

# Junior Timetable

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ANGUS  
leisure

# April - June 2012



## Arbroath Sports Centre T: 01241 872999

<b>Monday</b>	
Adult and Child Swim Lessons	09.30 - 10.30
Adult and Child Swim Lessons	13.00 - 15.00
Swimming Lessons	16.00 - 17.30
Trampoline	17.00 - 21.00
Football (disabilities 12+ & adult)	18.15 - 19.15

<b>Tuesday</b>	
Adult and Child Swim Lessons	09.30 - 12.00
Swimming Lessons	16.00 - 17.30

<b>Wednesday</b>	
Adult and Child Swim Lessons	13.00 - 15.00
Swimming Lessons	15.00 - 17.30
Rookie Lifeguard	16.30 - 17.30
Gymnastics	16.00 - 20.00

<b>Thursday</b>	
Swimming Lessons	16.00 - 17.45
XYZ Bootcamp	16.00 - 17.00

<b>Friday</b>	
Adult and Child Swim Lessons	09.30 - 12.00
Swimming Lessons	16.00 - 17.30
Football (5-7 yrs)	16.00 - 17.00
Clubgolf (5-12 yrs)	16.00 - 18.00
Football (8-12 yrs)	17.00 - 18.00
BOX Soccer (8-16 yrs)	17.00 - 18.00
Terrorzone/Fun Session (alternate weeks)	17.45 - 18.45

<b>Saturday</b>	
Gymnastics	09.00 - 12.00
Swimming Lessons	09.00 - 11.00
Rookie Lifeguard	09.00 - 10.00
Adult and Child Swim Lessons	09.00 - 10.00
Family Fun Session	10.00 - 11.00
Run, Jump & Throw Club (6-12 yrs)	11.00 - 13.00
Cheerleading	12.00 - 14.00

<b>Sunday</b>	
Family Fun Session	11.00 - 12.00

Active Gym 10 yrs+ with adult supervision, times vary

## Arbroath Community Centre T: 01241 872999

<b>Tuesday</b>	
Tiny Dancers - Adult and Child (2-3 yrs)	13.00 - 13.45
Tiny Dancers - Pre School (3-4 yrs)	13.45 - 14.30
Tiny Dancers - Pre School (3-4 yrs)	14.30 - 15.15
Angus 4 Danz (Theatre Dance Class) P1-5	16.00 - 17.00
Street Dance (P1-5)	17.00 - 18.00

<b>Wednesday</b>	
Highland Dancing	18.00 - 21.00

## Brechin Leisure Centre T: 01356 623088

<b>Monday</b>	
Trampoline	16.00 - 17.00
Trampoline	17.00 - 18.00

<b>Tuesday</b>	
Trampoline	16.00 - 17.00
Mini Kickers	16.00 - 17.00
Junior Football (5-7 yrs)	17.00 - 18.00

<b>Wednesday</b>	
Short Tennis (P1-7)	16.00 - 17.00
BOX Soccer (8-16 yrs)	17.00 - 18.00

<b>Friday</b>	
Tiny Dancers - Pre School (3-4 yrs)	14.00 - 14.45
Angus 4 Danz (Theatre Dance) P1-7	16.00 - 17.00
Angus 4 Danz (Theatre Dance) P1-7	17.00 - 18.00

<b>Saturday</b>	
XYZ (12-14 yrs) Fitness Suite Access	12.00 - 13.00

## Brechin High School Pool T: 01356 623583

<b>Tuesday</b>	
Swimming Lessons	16.15 - 18.45

<b>Friday</b>	
Swimming Lessons	16.15 - 18.45

<b>Saturday</b>	
Swimming Lessons	10.30 - 13.00

<b>Sunday</b>	
Family Fun Session	10.00 - 11.45

## Carnoustie Leisure Centre T: 01241 853246

<b>Monday</b>	
Tiny Dancers - Parent & Toddlers (2-3 yrs)	13.30 - 14.15
Tiny Dancers - Pre School (3-4 yrs)	14.15 - 15.00
Football (5-7 yrs)	16.00 - 17.00
Angus 4 Danz (Theatre Dance Class) P1-3	16.00 - 17.00
Angus 4 Danz (Theatre Dance Class) P4-7	17.00 - 18.00
Clubgolf (5-10 yrs)	17.00 - 18.00
BOX Soccer (8-16 yrs) <i>Pitskelly Park</i>	17.00 - 18.00

<b>Tuesday</b>	
Pre School Gymnastics	10.30 - 11.15
Pre School Gymnastics	11.15 - 12.00
Pre School Gymnastics	13.15 - 14.00
Pre School Gymnastics	14.00 - 14.45
Mini Kickers	16.00 - 17.00
Gym Movers	16.00 - 17.00
Gym Movers	17.00 - 18.00
Basketball (8-12 yrs)	17.00 - 18.00

<b>Wednesday</b>	
Tigger Club	13.30 - 15.00
Run, Jump & Throw Club (6-12 yrs)	16.00 - 18.00
Football (8-12 yrs)	17.00 - 18.00

