oriam

We offer Personal Training at Oriam with our qualified personal trainers who are all level 3 accredited.

Sessions cost £30 per hour with an Introductory Offer of 4 sessions for £90.

Please email HealthandFitness@oriam.hw.ac.uk for further details on all Personal Trainers.

oriamscotland.com

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