

# TOTS TO TEENS SPORTS CLASSES



**Two Block Brochure - for  
classes between August  
and December 2018!**

**For kids aged 3 and up**

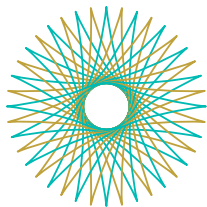
## **Lots of activities to choose from:**

- Football
- Netball
- Multi-Sport
- Inflatable Fun Session
- Racquet Club
- Floor Gymnastics
- Run, Jump and Throw Classes

**For more information on anything in this brochure, call  
0131 451 8400, email [events@oriam.hw.ac.uk](mailto:events@oriam.hw.ac.uk), or check out  
our website - [www.oriamscotland.com/sport/community-sport](http://www.oriamscotland.com/sport/community-sport)**

**Block 1  
Monday  
20th August  
- Friday 12th  
October**

**Block 2  
Monday 29th  
October  
- Friday 14th  
December**



**Oriam**  
COMMUNITY SPORT

Oriam is funded in partnership by:

**sportscotland**  
the national agency for sport  
**•EDINBURGH•**  
THE CITY OF EDINBURGH COUNCIL

**HERIOT  
WATT**  
UNIVERSITY

# ORIAM BIRTHDAY PARTIES

Are you looking for something different for your child's next birthday party? What better place to have it than Oriam, where some of Scotland's best sporting athletes train and compete!

## We can provide the following:

- Be-spoke packages including activity, catering and extras
- Activity packages ranging from £6.50-£10.50p/p
- Sports parties available including football, basketball, netball, ultimate frisbee, among others
- Inflatable parties
- In-house catering options from Oriam's Bistro Kitchen
- Additional extras to make your party extra special
- Dedicated sports coach/party host
- Electronic editable invites available on request (as pictured)
- Gym passes for all parents of children attending party to be used on the day



For more information and an enquiry form please visit our website at [www.oriamscotland.com/sport/community-sport](http://www.oriamscotland.com/sport/community-sport) or email [events@oriam.hw.ac.uk](mailto:events@oriam.hw.ac.uk)



# TOTS CLASSES (AGED 3-5)

Our tots classes are specially designed for pre-school children. Friendly coaching staff will lead fun and engaging activities that will allow your young ones to develop a wide range of skills.

**N.B. Parents/guardians must stay in the class with their child at all times.**

## Mini-Ballers

Perfect for any future basketball, netball, handball or rugby stars. Your child will learn balance, coordination and control, combined with ball skills such as throwing and catching.

## Mini-Kickers

Mini balls? Check! Mini goals? Check! These sessions will provide your young ones with the perfect introduction to the beautiful game.

## Multi-sport

The best way to get involved in sport at a young age. Your child can try a range of energetic and educational activities tailored to their physical and developmental needs, such as balloon tennis and volleyball!

## Gymnastics

Bouncing, spinning, rolling - your children are natural-born gymnasts. So if you want to help them develop their physical skills, what better place to start?

Activity	Time	Location	Block 1 Cost (8 weeks)	Block 2 Cost (7 weeks)
Mon Mini-Ballers	10:00-10:50	Sports Hall 1	£40	£35
Fri Mini-Kickers	14:30-15:15	Academy Synthetic	£40	£35

**Booking for Block 1 will be available from mid-June.**

**Booking for Block 2 will open in October.**

**Half block booking will be available for the second half of the blocks.**

# CHILDREN'S CLASSES (AGED 5-8 AND 8-11)

These classes are split into two age groups, 5 to 8 and 8 to 11, and are available to children of all abilities. This helps to ensure age appropriate activity as well as encouraging progression in a wide range of activities.

Whether they're trying out the sport for the first time or looking to improve on the skills they already have, this is a great avenue for children to make friends in a fun and active way.

## Netball

These sessions will not only develop your child's netball skills but also teach them the importance of teamwork and good sportsmanship as well as building their confidence and self-esteem.