<b>Thursday</b>	
Pre School Gymnastics	09.15 - 10.00
Pre School Gymnastics	10.00 - 10.45
Pre School Gymnastics	10.45 - 11.30
Mini Kickers	16.00 - 17.00
Gym Movers	16.00 - 17.00
Gym Movers	17.00 - 18.00
Football (5-7yrs)	17.00 - 18.00

<b>Friday</b>	
Mini Kickers	16.00 - 17.00

<b>Saturday</b>	
Mini kickers (Monifieth High School)	09.30 - 10.15
Mini kickers (Monifieth High School)	10.15 - 11.00
Swimming Lessons (Carnoustie High School Pool)	10.45 - 13.00
Football (8-12 yrs) (Monifieth High School)	11.00 - 12.00
Swimming Lessons (Monifieth High School Pool)	13.30 - 15.30

<b>Sunday</b>	
Trampoline (4 sessions)	09.30 - 13.30
Swimming Lessons (Carnoustie High School Pool)	10.45 - 13.00
Swimming Lessons (Monifieth High School Pool)	13.30 - 15.30

## Forfar Swimming Pool T: 01307 462995

<b>Monday</b>	
Learn to Swim	16.00 - 17.30

<b>Tuesday</b>	
Learn to Swim	16.00 - 17.30

<b>Wednesday</b>	
Learn to Swim	16.00 - 17.00

<b>Thursday</b>	
Adult & Child Lessons	09.15 - 11.15
Learn to Swim	16.00 - 17.00
Rookie Life Guarding	16.00 - 16.30
Water Polo (Level 5+)	16.30 - 17.00

<b>Friday</b>	
Learn to Swim	16.00 - 17.30
Rookie Life Guarding	16.30 - 17.30
Open Fun Session*	19.30 - 20.30

<b>Saturday</b>	
Family Fun Session	10.30 - 12.00

<b>Sunday</b>	
Family Fun Session	09.30 - 10.30

\* Inflatible session 1st Friday of every month

## Lochside Leisure Centre T: 01307 464201

<b>Monday</b>	
Baby Gym Teds	13.30 - 14.15
Gym Teds	14.15 - 15.15
Mini Kickers	16.00 - 17.00
Trampoline (P4-S1)	16.00 - 17.00

<b>Tuesday</b>	
Gym Teds	09.45 - 10.45
Baby Gym Teds	11.00 - 11.45
Basketball (P4-7)	16.00 - 17.00
XYZ	16.15 - 17.00
Run, Jump & Throw Club (6-12 yrs)	17.00 - 18.00

<b>Wednesday</b>	
Gym Teds	13.30 - 14.30
Football (5-7 yrs)	16.00 - 17.00
Club Golf (5-12yrs)	16.00 - 17.00
XYZ	16.15 - 17.00
Football (5-7 yrs)	17.00 - 18.00
Football (8-12 yrs)	17.00 - 18.00

<b>Thursday</b>	
Baby Gym Teds	13.00 - 13.45
Gym Teds	13.45 - 14.45

Trampoline (P4-S1)	16.00 - 17.00
Angus 4 Danz (Theatre Dance Class) P1-3	16.00 - 17.00
Angus 4 Danz (Theatre Dance Class) P4-7	17.00 - 18.00

<b>Friday</b>	
Trampoline (P4-S1)	16.00 - 17.00
Mini Kickers	16.00 - 17.00
XYZ	16.15 - 17.00

## Reid Hall T: 01307 464201

<b>Thursday</b>	
Tiny Dancers - Parents and Toddlers (2-3 yrs)	10.00 - 10.45
Tiny Dancers - Pre School (3-4 yrs)	11.00 - 11.45
Tiny Dancers - Pre School (3-4 yrs)	14.00 - 14.45
Tiny Dancers - Pre School (3-4 yrs)	15.00 - 15.45
Angus 4 Danz (Theatre Dance Class) P1-3	16.00 - 17.00
Angus 4 Danz (Theatre Dance Class) P1-3	17.00 - 18.00

## Montrose Sports Centre T: 01674 676211

<b>Monday</b>	
Football Coaching (5-8 yrs) (Links Park)	16.00 - 17.00

<b>TUESDAY</b>	
Mini Kickers (Town Hall)	16.00 - 17.00
Angus 4 Dance (Mill Street)	17.00 - 18.00
Gymnastics (Town Hall)	17.00 - 19.00
Pre-school Gymnastics (Mill Street)	13.00 - 15.15

<b>Wednesday</b>	
Gymnastics (Town Hall)	16.00 - 19.00
Pre-school Gymnastics (Mill Street)	13.00 - 15.15

<b>Thursday</b>	
Gymnastics (Town Hall)	17.00 - 19.00
Pre-school Gymnastics (Mill Street)	13.00 - 15.15

<b>FRIDAY</b>	
Run, Jump & Throw (Town Hall)	17.00 - 18.00

## Montrose Swimming Pool T: 01674 672026

<b>Monday</b>	
Diving Boards	18.00 - 19.00

<b>Tuesday</b>	
Adult and Child Swim Lessons	09.00 - 10.00
Learn to Swim	16.00 - 17.30

