

ACE!

Clydesdale Area

Classes and Courses
2018-19

arts culture exercise



SOUTH LANARKSHIRE
Leisure & Culture

ACE - your pass to Arts, Culture and Exercise

Welcome to our new annual programme of ACE classes and courses for primary school aged and secondary school aged children. All of the ACE classes within this brochure can be accessed either on a pay as you go basis for each term or via the ACE membership scheme as outlined below.

This brochure covers all four main terms which take place in **Clydesdale** and surrounding areas. There are other brochures available for courses in other areas of South Lanarkshire i.e., **East Kilbride**, **Hamilton** and **Rutherglen** area.

All our timetables are subject to change and to availability. Please check our website www.sl-leisure.co.uk/ace-childrens-activities for updated timetables listing any new or amended courses which may be added/changed throughout the year.

ACE Membership Scheme

Our Membership brings together access to sports, culture and libraries. South Lanarkshire Leisure and Culture is delighted to offer a membership that gives under 16s unlimited access to **all** of the arts and sports courses and classes* listed in this brochure. Please note although not eligible for an ACE membership 16 and 17 years olds can access arts courses on a pay as you go basis.

As if this isn't enough, ACE members also get access to:

- 6 Golf Courses
- 9 Swimming Pools
- 19 Fitness Gyms
- Racquet Sports
- Fitness Classes
- East Kilbride Ice Rink
- Libraries
- Disability Arts and Sports Courses
- Calderglen Zoo
- Birthday party discount

(restrictions may apply)

**We are sure you will agree
this is ACE!**



all this for only
£25.05**
per month.

Membership Costs

This membership is available for primary school aged and secondary school aged children under 16, with a full price membership costing £25.05** per month.

Discounted memberships for the following are also available:

50% concession is available for Leisure for All cardholders (£12.50**)

20% discount for the siblings of one full paying child holding an ACE membership (£20.05**)

20% discount for a child holding a swimming lesson membership (£20.05**)

Please see our terms and conditions for more information.

You can get started with your membership at any of the local facilities listed at the back of the brochure or online at:

www.sllcmembership.co.uk/joinathome

www.slleisureandculture.co.uk/ace

Find us on social media



Find us on Facebook – [Children's Activities in South Lanarkshire](#)



Tweet [@SLLeisCulture](#)



[SLLeisCulture](#)



* All classes up to 2 hours included

** All prices subject to increase April 2019

ACE Courses/Classes Dates

Please note that unless otherwise stated the following term dates are applicable to all our regular classes and all courses will run on the same day/time each term.

Courses can be reserved or booked from the on-sale date given for each term either in person, by telephone or online at www.sllcbooking.co.uk/connect

Term 1

Monday 20 August – Sunday 14 October 2018

(excludes 21 and 24 September in some venues)

Automatic re-enrolment for term 2, Monday 1 October – Sunday 14 October 2018

Term 2

Monday 22 October – Sunday 16 December 2018

Automatic re-enrolment for term 3, Monday 3 December – Sunday 16 December 2018

Term 3

Monday 7 January – Sunday 31 March 2019

Automatic re-enrolment for term 4, Monday 11 March – Sunday 31 March 2019

Term 4

Monday 15 April – Sunday 30 June 2019

(excludes 19 and 22 April and 6, 24 and 27 May in some venues)

Automatic re-enrolment for term 1 2019/2020, Monday 17 June – Sunday 30 June 2019

Easter Programme 2019

1 April – 14 April 2019

Go live dates 19 February 2019

Summer Programme 2019

1 July – 18 August 2019

Go live dates 14 May 2019

How to rebook

Great news if you are an 'ACE' member we take care of rebooking courses for you, but please let us know if your child decides to no longer attend the course as we have waiting lists for many activities now. For our pay as you go customers – all you have to do is make a payment on the re-enrolment dates stated. If payment is not received within the timescales the booking will be cancelled and the space will be offered to the customers on the waiting lists.

How to book

For new customers please contact your local site for availability on our classes and courses.