## Football

Whether your child is the next Messi or Ronaldo, or just wants to improve their footballing skills these classes are the perfect solution.

## Racquet Club

Does your child prefer to hit balls rather than throw, catch or kick them? Our racquet club is the perfect solution. They will have the chance to try badminton, short-tennis, squash, table-tennis and racquet-ball.

## Gymnastics

Tumble, jump and roll! A great way to learn the basic skills.

## Multi-Sport

Struggling to pick just one sport? Our multi-sport classes are the perfect way to experience a range of activities, from Dodgeball to Kwik-cricket, and Ultimate Frisbee to Hockey.

## Run, Jump & Throw/ Mini Athletics

Young children will develop run, jump and throw skills, and older children can progress through the various disciplines. The perfect choice for any budding athletics superstars!



## Future Class Dates:

Block 3 - 14th Jan - 29th March  
Block 4 - 29th April - 21st June

# 5-8 CLASSES

Activity	Time	Location	Block 1 Cost (8 weeks)	Block 2 Cost (7 weeks)
Mon Gymnastics	15:45-16:30	Sports Hall 1	£40	£35
Thurs Run, Jump and Throw	16:00-16:45	Sports Hall 1	£32	£28
Thurs Netball	16:00-16:45	Sports Hall 1	£32	£28
Fri Gymnastics*	15:00-15:45	Sports Hall 1	£40	£35
Fri Multi-Sport	16:00-16:45	Various	£32	£28
Fri Racquet Club*	14:15-15:00	Various	£40	£35
Fri Football	15:15-16:00	Academy Synthetic	£32	£28
Fri Gymnastics*	15:45-16:30	Sports Hall 1	£40	£35

\*Please note change to class time

# 8-11 CLASSES

Activity	Time	Location	Block 1 Cost (8 weeks)	Block 2 Cost (7 weeks)
Mon Gymnastics	16:30-17:15	Sports Hall 1	£40	£35
Fri Gymnastics*	14:15-15:00	Sports Hall 1	£40	£35
Fri Racquet Club*	15:00-15:45	Various	£40	£35

\*Please note change to class time



Block 1 - from w/c 20th August to Friday 12th October  
 Block 2 - from w/c 29th October to Friday 14th December

# OTHER CLASSES

## GYMNASTICS CLASSES (15MTH-5)

Activity	Time	Location
Mon Gymnastics P&T (15mth-3yrs)	9:30-10:15	Sports Hall 1
Mon Gymnastics (3yrs-4yrs)	10:30-11:15	Sports Hall 1
Mon Gymnastics (4yrs-5yrs)	11:15-12:00	Sports Hall 1

For costs, and to sign up, please contact: [gymted@kestrelgymnasticsgroup.co.uk](mailto:gymted@kestrelgymnasticsgroup.co.uk)

## DANCE CLASSES (PRE-SCHOOL, P1, 2 & 3)

Activity	Time	Location
Tues Pre-school Dance (3&4 Years)	15:15-16:00	Studio 2
Tues Primary 1 Dance Class	16:00-16:45	Studio 2
Tues Primary 2&3 Dance Class	16:45-17:30	Studio 2

For more information, and to sign up, please contact: [bethany.white@bwdanceworks.com](mailto:bethany.white@bwdanceworks.com)

## HEARTS SOCCER MASTERCLASSES



Activity	Time	Location
Thurs Little Hearts Stars (2yrs-5yrs)*	10:15-11:00	Sports Hall 1
Thurs Little Hearts Stars (2yrs-5yrs)*	13:15-14:00	Sports Hall 1
Mon Hearts Soccer Academy (6yrs-12yrs)	16:15-17:30	Academy Synthetic
Thurs Hearts Girls Soccer Academy (7yrs-12yrs)	16:15-17:30	Academy Synthetic

\* For 2-3 year olds, parent participation is key

For more details, and to book, please contact: [heartssocceracademy@homplc.co.uk](mailto:heartssocceracademy@homplc.co.uk)

# INFLATABLE FUN FRIDAYS!

With two inflatables sessions, designed to cater for a wide range of ages, Oriam is the place to be on a Friday!

