

## Midlothian Active School Summer Programme

Book Now: 0131 561 6523

Week / Venue		Age Groups	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 17/07/17 - 21/07/17	The Lasswade Centre	P1-P3 9am – 10am	 Dance Kic Dance	 Water Polo Active Schools (Armbands required for non swimmers)	 Bike & Scooter Skills Active Schools (Own Bike/Scooter & helmet required)	 Judo Saltire Judo	 Karate Bun Bu Ryo Do-Karate
		P1-P3 10am – 11am					
		P4-P7 11am – 12noon					
Week 2 24/07/17 - 28/07/17	Beeslack High School	P1-P3 9am – 10am	 Basketball Midlothian Basketball Academy	 Tennis Active Schools	 Bike & Scooter Skills Active Schools (Own Bike/Scooter & helmet required)	 Judo Saltire Judo	 Karate Bun Bu Ryo Do-Karate
		P1-P3 10am – 11am					
		P4-P7 11am – 12noon					
Single Session Cost (per session)			£3.50	£3.50	£3.50	£3.50	£3.50
<b>BOOK FOR THE FULL WEEK £15.00 (per week)</b>							

### How to book and what to do next:

1. Please leave a message with your child's full name, school, and activity to attend, and contact number. Message bookings will be confirmed with a return phone call or text message. Book Now: 0131 561 6523.
2. Payment should be brought to your first session (correct change if possible).
3. Please arrive 15min. prior to your 1<sup>st</sup> session to complete child's registration form.

### Free Gym\* or Swim for Parents & Carer:

#### THE LASSWADE CENTRE ONLY

Enjoy one free gym or swim session per Active Schools activity booking

Book the full week receive 5 free activity sessions.

\*For all gym sessions Tone Zone Induction must be completed, unless already registered with Tone Zone. Advanced bookings required. (Call on: 0131 271 4533)

## Bun Bu Ryo Do- Bonnyrigg karate club

Email: [AlanBorthwick25@hotmail.com](mailto:AlanBorthwick25@hotmail.com)



**Main Training Days:** Pitcairn Centre (High Street) Saturday's 1pm – 2:30pm, The Lasswade Centre Friday's 2pm-3pm (P1-P3), The Lasswade Centre Friday's 3pm -4pm (P4+), Beeslack high school Tuesday & Thursday evenings from 5.45pm - 6.45pm

**Age Group:** 5 years upwards

**Club Info:** Our club studies Koryu Uchinadi, A style of karate that was practiced on the Japanese Island of Okinawa. At our classes you will learn 2 person drills, basic techniques, combinations, kata and sparring. Our classes are more focused on developing self defence skills rather than sport orientated martial arts. Classes are always fun, friendly and have a great atmosphere for learning.

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## Midlothian Basketball Academy

Website: [www.midlothianbasketball.com](http://www.midlothianbasketball.com)

Email: [Midlothianbasketballacademy@gmail.com](mailto:Midlothianbasketballacademy@gmail.com)

**Main Training Days:** Friday 2-3pm at Glencorse Centre, Auchendinny for p3-p7

**Age Group:** P3-P7

**Club Info:** Our passionate, dedicated coaches are committed to delivering high quality sessions to players of all ages, abilities and skills levels. We are UKCC Level 1 coaches with over 9 years experience of delivering classes within Midlothian primary schools. Our staff are qualified in first aid and child protection and are PVG Certified.



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## Saltire Judo

Email: [info@saltirejudo.co.uk](mailto:info@saltirejudo.co.uk) Website: [www.saltirejudo.co.uk](http://www.saltirejudo.co.uk)

**Main Training Days:** Newbattle High School Wednesday 6pm – 6:45pm (5-9yrs)

Newbattle High School Wednesday 6:45pm – 7:30pm (10-14 yrs),

Lasswade Pavilion Saturday's 9:30am – 10:20pm (5-14 yrs)

**Age Group:** 5- 9 years, 10-14 years, Adult sessions also available

**Club Info:** Why not come along and try the Olympic sport of Judo? It is fun, keeps you fit, and gives you confidence and great for making new friends, 1<sup>st</sup> session free.



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## Kic Dance

Email: [sharon@kicdance.co.uk](mailto:sharon@kicdance.co.uk) Website: [www.kicdance.co.uk](http://www.kicdance.co.uk)

**Main Training Days:** Lasswade Wednesday/Friday/Saturday & Sunday,

Penicuik Thursday/Friday/Monday

**Age Group:** Classes for all ages.

**Club Info:** Kic Dance company aims to inspire and engage people of all ages and abilities in dance. We provide a range of classes, dance development projects and one-off workshops to the local and wider community in Edinburgh and the Lothian's. Our ethos is, "enjoy dace for what it is"

