Junior Activities

We have something for children of all ages and abilities including; Football, Gym, Trampolining, Swimming, Gymnastics, S.T.E.P, Tri-athlon and much more!

Whatever your game, you’re bound to find something to suit you. Play football, badminton or visit the gym. Chill with your friends and keep fit at the same time.

For more details ask reception 01592 583305

SATURDAY
6.30pm - 9.00pm
S1 to S6

active KIDZ CAMP

Active Kidz Camps are exciting school holiday camps, led by skilled and motivated staff who are on hand at all times to ensure children have an excellent experience!

Our aim is to provide a safe, fun and nurturing environment for all children to participate in a variety of sports, games and activities whilst also making new friends and learning new lifelong skills.

These camps are on during the school holidays, 5 days a week, 9.00am - 4.00pm (8.30am - 9.00pm drop off, 4.00pm - 4.30pm, Pick up). Book early to avoid disappointment. For booking and up to-date cost, ask at reception or call 01592 583305

Did you know?
Splash Disco is on every Friday night!
7.30pm - 9.00pm
8 - 12 year olds.

SPORTS CAMPS

We offer sports coaching camps, in Trampolining and Football Coaching (Raith Rovers Community Foundation. Enquire today!

Junior Gym Fitness - 12 to 16 years

Come along and work out in a safe environment with our fitness professionals who are on hand to help and guide you through your workout. From resistance training to cardio, HIIT and circuits sessions, we have it all covered!

Tuesdays & Thursdays 4.30pm - 5.15pm

Ask about our Quid-a-kid offer for 17 and under, Football, Swimming and Racquet Sports! Weekends and School Holidays. Terms apply

fifeleisure.org.uk

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GYMNASTICS - Classes from only 9 months

Whether you are a boy or girl, a baby, a beginner or a more experienced gymnast our qualified coaches have the knowhow to help improve your gymnastic skills.

Gymnastics is a great sport for fitness, stamina, flexibility and co-ordination, which are beneficial at any age. Our gymnastics programme starts from just 9 months, then progresses to nursery and then to school aged children.

Creepie Crawlies 9 - 18 months
Friday 9.30am - 10.00am

Jumping Jacks 4 - 5 years
Tuesday 1.45pm - 2.30pm
Thursday 1.45pm - 2.30pm

Panda Club 18 - 36 months
Monday 10.30am - 11.15am
11.15am - 12.00pm
1.00pm - 1.45pm
Tuesday 1.00pm - 1.45pm
Wednesday 10.15am - 11.00am
Thursday 1.00pm - 1.45pm
Friday 11.00am - 11.45am

Sparkies 5 - 7 years
Tuesday 3.30pm - 4.30pm
Tuesday 4.30pm - 5.30pm
Friday 3.30pm - 4.30pm

Rebounders 8 years plus
Tuesday 5.30pm - 6.30pm
Friday 4.30pm - 5.30pm

Swimming Lessons - Adult and Child to Rookie Lifeguard

The Learn to Swim programme provides a fun, progressive and all-inclusive pathway for children to participate in any aquatic discipline to whatever level they aspire to. It has the core philosophy of being fun, child-centred and based on establishing the core aquatic skills which are fundamental to a child learning more complex skills.

Learn to Swim consists of: Adult and Child, Preschool, Swim Skills 1, Swim Skills 2, Swim Skills 3, Swim Skills 4 and Club Ready to Rookie Lifeguard with three overarching national standards: Gold, Silver and Bronze.

Ask at reception for more details.