Biggar Library

Market Road, Biggar ML12 6FX

Phone: 01899 222060 Email: biggar@library.s-lanark.org.uk

Thursday

Minecraft Club

3.30 – 4.30pm / Age 5 – 10 years / P1–6 / Session

Biggar Sports Centre

Market Road, Biggar, ML12 6AG – Phone: 01899 222066

Email: biggarsportscentre@southlanarkshireleisure.co.uk

Monday

Tennis

4 – 5pm

Age 5 – 8 years / P1–4 / Course

Tennis

5 – 6pm

Age 9 – 13 years / P5–S2 / Course

Tuesday

Netball

6 – 7pm

Age 8 – 12 years / P4–7 / Course

Wednesday

Badminton

6 – 7pm

Age 5 – 13 years / P1–S2 / Session

Thursday

Gymnastics

6 – 7pm

Age 5 – 7 years / P1–3
Course

Gymnastics

7 – 8pm

Age 8 – 10 years / P4–6
Course

Gymnastics

8 – 9pm

Age 11 – 13 years / P7–S2
Course

Friday

Football

5 – 6pm

Age 5 – 6 years / P1–2
Course

Football

6 – 7pm

Age 7 – 8 years / P3–4
Course

Football

7 – 8pm

Age 9 – 12 years / P5–7
Course

Saturday

Hockey

10 – 11am / Age 8 – 13 years / P4–S2 / Session

Blackwood and Kirkmuirhill Community Wing

Carlisle Road, Blackwood, ML11 9SB – Phone: 01555 896638

Email: Blackwood/kirkmuirhill@southlanarkshireleisure.co.uk

Monday

Games

4 – 5pm / Age 5 – 12 years / P1–7 / Course

Games

5 – 6pm / Age 5 – 12 years / P1–7 / Course

Tuesday

Arts and Crafts

3.45 – 4.45pm
Age 5 – 7 years /
P1–3 / Course

Arts and Crafts

5 – 6pm
Age 8 – 12 years /
P4–7 / Course

Football

4.45 – 5.45pm
Age 5 – 7 years /
P1–3 / Course

Gymnastics

6.30 – 7.45pm
Age 5 – 12 years /
P1–7 / Course

Wednesday

Football

5 – 6pm
Age 5 – 7 years / P1–3
Course

Football

6 – 7pm
Age 8 – 12 years / P4–7
Course

Gymnastics

5.30 – 6.30pm
Age 5 – 7 years / P1–3
Course

Gymnastics

6.30 – 7.30pm
Age 8 – 12 years / P4–7
Course

Gymnastics

7.30 – 8.30pm
Age 5 – 12 years / P1–7
Advanced – Course

Thursday

Athletics

5 – 6pm / Age 5 – 12 years / P1–7 / Course

Athletics

6 – 7pm / Age 5 – 12 years / P1–7 / Course

Friday

Football

4 – 5pm
Age 8 – 12 years /
P4–7 / Course

Racquet Sports Skills

5 – 6pm
Age 5 – 7 years /
P1–3 / Course

Tennis

6 – 7pm
Age 8 – 12 years /
P4–7 / Course

Badminton

7 – 8pm
Age 8 – 12 years /
P4–7 / Course

Saturday

Games

10 – 11am / Age 5 – 12 years / P1–7 / Course

Blackwood Library

Blackwood and Kirkmuirhill Community Wing,
Carlisle Road, Blackwood, ML11 9SB

Phone: 01555 896638 Email: Blackwood@library.s-lanark.org.uk

Monday

Games Club

3.30 – 4.30pm

Age 5 – 12 years / P1–7

Session

Lego club

3.30 – 4.30pm

Age 5 – 11 years / P1–7

Session

2/11/18 - 16/11/18

Lego club

3.30 – 4.30pm

Age 5 – 11 years / P1–7

Session

8/2/19 - 1/3/19

Don't just do
sports – have a
look at all our Arts
activities



Carlisle Leisure Centre

Carnwath Road, Carlisle ML8 4EA

Phone: 01555 751384 Email: Carlisleleisure@southlanarkshireleisure.co.uk

Monday

Athletics

4.30 – 5.30pm
Age 5 – 12 years /
P1–7 / Course

Athletics

5.30 – 6.30pm
Age 5 – 12 years /
P1–7 / Course

Gymnastics

3.30 – 4.30pm
Age 5 – 7 years /
P1–3 / Course

Gymnastics

4.30 – 5.30pm
Age 5 – 7 years /
P1–3 / Course

Gymnastics

5.30 – 6.30pm
Age 5 – 7 years /
P1–3 / Course

Gymnastics

6.30 – 7.30pm
Age 8 – 16 years /