<b>Wednesday</b>	
Learn to Swim	16.00 - 17.30

<b>Thursday</b>	
Learn to Swim	16.00 - 17.30

<b>Friday</b>	
Diving Boards	18.00 - 19.00

<b>Saturday</b>	
Learn to Swim	10.00 - 11.30
Diving Boards	12.00 - 13.00
Inflatable Session	14.00 - 15.00

<b>Sunday</b>	
Family Session	10.30 - 12.00

## Saltire Leisure Centre T: 01241 431060

<b>Monday</b>	
Pre School Trampoline	12.00 - 13.00
Pre School Gymnastics	13.45 - 15.15
Mini Kickers	15.00 - 16.00
Angus 4 Danz (Theatre Dance Class) P4-7	16.00 - 17.00
Gymnastics	16.00 - 17.00
Football (5-7 yrs)	16.00 - 17.00
Angus 4 Danz (Theatre Dance Class) P1-3	17.00 - 18.00
Gymnastics	17.00 - 18.00

<b>Tuesday</b>	
Gymnastics	16.00 - 17.00
XYZ	16.30 - 17.30
Gymnastics	17.00 - 18.00
Trampoline (Advanced class)	18.00 - 19.00

<b>Wednesday</b>	
Trampoline (2 sessions)	16.00 - 18.00
Basketball (P5-S2)	17.00 - 18.00
Multi Sports Disabilities (12+ & adult)	19.00 - 21.00

<b>Thursday</b>	
Pre School Gymnastics (2 sessions)	13.30 - 15.00
Mini Kickers	15.00 - 16.00
Football (5-7 yrs)	16.00 - 17.00
Football (5-7 yrs)	17.00 - 18.00
Football (8-12 yrs)	17.00 - 18.00
Boccia (12+ adult)	18.00 - 20.00

<b>Friday</b>	
Trampoline (2 sessions)	15.45 - 16.45

## Webster's Sports Centre T: 01575 574849

<b>Monday</b>	
Learn to Swim (3 sessions)	16.00 - 17.45
Trampoline (2 sessions)	17.15 - 18.45

<b>Tuesday</b>	
Adult & Child Lessons (2 sessions)	09.15 - 10.15
Adult & Child Lessons (3 sessions)	12.15 - 13.45
Learn to Swim (2 sessions)	16.00 - 17.00
Mini Kickers	16.00 - 17.00
Rookie Lifeguard	16.30 - 17.30
Football (5-7 yrs)	17.00 - 18.00

<b>Wednesday</b>	
Learn to Swim (3 sessions)	16.00 - 17.45
Trampoline	17.00 - 17.45

<b>Thursday</b>	
Xtreme Youth Fitness (12-14 yrs)	16.00 - 17.00
Football (8-12 yrs)	17.00 - 18.00
BOX Soccer (8-16 yrs) <i>Synthetic Pitch</i>	17.00 - 18.00
Trampoline	17.00 - 17.45

<b>Friday</b>	
Learn to Swim (3 sessions)	16.00 - 18.15
Gymnastics (4 sessions)	16.00 - 20.00

<b>Saturday</b>	
Gymnastics	10.00 - 11.00
Aqua Fun Swimming Lessons (4 yrs) (4 sessions)	10.15 - 12.15
SHOKK Kombat (8-12 yrs)	11.15 - 12.15
Pool Inflatible (open fun session)	14.00 - 15.00
Family Fun Pool Session	15.00 - 16.00
Xtreme Youth Fitness (12-14 yrs)	16.00 - 17.00

<b>Sunday</b>	
Learn to Swim (2 sessions)	09.00 - 10.00
Family Fun Session	10.00 - 11.00
Family Fun Session	14.00 - 15.30

## Kirriemuir Town Hall T: 01575 574849

<b>Tuesday</b>	
Highland Dance (2 sessions)	18.00 - 20.00

<b>Wednesday</b>	
Tiny Dancers - Parent & Toddlers (2-3 yrs)	13.30 - 14.15
Tiny Dancers - Pre School (3-5 yrs)	14.15 - 15.00
Angus 4 Danz (Theatre Dance Class) P1-7	16.00 - 17.00

**ACTIVE Kidz** is a fun filled way to join in any of our leisure time activities across Angus. The structured, supervised environments cater for pre-school kids through to 12 years of age with the main focus being FUN.

**ACTIVE Zone** is all about you. It's your time. Your workout. Your way.

There are ACTIVE Zones across Angus specifically for 12-15 year olds. You can hang out with your mates, get fit, have fun and help design your own workout with the assistance of our qualified fitness instructors.



For more information on BOX Soccer log onto [www.boxsoccerschools.com/angus](http://www.boxsoccerschools.com/angus)

**ACTIVE Kidz Zone**



All information correct at the time of going to print March 2012. Please note that all programmes may be subject to change, please contact each facility prior to visiting.