

Feel  
FALKIRK

# EASTER <sup>20</sup><sub>26</sub>

**Holiday Activity Programme**



**A packed programme for all ages and abilities**

**Book Here** 

**falkirkleisureandculture.org**  



# OUTDOOR ACTIVITIES

Get ready for an exciting Easter full of adventure.

- We have a fantastic range of outdoor activities perfect for energetic 9 to 17 year olds who love a challenge and the thrill of trying something new.
- Participants should bring a towel, a full change of clothing (including spare trainers), a packed lunch, drinks and any required medication.
- All specialist equipment for each activity will be provided.
- Parents and carers will be asked to complete a medical form at the **Outdoor Activity Base** on the morning of the activity.
- If you have any questions about the programme, please contact us on **01324 506846**.
- All activities run from **9am to 4pm**. Drop off and pick up at our **Outdoor Activity Base, Bothkennar Hub, Main Street, Skinflats FK2 8NU**.



Book here for Adventure Camp

Please select Outdoor Activities and then Easter Youth Programme.

Date	Age	Activity	Ability	Cost
7 April	9+	Canoe and Bushcraft	Beginner	£45
8 April	9+	Rock Climbing and Abseiling	Beginner	£45
9 April	9+	Chainwalk and Sea Jump	Beginner	£45
10 April	9+	Paddlesports	Beginner	£45
13 April	9+	Weaselling	Beginner	£45
14 April	9+	Chainwalk and Sea Jump	Beginner	£45
15 April	9+	Paddlesports	Beginner	£45
16 April	9+	Rock Climbing and Abseiling	Beginner	£45



Book now on 01324 506850



# MULTI-SPORTS CAMPS



Keep your kids active, smiling, and full of energy this Easter at our Multi-Sports Camp! Open to children in **Primary 1\* to Primary 7**, this fun-filled camp is led by qualified, enthusiastic coaches who know how to keep everyone entertained.

Children will get to try a whole range of exciting activities including basketball, football, dancing, tennis, swimming\*\* and plenty of high energy games.

(\*Children must currently be in P1 for the 25/26 school year.)

(\*\*Swimming is offered each day.)

**Multi-sports camps will run as follows:**

Date	Age	Times	Ability	Cost	Venue
7 - 10 April	P1 - P7	09:00 - 16:00	All	£22.05 per day	St. Mungo's High School
13 - 17 April	P1 - P7	09:00 - 16:00	All	£22.05 per day	Grangemouth High School

**\*\*Swimming will be offered every day. Please advise the bookings team of your child's swimming ability: 1. Non-swimmer. 2. Requires flotation device. 3. Confident Swimmer. If your child does not wish to partake in swimming, alternative activities will be offered.**

## How to Book:

Click the link in the circle below. Select Sports & Drama in the location section to view the full Holiday Programme.

If you want to book more than one day, such as a full week, just choose Monday and add it to your basket, then repeat the process for each additional day. Once everything is added, you can complete payment in one go.

Before the camp begins, our Bookings Team will get in touch to collect a few details: Name, Primary Class, Medical Conditions, Swimming Ability, and an Emergency Contact Number and Email Address.

## What to Bring:

Comfy sportswear, swimming gear, outdoor clothing like hats, jackets and sunscreen, plus snacks, water and lunch if staying all day. Most importantly, bring lots of positive energy and big smiles!



**Book here for Multi-Sports Camp**



# BASKETBALL AT GRANGEMOUTH SPORTS COMPLEX

These camps are perfect for both beginner and experienced players who want to develop and improve their skills. **Delivered by Falkirk Fury Basketball Club coaches and players.**



Date	Age	Times	Ability	Cost
13 - 15 April	6 - 8 yrs	11:15 - 13:15	All	£37.20
13 - 15 April	9 - 13 yrs	11:15 - 13:15	All	£37.20

Book here for **basketball classes**

# BADMINTON AT GRANGEMOUTH HIGH SCHOOL

**Get ready to swing, smash and score at our Badminton Sessions!**

Perfect for young players of all levels, our energetic sessions help children develop confidence, coordination and quick thinking while having loads of fun. Led by friendly, experienced coaches, kids will learn essential skills like serving, rallying and footwork, then put it all into practice through exciting games and mini challenges.

Date	Age	Times	Ability	Cost	Venue
7 - 9 April	8+	09:00 - 10:00	Beginner	£18.60	Grangemouth High School
7 - 9 April	8+	10:00 - 11:00	Advanced	£18.60	Grangemouth High School



Book here for **Badminton classes**

# GYMNASTICS

Whether your child is a new or current gymnast, our classes offer a great opportunity to learn new and develop existing floor and vault skills. Our expert coaches make every session enjoyable in a safe learning environment.

Book here for **Stay & Play**

Select Mariner then Stay and Play.

Book here for **Gymnastics**

Select Sports & Drama classes then your chosen class.



Date	Age	Activity	Times	Ability	Cost
<b>Mariner Centre</b>					
7 - 10 April	0 - 5 yrs	Stay and Play	9:45 - 10:45	All	£4.99 per day
7 - 10 April	5 - 12 yrs	Gymnastics Coaching	11:00 - 12:00	Beginner	£24.80 per week
<b>Larbert High School</b>					
13 - 17 April	5 - 12 yrs	Gymnastics Coaching	10:00 - 11:30	All	£46.50 per week

# TENNIS AT DOLLAR PARK

**Come along to play, improve and most importantly have fun!**

Hosted at Dollar Park all weather tennis courts, your child will receive coaching, playing time and many opportunities to develop their skills on the court.