P4–S4 / Course

Gymnastics

7.30 – 8.45pm
Age – advanced
Invite only / Course

Netball

8 – 9pm
Age 12 – 15 years /
S1 – S4 / Session

Tuesday

Netball

4 – 5pm
Age 5 – 12 years / P1–7
Session

Gymnastics

4.30 – 5.30pm
Age 5 – 7 years / P1–3
Course

Gymnastics

5.30 – 6.30pm
Age 7 – 16 years / P4–S4
Course

Badminton

5 – 6pm
Age 5 – 12 years / P1–P7
Session

Badminton

6 – 7pm
Age 8 – 15 years / P4–S4
Session

Wednesday

Football

5 – 6pm
Age 5 – 8 years / P1–4
Course

Swim 4 Sport

5.20 – 6pm
Graduated swim programme
Session

Football

6 – 7pm
Age 9 – 12 years / P5–7
Course

Drama

6.15 – 7.15pm
Age 5 – 8 years / P1–4
Course

Drama

7.30 – 8.30pm
Age 9 – 12 years / P5–7
Course

Thursday

Arts and Crafts

4.30 – 5.30pm
Age 5 – 7 years / P1–3
Course

Arts and Crafts

5.45 – 6.45pm
Age 8 – 12 years / P4–7
Course

Basketball

5 – 6pm
Age 5 – 12 years / P1–7
Session

Basketball

6 – 7pm
Age 12 – 16 years / S1–4
Session

Swim 4 Sport

6 – 6.40pm
Graduated swim programme
Session

Duathlon

6 – 7.15pm
Age 5 – 16 years / P1–S4
Session

Friday

Football

1 – 2pm
Age 12 – 18 years / S1 – S6 / Session

Inflatable Fun or Float session*

7 – 8pm
*Contact pool for dates and age

Saturday

Inflatable Fun or Float session*

3 – 4pm / *Contact pool for dates and age

Sunday

Tennis

11.30 – 12.30pm
Age 5 – 12 years / P1–7 / Session

Triathlon

12.30 – 2.30pm
Age 8 – 16 years / P4–S4 / Session

Carluke Library

Carnwath Road, Carluke, ML8 4DF - Phone: 01555 772134

Email: carluke@library.s-lanark.org.uk

Tuesday

Lego

3.15 – 4.15pm
Age 5 – 11 years /
P1–7 / Sessions

From 28/8/18 -
25/9/18

Explorers

3.15 – 4.15pm
Age 5 – 11 years /
P1–7 / Sessions

From 2/10/18 -
30/10/18

Crafts

3.15 – 4.15pm
Age 5 – 11 years /
P1–7 / Sessions

From 27/11/18 -
18/12/18

Coding Club

3.15 – 4.15pm
Age 8 – 11 years /
P4–7 / Sessions

From 8/1/19 -
29/1/19

Thursday

Lego

6.15 – 7.15pm
Age 5 – 11 years / P1–7 /
Sessions

From 30/8/18 - 20/9/18

Coding Club

6.15 – 7.15pm
Age 5 – 11 years / P1–7 /
Sessions

From 25/10/18 - 15/11/18

PJ Parties

6.15 – 7.15pm
Suitable for all ages
From 6/12/18 - 20/12/18

Explorers

6.15 – 7.15pm
Age 8 – 11 years / P4–7 /
Sessions

From 10/1/19 - 31/1/19

Lego

6.15 – 7.15pm
Age 5 – 11 years / P1–7 /
Sessions

From 21/2/19 - 28/3/19

Look at our
fabulous Birthday
Party packages



Coalburn Leisure Complex and Lesmahagow Sports Facility

School Road, Coalburn ML11 0LP - Phone: 01555 820 848

Email: coalburnleisure@southlanarkshireleisure.co.uk

Strathaven Road, Lesmahagow ML11 0FS - Phone: 01555 894127

Monday

Arts and Crafts

5.15 – 6.15pm / Age 5 – 12 years / P1–7 / Course / Coalburn

Tuesday

Playzone

4 – 6pm
Age 5 – 12 years
P1–7 / Session
Coalburn

Junior Gym

4 – 5pm
Age 12 – 15 years
S1–4 / Session
Coalburn

Athletics

5 – 6pm
Age 5 – 12 years
P1–7 / Course
Lesmahagow

Water Polo

6 – 7pm
Age 8 – 12 years
P4–7 / Course
Coalburn

Wednesday

Dodgeball

5 – 6 pm
Age 5 – 12 years / P1–7
Course / Lesmahagow

Badminton

5 – 6 pm
Age 5 – 12 years / P1–7
Course / Lesmahagow

Badminton

6 – 7pm
Age 5 – 12 years / P1–7
Course / Lesmahagow