Our fun run, bouncy castle, and toddler play-zone along with play equipment and games will keep your young ones occupied.

Children must be supervised at all times.

Day	Time	Location	Cost p/p	Suitable for:
Fri	09:30-11:30	Sports Hall 1	£3 (Pay-as-you-play)	Pre-school
Fri	13:30-15:30	Sports Hall 1	£3 (Pay-as-you-play)	All ages

Pre-booking is not required so just turn as and when you like, reporting to main reception on arrival.

The sessions will run all year round, but please check our website for a list of any cancelled dates - [www.oriamscotland.com/sport/community-sport](http://www.oriamscotland.com/sport/community-sport)



## HOLIDAY CAMPS



### Kings Camps

Kings Camps, will be running at Oriam during the Summer and October holidays in 2018. Suitable for kids aged 4 and up.

**Oriam members get 10% discount.**

See the Kings Camps website for more details - [kingscamps.org](http://kingscamps.org)

### Hearts Soccer Academy Summer Camps

Running 9th, 10th, 12th and 13th July, and 6th, 7th, 9th and 10th August, the camps are open to talented youngsters between the ages of 5 and 12, and offers the opportunity to learn to play the Hearts way. **£25 per day, or £90 for all four days. (1 camp)**



Please contact [heartssocceracademy@homplc.co.uk](mailto:heartssocceracademy@homplc.co.uk) or phone **07533 287 550** for more details.

### Netball Scotland Thistles Camp

2/3 July & 6/7 August. Email [thistlescamp@netballscotland.com](mailto:thistlescamp@netballscotland.com)

### West Edinburgh Warriors Basketball Camp

23-27 July. Email [westedinburghwarriors@gmail.com](mailto:westedinburghwarriors@gmail.com)

### Kestrel Gymnastics Camp

13-17 August. Email [display@kestrelgymnasticsclub.co.uk](mailto:display@kestrelgymnasticsclub.co.uk)



# HOW TO BOOK AND PAY FOR SPORTS CLASSES

There are two ways to book your child onto sports classes:

1. In person at Oriam reception
2. Over the phone on **0131 451 8400**

Pro-rata bookings and half block bookings will be available throughout the blocks.

Full terms and conditions are available at [www.oriamscotland.com/sport/community-sport](http://www.oriamscotland.com/sport/community-sport)

## Facility Opening Times

Mon-Fri (6:30-22:00)  
Sat (8:00-20:00)  
Sun (8:00-22:00)

## FAMILY MEMBERSHIPS

We have two memberships for your  
Children aged 5-10 and 10-15.

Price for under 10s is £10 per month and allows unlimited access to inflatable sessions and the use of sports courts with an adult for sports such as short-tennis, badminton and squash.

Price for juniors aged 10-15 year is £15 per month. This allows access to the Fitness Suite & selected classes once an Oriam Junior Induction is completed.

Fitness Suite access hours for Juniors is Monday to Friday 4-8pm and Saturday & Sunday 8am-8pm.

**Children aged under 13 must be accompanied by a parent for whole visit. Please check the Oriam Website for further details on class timetable and for more details contact the membership team on 0131 451 8417.**



## Personal Training at Oriam

We offer Personal Training at Oriam with our qualified personal trainers who are all level 3 accredited.

Sessions cost £30 per hour with an Introductory Offer of 4 sessions for £90.

Please email [HealthandFitness@oriam.hw.ac.uk](mailto:HealthandFitness@oriam.hw.ac.uk) for further details on all Personal Trainers.

[oriamscotland.com](http://oriamscotland.com)

Heriot-Watt University Edinburgh EH14 4AS

f / OriamEdinburgh    t / Oriamscotland    i / oriamscotland    in / company/oriam