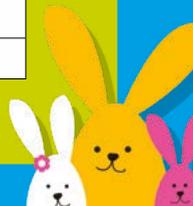
The sessions are designed to develop fundamental skills such as balance, coordination, agility and movement. For more advanced participants, there will be a greater focus on the technical aspect, assisting with skills development.



Tennis booking **here**

Date	Age	Times	Cost
7 - 10 April	5 - 8 yrs	10:00 - 11:30	£37.20 per week
7 - 10 April	8 - 12 yrs	11:30 - 13:00	£37.20 per week
13 - 17 April	5 - 8 yrs	10:00 - 11:30	£46.50 per week
13 - 17 April	8 - 12 yrs	11:30 - 13:00	£46.50 per week

**Book now on 01324 506850**



# SWIMMING



Book here for swimming



## One to one

Available for individuals looking for dedicated teaching. These classes are beneficial for complete beginners and for any swimmer looking to improve confidence, skills and technique.

## Fast Track

Our Fast Track Courses are designed and taught to promote fast progress and continued development of each individual's current learning journey, following our expertly designed lesson plans. This class will have a maximum of 5 children for a more personal swimming experience. These classes are only suitable for beginners

Dates	Activity	Times	Age	Cost
<b>St Mungo's High School</b>				
7 - 10 April	Fast-Track	09:15 - 09:55	Beginner	£37.80
	Fast-Track	10:00 - 10:40	Beginner	£37.80
	Fast-Track	10:45 - 11:25	Beginner	£37.80
	Fast-Track	11:30 - 12:10	Beginner	£37.80
	Fast-Track	12:15 - 12:55	Beginner	£37.80
	One to One	09:15 - 09:45	Any age	£95.35
	One to One	09:50 - 10:20	Any age	£95.35
	One to One	10:25 - 10:55	Any age	£95.35
	One to One	11:00 - 11:30	Any age	£95.35
	One to One	11:35 - 12:05	Any age	£95.35
	One to One	12:10 - 12:40	Any age	£95.35

<b>Grangemouth High School</b>				
13 - 17 April	Fast-Track	09:15 - 09:55	Beginner	£47.25
	Fast-Track	10:00 - 10:40	Beginner	£47.25
	Fast-Track	10:45 - 11:25	Beginner	£47.25
	Fast-Track	11:30 - 12:10	Beginner	£47.25
	Fast-Track	12:15 - 12:55	Beginner	£47.25
	One to One	09:15 - 09:45	Any age	£119.18
	One to One	09:50 - 10:20	Any age	£119.18
	One to One	10:25 - 10:55	Any age	£119.18
	One to One	11:00 - 11:30	Any age	£119.18
	One to One	11:35 - 12:05	Any age	£119.18
	One to One	12:10 - 12:40	Any age	£119.18



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# ADDITIONAL SUPPORT NEEDS DISABILITY CAMP



We are providing a free multi-sport camp in conjunction with a number of local sports clubs and volunteers that provide inclusive sessions throughout Falkirk.

**To book, click the circle and fill in the form.**

Please bring some water and a snack between sessions.

Multi-sport is a variety of team sports and games led by different clubs and volunteers. Sessions will also include specific disability sport activity, for example boccia and table cricket.

## MATP (Motor Activity Training Programme)

These sessions are for children with complex needs and profound and multiple learning disabilities (PMLD).

This is a parent and child multi-sport session which is linked to Special Olympic type activities. Children will learn key movement skills and develop running, jumping, throwing, catching and striking as well as sensory type activities.

The activities are catered to suit your child's abilities.



Date	Age	Activity	Times	Ability
<b>Carrongrange High School</b>				
7 - 10 April	P1 - S6	Multi-Sport	10:00 - 12:00	Disability / ASN
7 - 10 April	P1 - S6	MATP	13:00 - 14:00	Complex Needs / PMLD
8 - 9 April	P1 - S6	Cycling	13:00 - 15:00 20min slots various times.	Disability / Vision Impairment



# EASTER AT THE HIPPODROME CINEMA



## THE SUPER MARIO GALAXY MOVIE

From Nintendo and Illumination comes a new animated film based on the world of Super Mario Bros.

**Please check  
our website  
for a full  
list of films,  
dates and  
times.**



## BLUEY AT THE CINEMA: PLAYDATES WITH FRIENDS

Bluey at the Cinema: Playdates with Friends Collection is an hour of fun that features eight episodes from across the TV show's three series!



**Book tickets [www.hippodromecinema.co.uk](http://www.hippodromecinema.co.uk)**



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We aim to help local families enjoy a cracking time over the Easter holidays. For a full round up of all our egg-citing Easter activities including Library events, films at the Hippodrome and Easter Afternoon Teas, please visit [falkirkleisureandculture.org](http://falkirkleisureandculture.org)



Book  
online  
**here.**



Please visit our website  
[www.falkirkleisureandculture.org](http://www.falkirkleisureandculture.org)  
for full booking terms and conditions and to view  
our customer statement and cancellation policy.

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