Thursday

Playzone

4 – 6pm
Age 5 – 12 years
P1–7 / Session
Coalburn

Junior Gym

4 – 5pm
Age 12 – 15 years
S1–4 / Session
Coalburn

Football

5 – 6pm
Age 5 – 12 years
P1–7 / Course
Lesmahagow

Games

6 – 7pm
Age 5 – 12 years
P1–7 / Session
Lesmahagow

ACE

ACE

ACE

Coalburn Leisure Complex and Lesmahagow Sports Facility

School Road, Coalburn ML11 0LP - Phone: 01555 820 848

Email: coalburnleisure@southlanarkshireleisure.co.uk

Strathaven Road, Lesmahagow ML11 0FS - Phone: 01555 894127

Friday

Games

4 – 5pm
Age 5 – 12 years /
P1–7 / Session
Coalburn

Dance

5 – 6pm
Age 5 – 12 years /
P1–P7 / Session
Coalburn

Gymnastics

5.30 – 6.30pm
Age 5 – 12 years /
P1–7 / Course
Lesmahagow

Gymnastics

6.30 – 7.30pm
Age 5 – 12 years /
P1–7 / Course
Lesmahagow

Gymnastics

7.30 – 8.45pm
Age 5 – 12 years /
P1–7 / Course
Lesmahagow

Inflatable fun

7 – 7.45pm
Age 5 – 12 years /
P1–7 / Session
Coalburn

Inflatable fun

8 – 8.45pm
Age 5 – 12 years /
P1–7 / Session
Coalburn

Saturday

Football

10 – 11am / Age 5 – 12 years / P1–7 / Course / Lesmahagow

Sunday

Guitar (Introduction)

1 – 2pm
Age 8 – 12 years / P4–7
Course / Coalburn

Guitar (Introduction)

2 – 3pm
Age 12 – 15 years / S1–4
Course / Coalburn

Floating Fun

1 – 2pm
Age 5 – 12 years / P1–7
Session / Coalburn

Forth Library

Main Street, Forth ML11 8AE

Phone: 01555 811594 Email: forth@library.s-lanark.org.uk

Monday

Lego

3.15 – 4.15pm
Age 5 – 11 years / P1–7
Sessions
From 27/8/18 - 17/9/18

Crafts

3.15 – 4.15pm
Age 5 – 11 years / P1–7
Sessions
From 26/11/18 - 17/12/18

Explorers

3.15 – 4.15pm
Age 5 – 11 years / P1–7
Sessions
From 18/2/19 - 18/3/19

Forth Sports and Community Centre

Main Street, Forth, ML11 8AA

Phone: 01555 812058 Email: Forth.leisure@southlanarkshireleisure.co.uk

Monday

Badminton

5 – 6pm

Age 5 – 12 years / P1–7 / Course

Badminton

6 – 7pm

Age 12 – 15 years / S1–4 / Course

Tuesday

Club Golf

4 – 5pm

Age 8 – 12 years / P4–7
Course

Athletics

5 – 6pm

Age 5 – 12 years / P1–7
Course

Junior Gym

7 – 8pm

Age 12 – 15 years / S1–4
Session

Wednesday

Gymnastics

5 – 6pm

Age 5 – 12 years / P1–7
Course

Gymnastics

6 – 7pm

Age 5 – 12 years / P1–7
Course

Games

7 – 8pm

Age 5 – 12 years / P1–7
Session

Thursday

Duathlon

4.45 – 5.45pm

Age 8 – 12 years / P4–7 / Course

Games

6 – 7pm

Age 5 – 12 years / P1–7 / Session

Friday

Netball

5 – 6pm / Age 8 – 12 years / P4–7 / Course

Saturday

Football

10 – 12 noon / Age 5 – 12 years / P1–7 / Course

Lanark Library

16 Hope St, Lanark ML11 7LZ

Phone: 01555 661144

Email: lanark@library.s-lanark.org.uk

Monday

Arts and Crafts

3.30 – 4.30pm / Age 5 – 9 years / P1–5 / Session

Tuesday

Minecraft Club

3.30 – 4.30pm / Age 5 – 10 years / P1–6 / Session

Wednesday

Lego Club

3.30 – 4.30pm / Age 5 – 10 years / P1–6 / Course

Keep checking our
website for new
activities being
added throughout
the year



Lanark Memorial Hall

St Leonard Street, Lanark ML11 7AB

Phone: 01555 667999

Email: lanarkmemorial@southlanarkshireleisure.co.uk

Monday

Guitar (Introduction)

4.30 – 5.30pm
Age 8 – 12 years /
P4–7 / Course

Guitar (Stage 1)

