

## Party with us!

We have a wide variety of party options to choose from for kids of all ages. Choose from; pool parties, bouncy castle, indoor play centre or sportshall party.

All parties are 60 minutes with a further 60 minutes room hire. Bring your own food or speak with Cafe staff within the centre who can also arrange catering.

- Swimming Pool Party with Inflatable
- Wrecking Ball Party
- Air Games Arena and Wrecking Ball Party
- Bouncy Castle Party

To discuss your requirements call **01592 583305** or visit us online, fill out a form and we'll call you back!



michael woods  
sports and leisure centre

Fife sports  
and leisure  
trust  
Be active • feel great!



17 and Under  
**splash out  
for Nowt**  
Free Swimming

# junior activities

We have a range of excellent  
junior activities available

If you are interested in any of the  
activities below please ask at the  
reception or call **01592 583305**

**Gymnastics | Football | Junior Triathlon | S.T.E.P  
Junior Gym | Swimming Lessons | Trampoline**

1st July to 20th August 2019

# summeractivities

fifeleisure.org.uk

Scottish Charity No. SC 0026464 | Company Registration No. SC0336004

@FifeLeisure



1st July to 20th August 2019

# summeractivities

We've got a bumper Summer programme on offer at Michael Woods Sports and Leisure Centre, with a range of activities to suit the whole family.



Swimming is a great way to get active and is fun for all the family, so take advantage of these great offers and jump in!

## SPLASH OUT FOR NOWT

Free swimming for children 17 and under Monday to Friday 9.00am - 1.00pm during the Summer holidays!

## QUID-A-KID - SWIMMING

Swimming for only £1.00 for children aged 17 and under Monday to Friday 1.00pm - 5.00pm during school holidays!



## FREE SWIMS FOR UNDER 5s

This offer is available all year round at 9 locations throughout Fife.

## QUID-A-KID - RACQUET SPORTS

Come along with friends and take advantage of this great offer and enjoy a game of squash, racquet ball or table tennis.

Monday - Friday 10.00am - 5.00pm

Saturday - Sunday 9.00am - 5.00pm

Racquet Sports only £2 for Adults who are participating with juniors aged 17 and under

## SUMMER CAMPS

We're offering sports coaching camps, in Trampolining, Gymnastics and Football Coaching (Raith Rovers Community Foundation). - see timetable for more info!

Our weekday active kidz camps for summer are now full, enquire at centre for autumn booking!

### October Dates

Monday 7th - Friday 11th October

Monday 14th - Friday 18th October  
9.00am - 4.00pm

£55.00 per child, if booked by 16th September. £65.00 per child after this date.

## SATURDAY TEENAGE EXERCISE PROGRAMME (STEP) S1 - S6

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

Saturday 6.30pm - 9.00pm

## 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!

Tuesday and Thursday 4.30pm - 5.15pm

## SPLASH OUT FOR NOWT - FREE SWIMMING\*

Days	Time	Age	Cost
Monday - Friday	9.00am - 1.00pm	All ages	FREE 17 and under £4.70 Adult

## QUID A KID SWIMMING\*

Days	Time	Age	Cost
Monday - Friday	1.00pm - 5.00pm	17 years and under	£1.00 17 and under, £4.70 Adult

## QUID A KID RACQUET SPORTS\*

Days	Time	Age	Cost
Monday - Friday	10.00am - 5.00pm	All ages	£1.00 17 and under, £2.00 Adult when participating with child
Saturday / Sunday	9.00am - 5.00pm		

## FREE SWIMS - 7 days a week for under 5s\*

Days	Time	Age	Cost
Monday - Friday	10.00am - 5.00pm	0 - 4 years	FREE
Saturday / Sunday	8.00am - 5.00pm		

## FRIDAY NIGHT POOL DISCO\*

Days	Time	Age	Cost
Friday	7.30pm - 9.00pm	8 years - 12 years	Junior £3.30

## GYMNASTICS COACHING CAMPS

Dates	Time	Age	Cost
Monday 22nd - Friday 26th July	9.30am - 10.30am	5 - 7 years	£22.50 per child
Monday 22nd - Friday 26th July	10.30am - 11.30am	8 years plus	£22.50 per child

Concession and Additional child prices apply.

## TRAMPOLINE COACHING CAMPS

Days	Time	Age	Cost
Monday 22nd - Friday 26th July	4.00pm - 4.45pm	5 - 12 years	£18.00 per child
Monday 22nd - Friday 26th July	5.00pm - 5.45pm	5 - 12 years	£18.00 per child

Concession and Additional child prices apply.

## FOOTBALL COACHING CAMPS

Days	Time	Age	Cost
Monday 1st - 5th Friday July	9.30am - 1.30pm	5 - 14 years	£54.00

Concession and Additional child prices apply.