

Sports Development Programme

Spring 2022

We offer a dynamic and engaging sports programme for children aged 6 months to 5 years of age and for children aged 5+

We have limited availability in the classes listed below. Please call **01324 506850** to book a place.



Badminton Sessions

Venue	Level	Day	Age	Time
Braes High	Beginners	Fri	5+	18:30 - 19:30
Polmont Sc	Beginners/Improvers	Mon	5+	19:00 - 20:00
Polmont Sc	Beginners	Sat	5+	09:00 - 10:00
Denny Sc	Beginners	Thu	5+	18:00 - 19:00
Braes High	Improvers	Fri	9+	19:30 - 20:30
Polmont Sc	Intermediate	Sat	9+	10:00 - 11:00
Denny Sc	Improvers	Thu	9+	19:00 - 20:00

Basketball Sessions - Polmont Sports Centre

Day	Age	Time
Wednesday	6 - 8yrs	17:00 - 18:00
Wednesday	9 - 12 yrs	16:00 - 17:00
Thursday	6 - 8 yrs	16:00 - 17:00
Thursday	9 - 12 yrs	17:00 - 18:00



Soccer School sessions - Polmont Sports Centre

Day	Age	Time
Sunday	5 - 9yrs	11:00 - 12:00
Sunday	3 - 5yrs	10:15 - 11:00

Run Jump & Throw Sessions - Grangemouth Stadium

Day	Age	Time
Friday	4 - 6yrs	16:00 - 17:00
Friday	7 - 8yrs	17:15 - 18:15
Friday	9+yrs	18:30 - 20:00
Thursday	4 - 6yrs	16:00 - 17:00
Thursday	7 - 8yrs	17:15 - 18:15
Monday	4 - 6yrs	16:00 - 17:00
Monday	7 - 8yrs	17:15 - 18:15
Monday	9+yrs	18:30 - 20:00
Wednesday	4 - 6yrs	16:00 - 17:00
Wednesday	7 - 8yrs	17:15 - 18:15
Wednesday	9+yrs	18:30 - 20:00



Gymnastics Sessions - Beginners Development Classes

Venue	Day	Age	Time
Denny High School	Thursday	5+	18:00 - 19:00
Deanburn PS	Thursday	5+	17:00 - 18:00
Carron	Monday	5+	16:00 - 17:00
Carron	Tuesday	5+	16:00 - 17:00
Carron	Wednesday	5+	19:00 - 20:00
Carron	Thursday	5+	17:00 - 18:00



Mini Gyms Sessions

Venue	Day	Age	Time
Denny Sc	Fri	1 - 2 yrs	10:25 - 11:10
Polmont Sc	Thurs	1 - 2 yrs	10:25 - 11:10
Denny Sc	Tue	1 - 2 yrs	10:25 - 11:10
Polmont Sc	Weds	1 - 2 yrs	10:25 - 11:10
Denny Sc	Fri	2 - 3 yrs	09:30 - 10:15
Denny Sc	Fri	2 - 3 yrs	11:20 - 12:05
Polmont Sc	Thurs	2 - 3 yrs	13:00 - 13:45
Polmont Sc	Thurs	2 - 3 yrs	11:20 - 12:05
Denny Sc	Tue	2 - 3 yrs	11:20 - 12:05
Polmont Sc	Weds	2 - 3 yrs	11:20 - 12:05
Denny Sc	Fri	3 - 5 yrs	13:00 - 13:45
Polmont Sc	Thurs	3 - 5 yrs	09:30 - 10:15
Denny Sc	Tue	3 - 5 yrs	13:00 - 13:45
Denny Sc	Tue	3 - 5 yrs	09:30 - 10:15
Polmont Sc	Weds	3 - 5 yrs	13:00 - 13:45
Polmont Sc	Weds	3 - 5 yrs	09:30 - 10:15



Tennis Sessions

Venue	Level	Day	Age	Time
Polmont SC	Beg	Fri	3 - 5yrs	15:15 - 16:00
Dollar Park	Green	Weds	8 - 12 Yrs	18:00 - 19:00
Dollar Park	Orange Ball	Weds	8 - 12yrs	17:00 - 18:00
BRC	Red Ball	Fri	Ages 5 - 8	19:00 - 20:00
BRC	Red Ball	Fri	Ages 8 - 12	20:00 - 21:00
GSC	Red Ball	Tues	Ages 5 - 8	16:00 - 17:00
GSC	Red Ball	Tues	Ages 5 - 8	17:00 - 18:00
Polmont SC	Red Ball	Tues	Ages 5 - 8	16:00 - 17:00
Polmont SC	Red Ball	Tues	Ages 5 - 8	17:00 - 18:00



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