5.30 – 6.30pm
Age 8 – 12 years /
P4–7 / Course

Urban Dance

4.30 – 5.30pm
Age 5 – 7 years /
P1–3 / Course

Urban Dance

5 – 6pm
Age 8 – 12 years /
P4–7 / Course

Tuesday

Drum Kit

4.30 – 5.30pm
Age 8 – 12 years / P4–7
Course

Drum Kit

5.30 – 6.30pm
Age 8 – 12 years / P4–7
Course

Drum Kit

6.30 – 7.30pm
Age 12 – 17 years / S1–4
Course

Keyboards

4.30 – 5.30pm
Age 8 – 12 years / P4–7
Course

Keyboards

5.30 – 6.30pm
Age 12 – 17 years / S1–4
Course

Keyboards

6.30 – 7.30pm
Age 12 – 17 years / S1–4
Course

SNAP Happy

4.30 – 5.30pm
Age 8 – 12 years / P4–7
Course

SNAP Happy

5.30 – 6.30pm
Age 8 – 12 years / P4–7
Course

Saturday

Arts and Crafts

9.30 – 10.30am
Age 5 – 7 years / P1–3 /
Course

Arts and Crafts

10.45 – 11.45am
Age 8 – 12 years / P4–7 /
Course

Arts and Crafts

12 – 1pm
Age 5 – 7 years / P1–3 /
Course

Arts and Crafts

1.15 – 2.15pm
Age 8 – 12 years / P4–7 /
Course

Drama

10.45 – 11.45am
Age 5 – 7 years / P1–3 /
Course

Drama

11.45 – 12.45pm
Age 8 – 12 years / P4–7 /
Course

Lesmahagow Library

48 Abbeygreen, Lesmahagow ML11 0EF

Phone: 01555 892606

Email: lesmahagow@library.s-lanark.org.uk

Monday

Lego Club

3.15 – 4.15pm

Age 5 – 11 years / P1–7

Sessions

From 1/10/18 - 29/10/18

Crafts

3.15 – 4.15pm

Age 5 – 11 years / P1–7

Sessions

From 29/11 - 20/12/18

Explorers Club

3.15 – 4.15pm

Age 5 – 11 years / P1–7

Sessions

From 7/1/19 - 4/2/19

South Lanarkshire Lifestyles Carluke

Carnwath Road, Carluke, ML8 4DR

Phone: 01555 770308

Email: lifestylescarluke@southlanarkshireleisure.co.uk

Thursday

Drum Circle

3.30pm – 4.30pm

Age 5 – 7 years / P1–3

Course

Drum Kit

4.30pm – 5.30pm

Age 8 – 12 years / P4–7

Course

Drum Kit

5.30pm – 6.30pm

Age 12 – 16 years / S1–4

Course

Saturday

Guitar (Introduction)

11 – 12 noon

Age 8 – 12 years /

P4–7 / Course

Guitar (Introduction)

12 – 1pm

Age 12 – 16 years /

S1–4 / Course

SNAP Happy

10 – 11am

Age 5 – 7 years /

P1–3 / Course

SNAP Happy

11 – 12 noon

Age 8 – 12 years /

P4–7 / Course

Remember you
get free use of all
swimming pools with
ACE membership



South Lanarkshire Lifestyle Lanark

Thomas Taylor Avenue, Lanark ML11 7DG

Phone: 01555 666800

Email: lanarkpool@southlanarkshireleisure.co.uk

Tuesday

Tennis

6 – 7pm / Age 5 – 12 years / P1 – S1 / Lanark Grammar / Course

Wednesday

Swim 4 Sport

5.30 – 6.10pm / Age Swim Skills 4+ / Course

Thursday

Dodgeball

4.45 – 5.30pm

Age 8 – 12 years / P4–7

Harry Smith Hall 1 / Course

Football

6 – 7pm

Age 5 – 7 years / P1–3

Lanark Grammar / Course

Football

7 – 8pm

Age 8 -12 years / P4-P7

Lanark Grammar / Course

Saturday

Floating Fun Session

2.45 – 3.45pm

Age under 16's / Session

Inflatable Fun Session

2.45 – 3.45pm

Age under 16's / Session

*last Saturday every month

Sunday

Floating Fun Session

12.45 – 1.45pm / Age under 16's / Swimming Pool / Session

A-Z Course descriptions – Clydesdale

Arts and Crafts

This is a fun-filled arts course with everything from clay modelling, drawing and printmaking to painting with glitter! The course is designed to develop the creativity, skills and interests of young people aged 5-11 years in a broad range of visual art, craft and design activities.

Athletics

Skill development activities in running jumping and throwing. For the older age group P6-7 they will work towards making the transition to the main clubs.

Badminton

These sessions will introduce and develop basic badminton skills through fun activity, skills practice and game play. Participants will develop their fitness, hand to eye co-ordination, agility and racquet skill.



Basketball

These sessions will introduce and develop basic basketball skills through fun activity, skills practice and playing games. Participants will develop their fitness, hand to eye co-ordination, agility, throwing and catching skills.

Club Golf

A basic introduction to the game of golf, teaching the fundamental skills required to play the game.

Crafts

Fun sessions including storytelling and a craft based on the story.

Coding Club

Coding is what makes games, websites and applications possible. The apps on your phone and the games on your console are all made with code. Coding club is for those who want to make their own games and other cool fun stuff. You don't need to be a computer expert, if you know how to use a mouse and a keyboard and can read that's all you need.

Dance

A fun session focussing on basic dance technique and movement, developing skills and building routines.

Dance (Urban Dance)

Come along and learn from a professional dance tutor, learn all the basics of street dance and build on your choreography skills. No prior dance experience is required just loads of energy and enthusiasm to be creative. A great weekly dance club for boys and girls with bags of energy!

Dodgeball

This activity will cover basic hand eye coordination, various movement patterns and the game of dodge ball extreme in teams.

