

TOTS TO TEENS SPORTS CLASSES



For kids aged 2 and up

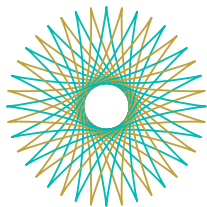
Lots of activities to choose from:

- Football
- Netball
- Multi-Sport
- Inflatable Fun
- Racquet Club
- Floor Gymnastics
- Run, Jump and Throw Classes
- Balanceability™ Balance Bike Classes

**New
Balanceability™
Balance Bike
Classes**

**Block 4
Monday
29th April –
Friday
21st June**

**For more information on anything in this brochure, call
0131 451 8400, email events@oriam.hw.ac.uk, or check out
our website - www.oriamsotland.com/sport/community-sport**



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:

- Activity packages ranging from £6.25 pp
- Inflatables, Football and Multi-Sport Parties available
- In-house catering options from Oriam's Bistro Kitchen from £4.95 pp
- Dedicated party host
- Electronic editable invites available on request (as pictured)
- Free 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 or email events@oriam.hw.ac.uk



TOTS CLASSES (AGE 2-5)

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.

Balanceability™

Balanceability combines unique ergonomic balance bikes with a schedule of fun activities that build confidence, spatial-awareness and dynamic balance skills, enabling young children to cycle without ever needing stabilisers.

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!

Mini-Kickers

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

Activity	Time	Location	Block (8 weeks unless otherwise stated)	Half Block (4 weeks)
NEW Thurs Balanceability™	10:00-10:45	Sports Hall 1 & 2	£40 (6 weeks from 16th May)	N/A
Thurs Oriam Pre-School Multi-Sport	10:45-11:30	Sports Hall 1 & 2	£40	£20
Fri Mini-Kickers	14:30-15:15	Academy Synthetic	£40	£20
Fri Mini-Kickers	15:15-16:00	Academy Synthetic	£40	£20

Block 4 bookings will be available on 29th March 2019.
Half block booking will be available from 27th May 2019.

CHILDREN'S CLASSES (AGE 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!

5-8 CLASSES

	Activity	Time	Location	Block (8 weeks)	Half Block (4 weeks)
Mon	Gymnastics	15:45-16:30	Sports Hall 1	£40	£20
Mon	Multi-Sport	15:45-16:30	Sports Hall 1	£40	£20
Thurs	Run, Jump and Throw	16:00-16:45	Sports Hall 1	£32	£16
Thurs	Netball	16:00-16:45	Sports Hall 1	£32	£16
Fri	Gymnastics	15:00-15:45	Sports Hall 1	£40	£20
Fri	Racquet Club	14:15-15:00	Various	£40	£20
Fri	Football	15:15-16:00	Academy Synthetic	£32	£16
Fri	Gymnastics	15:45-16:30	Sports Hall 1	£40	£20

8-11 CLASSES

	Activity	Time	Location	Block (8 weeks)	Half Block (4 weeks)
Mon	Gymnastics	16:30-17:15	Sports Hall 1	£40	£20
Fri	Gymnastics	14:15-15:00	Sports Hall 1	£40	£20
Fri	Racquet Club	15:00-15:45	Various	£40	£20



Future Class Dates:

2019/2020 Block 1
Monday 19th August
- Friday 11th October





OTHER CLASSES

GYMNASTICS CLASSES (15MTH-5 YEARS)

Activity	Time	Location
Mon Gymnastics P&T (15mth-3yrs)	10:00-10:45	Sports Hall 1
Mon Gymnastics (3yrs-5yrs)	11:00-11:45	Sports Hall 1
Mon Gymnastics (3yrs-5yrs)	13:15-14:00	Sports Hall 1

For costs, and to sign up, please contact: gymted@kestrelgymnasticsgroup.co.uk



BW DANCE WORKS (2 1/2 - 5 YEARS)

Activity	Time	Location
Fri Ballet and Tap Combo (2 1/2-5yrs)	14:15-15:00	Studio 2
Fri Ballet and Tap Combo (3-5yrs)	15:00-15:45	Studio 2

To book your FREE trial session, visit bw-dance-works.class4kids.co.uk



MUM AND BABY CLASSES

Activity	Time	Location
Wed Bump Club Class 1	10:00-10:45	Oriam Studios
Fri Bump Club Class 2	9:30-10:15	Oriam Studios

These classes are designed to help you get back to fitness without having to worry about childcare. These classes are in 8 week blocks costing £52 per block).

For more details, and to book, please contact: sarah@thebumpclub.com



HEARTS SOCCER MASTERCLASSES (3-12)

Activity	Time	Location
Mon 5-12 yrs Hearts Soccer Academy	16:00-17:30	Academy Synthetic
Fri 5-12 yrs Hearts Soccer Academy	13:30-14:30	Academy Synthetic
Sat 3-5 yrs Hearts Soccer Academy	10:00-11:00	Academy Synthetic

For more details, and to book, please contact: heartssocceracademy@homplc.co.uk

INFLATABLE FUN FRIDAYS!

With two inflatable 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. Children under 12 months are free. Limited space available.

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



HOLIDAY CAMPS



Kings Camps

Kings Camps, will be running at Oriam during the February, Easter and Summer holidays in 2019. Suitable for kids aged 4 and up.

Oriam members get 10% discount.

See the Kings Camps website for more details - kingscamps.org

Hearts Soccer Academy Summer Camps

Hearts will be running camps in February, Easter and Summer in 2019. 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.



For more details, and to book, please visit:

<https://boxsoccertraining.com/locations/hearts-academy-box-soccer-training>

Oriam aims to partner with a few other clubs and groups to bring sport-specific holidays camps during Easter & Summer, such as basketball, gymnastics and netball. Please stay tuned to our social media channels for updates on future camps.

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

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 10-16.

Price for under 10s is £10.50 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 £15.50 per month. This allows access to the Fitness Suite & selected classes once an Oriam Junior Induction is completed.

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. To be purchased in the first month of joining.

Please email HealthandFitness@oriam.hw.ac.uk for further details on all Personal Trainers.

oriamscotland.com

Heriot-Watt University Edinburgh EH14 4AS

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