Drama

Drama classes for children offering tuition with fun including improvisation, voice production and stage direction. Participation in drama helps develop children's self confidence, socialising skills, creativity and imagination.

Drum Circle

Take part in brand new drum and percussion based workshop especially designed for children aged 5-7 years. Children will explore basic rhythms from around the world including samba, Latin and African drumming to introduce participants to basic rhythm and drumming. These fun filled workshops act as the starting point for all young drummers to gain skills and experiences to enable students to progress to future drum kit classes.

Drum Kit

Want to play drums? Whether you are a beginner or just want to develop your playing further – this course is taught in small, friendly and relaxed groups – and its great fun! Once you've got the basics – it's up to you what direction you take it in, you can learn to play several different styles or simply focus on your favourites. Rock, Pop, Jazz, Funk, Latin – these are just a few of the styles we teach... there's something for everyone here – a double kick pedal for when you're hot – jazz brushes for when you are cool!

Duathlon

Developing skills within the 2 disciplines (run, cycle) bike safety and transition skills. Fun based sessions along with all the fitness benefits. Note: All participants must bring their own bike and safety hat. Parents must ensure the bike is safe to use by their child.

Explorers Club

Calling all globe trotters and adventurers to join us for fun sessions where we'll learn about other countries. Try their food, make a craft, learn a new language and play some games

Floating Fun Sessions

Large floats are available to be played with in the water for friends and family to enjoy using.

Football

These structured football sessions will include a warm up, skill development practices, and small sided games to develop the participants overall technical ability. This is also an ideal opportunity for players keen to get involved in a team sport and help them progress to/or with their school or local community football team.



Games

This activity introduces and strengthens the fundamental skills required for all sports; it concentrates on movement, hand eye co-ordination, striking and racquet skills. It is a fun activity that incorporates modified games.

Games Club

Come along and have fun playing the games you love . Learn new games, meet new people and make new friends.



Guitar (introduction)

Your musical journey begins here - learn basic technique in a chilled environment with other budding guitar heroes! Whatever style you want to master or however far you want to take it – this is the best place to start. With small group tuition – you'll get enough personal guidance to make far more progress than you ever could with an instruction book or DVD – and you'll have a lot more fun!

Guitar (Stage 1)

Now you have begun – it's time to speed up your journey! This course will build upon what you already know and open up a whole world of exciting options to gradually develop your guitar playing skills and musical knowledge...with a growing ability and confidence comes more enjoyment

Gymnastics

This session will develop gymnastics skills incorporating floor work and apparatus. There will be a term based approach to delivery. Term 1 will be Scottish gymnastics badge work, Term2 will be competition and term 3 will be display.

Hockey

These sessions will give pupils the basic knowledge and skills of hockey, in adherence to the Scottish Hockey STIX resource, which is suitable for 5-14 year olds. They will learn basic skills such as; ball handling, passing, shooting and play small sided games. This is an ideal starting point for our young players, helping them progress to/or with their school teams and eventually junior clubs.

Inflatable Fun Sessions

The twin track inflatable is suitable for under 16s that can competently swim a minimum of 25 meters.

Junior Gym

This session is available to teenagers, below 14 years, the opportunity to be introduced to the gym in a supervised and informative environment. The instructors will induct the participants and be available to ensure the correct and safe techniques are used while operating all equipment.

Keyboards

This course covers all the basics, so you can learn to play completely from scratch! Everything from posture, playing height and preparation to stave and structure is covered in a relevant and relaxed atmosphere. On completion, you will be able to read and play music from at least one stave; have a firm grasp on basic theory and good all round understanding of how to play the 'keys'!

Lego Club

Fun sessions to develop your child's fine motor skills, numeracy and literacy skills as they create imaginative stories using Lego.



Minecraft

Explore, create and craft anything using Minecraft software. Encourages confidence building and social skills.

Netball

The sessions will concentrate on the skills required for netball. Using Netball Scotland's Fun5z structure this will allow us to take into account the age, maturity and skill level of the young players, ensuring each individual learns through a fun and enjoyable environment. This is an ideal starting point for our young players, helping them progress to/or with their school teams and eventually junior clubs.

Playzone

Working with children aged 5-12 years (attending primary school). This is a great opportunity for children and we will ensure they receive a full play experience by following the Play Principles and incorporating all play types.

Pyjama Party

Bring your child along to the library in their pyjamas ready for bed for a session of songs, games and play, followed by soothing stories to help your child get ready for bedtime.

Racquet Sports

Introduction to racquet sports: Badminton, Tennis, Short Tennis, Table Tennis etc. Basic development of all above sports, introducing hand eye co-ordination, building knowledge of each activity. Feeder class to existing specific classes allowing children to try each activity

SNAP Happy

SNAP Happy is designed for children to learn great new techniques available on digital cameras. They will experiment with depth of field, fast and slow shutter speeds, optical illusions and various types of composition. Children will gain a deeper understanding of their digital camera's functions, allowing their creativity to flourish as their technical knowledge and familiarity develops.

Swim 4 Sport

Swim 4 Sport is a non-competitive swimming and fitness product for children who have graduated Swim Skills 4 (or who can swim 50m front and back crawl as well as showing deep water confidence). The session will work on stroke, technique, swim drills and stamina through distance swimming. An ideal class for those looking to gain extra swim practice, keep up their swimming techniques or generally maintain their fitness levels.

Tennis

Developing skills and awareness of the game.

Triathlon

Developing skills within the 3 disciplines (swim, bike, run) bike safety and transition skills. Fun based sessions along with all the fitness benefits. Note: All participants must bring their own bike and safety hat. Parents must ensure the bike is safe to use by their child.

Water Polo

This team game will develop swimming skills as well as team work in a fun environment. This is an aquatic game played by two teams, the object of the game is to score goals by pushing, carrying, or passing an inflated ball before throwing it into the opponent's goal, defended by a goalkeeper. Participant must be able to Swim two lengths without stopping and be able to tread water.

ACE Golf

There are lots of golf opportunities to enjoy as part of the ACE membership:

- Play on all 6 SLLC golf courses (Biggar, Hollandbush, Larkhall, Langlands, Strathclyde Park and Torrance House). Play is unlimited up to 4pm each day however we ask that children under the age of 12 are accompanied by an adult after 4pm.
- Play on Brancumhall Pitch and Putt in East Kilbride. This is a seasonal facility and is open between April and September.
- Participate in Junior ClubGolf coaching with Hollandbush Golf Club for £1.50 per session (half price). ClubGolf is a 20 week/session fun introductory programme of coaching delivered by the resident golf club onsite at each course.
- Participate in Junior ClubGolf coaching with Torrance House Junior Academy. First 10 sessions free thereafter £2 per session.
- Practice for £1 sessions at Playsport Golf Centre in East Kilbride on Friday evenings between 5pm – 8pm.
- Half price balls at Strathclyde Park Golf Centre in Hamilton everyday between 4pm – 6pm.

Further indoor and outdoor coaching opportunities will be available throughout the year for ACE members. These will be advertised through our website and facebook pages, Golf in South Lanarkshire and Children's Activities In South Lanarkshire.



Useful contact numbers:

General golf enquiries – 01355 233451

Broadlees Golf Centre – 01357 300478

Playsport Golf Centre – 01355 575980

Strathclyde Park Golf Centre –
01698 285511

Hollandbush ClubGolf – 01555 893484

Torrance House ClubGolf – 07539227956

South Lanarkshire Leisure and Culture Limited

Children's Activities – Booking Terms and Conditions and Fair use rules

- All courses, classes and sessions must be pre-booked and paid in full (unless stated otherwise) prior to the commencement of each course, class or session.
- Reduced rates are available for holders of a current SLLC 'Leisure for all' concession card. Please ensure your concession card is valid to beyond the start date of your chosen activity at the time of booking. Further information on eligibility can be found on the website or by calling 01698 476262.
- Payments cannot be refunded except in circumstances where the course, class or session has been cancelled.
- If you fail to attend 2 weeks or more consecutively without notifying the site directly then your booking will be cancelled and you will be not be automatically re enrolled onto the following course
- If you fail to give 4 hours notice of cancellation or do not turn up for a pre-booked ACE class, you will not receive a refund for the lost booking. ACE members will be charged a £2.00 cancellation fee.
- SLLC reserve the right to cancel/alter/relocate sessions without notice and will run subject to minimum numbers. In the event of an activity being cancelled we will take reasonable steps to notify participants. SLLC will not be held responsible for any travel, accommodation or other ancillary costs incurred by the participant.
- Class Usage – To ensure your child/children have an enjoyable experience of their ACE class/activity they may only attend classes which are at an appropriate level for their age and or skill/ability level.
- Where participation is dependent on skill/ability levels, SLLC staff will provide advice and guidance on the most suitable class/activity for your child/children.
- Participants agree to abide by SLLC's Management Rules at all times. These are available to customers on request and/or are displayed within facilities and venues.
- SLLC cannot be held responsible for injury or loss of belongings sustained whilst participating in any course or session.
- The unauthorised use of photographic and/or recording equipment is strictly prohibited.

Fair use rules

- Participants are not permitted to attend consecutive classes in the same activity for example, attend 2 consecutive gymnastic classes, however they are permitted to attend consecutive classes in different activities e.g. attend a guitar class followed by a drama class.
- To ensure children receive the best experience from their ACE membership, SLLC encourages parents to, where possible, not book children into multiple activities in the one day.

Medical Information

- Please provide details of any medical conditions that we would need to be aware of. Providing this information enables SLLC to provide the best service and/or adapt classes to support the needs of the child/children.
- Customers returning through auto re-enrolment should inform reception staff of any changes to personal details including medical information to ensure records are kept up to date.

If you need this information in another language or format, please contact us to discuss how we can best meet your needs.

Phone: **01698 476262** Text phone: **18001 01698 476262**

Email: customer.services@southlanarkshireleisure.co.uk

www.slleisureandculture.co.uk

Venues/Facilities in Clydesdale Area

Biggar Library

Market Road
Biggar ML12 6FX
Phone: 01899 222060

Biggar Sports Centre

Market Road
Biggar ML12 6AG
Phone: 01899 222066

Blackwood and Kirkmuirhill Community Wing

Carlisle Road
Blackwood ML11 9SB
Phone: 01555 896638

Carluke Leisure Centre

Carnwath Road
Carluke ML8 4EA
Phone: 01555 751384

Carluke Library

Carnwath Road
Carluke ML8 4DR
Phone: 01555 772134

Coalburn Leisure Centre

School Road
Coalburn ML11 0LP
Phone: 01555 820848

Forth Library

Forth Primary School
Main Street
Forth ML11 8AE
Phone: 01555 811594

Forth Sports and Community Centre

Main Street
Forth ML11 8AA
Phone: 01555 812058

Lanark Library

16 Hope Street
Lanark ML11 7LZ
Phone: 01555 661144

Lanark Memorial Hall

St Leonard Street
Lanark ML11 7AB
Phone: 01555 667999

Lesmahagow Library

48 Abbeygreen
Lesmahagow ML11 0EF
Phone: 01555 892606

Lesmahagow Sports Facility

Strathaven Road
Lesmahagow ML11 0FS
Phone: 01555 894127

South Lanarkshire Lifestyles Carluke

Carnwath Road
Carluke ML8 4DR
Phone: 01555 770308

South Lanarkshire Lifestyles Lanark

Thomas Taylor Avenue
Lanark ML11 7DG
Phone: 01555 666800

ACE membership for P1 - S4



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Launching
August 2018

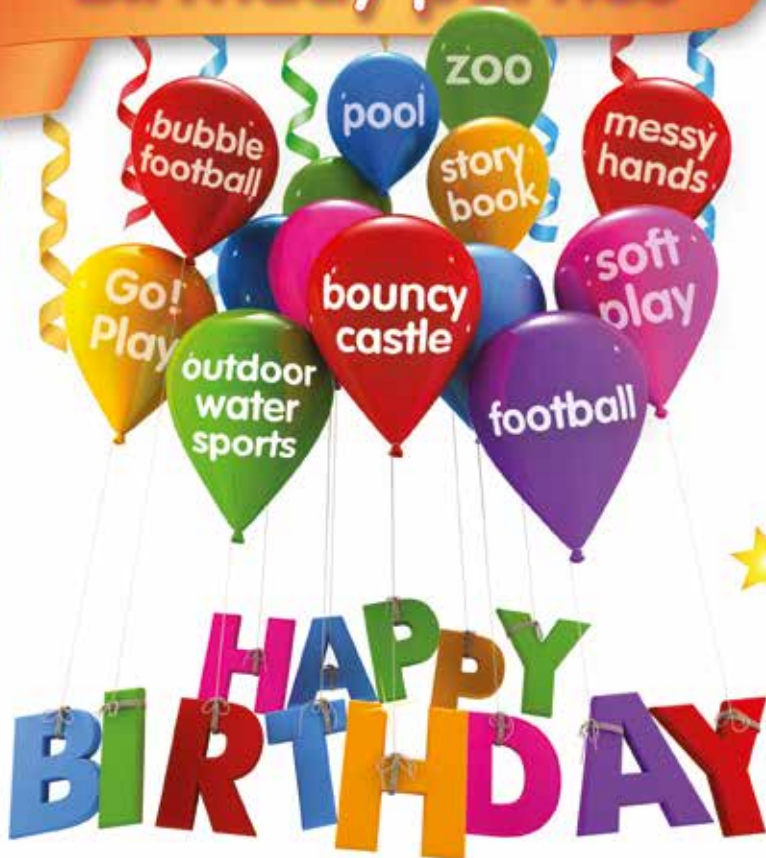
Tiny ACE membership
from birth to pre-school

www.slleisureandculture.co.uk

South Lanarkshire Leisure and Culture Ltd is a recognised Scottish Charity, No. SC032549

South Lanarkshire Leisure and Culture

Birthday parties



South Lanarkshire Leisure and Culture offers a fantastic range of themed birthday party packages.

For more information, booking and ACE members discount, visit our website or contact one of our venues.



Discount available.



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