

DAY	TIME	ACTIVITY	AGE GROUP	COST	DESCRIPTION
Monday	3.30pm - 4.30pm	Junior Badminton	Invitiaton	£1.30	Coaching Class for top Primary players. Entry by Invitation only
	4.30pm - 6pm	Senior Badminton	Secondary	£1.60	Class for Secondary School Pupils
Tuesday	3.30pm - 4.30pm	Junior Badminton	Primary	£1.30	Junior Class doing Fun Games and Routines
	4.30pm - 6pm	Senior Badminton	Secondary	£1.60	Class for Secondary School Pupils
Wednesday	3.30pm - 4.30pm	Junior Badminton	Invitiaton	£1.30	Coaching Class for top Primary players. Entry by Invitation only
	4.30pm - 6pm	Senior Badminton	Secondary	£1.60	Class for Secondary School Pupils
	3.30pm - 4pm	Dance Unlimited (starts 26th August)	Pre 5's	£1.00	Come along and join us for fun-filled Dance Sessions in Hip-Hop/Street Dance, Funky Jazz and much more. It's a great way to meet new friends, have fun and learn some cool new dance moves to all your favourite sounds.
	4pm - 5pm		7 - 12 yrs	£1.30	
6pm - 7pm	Basketball (starts 22nd Sept)	5 - 16 yrs	£2.30 or £1.30 with SHOUT Card Block Booking £29.20 or £18.20 with SHOUT Card	Fully qualified Coaches will deliver sessions with special input from the Scottish Rocks Pro Basketball Club! Come along and participate in East Ayrshire's Basketball League and put your new skills into practice in a fun environment.	
Thursday	3.15pm - 4pm	Beginners Badminton	5 yrs +	75p	Co-ordination class with lots of Fun, Games and Noise. Small Racquets available.
	4pm - 5pm	Short Tennis	Beginners	£1.30	This Class is for beginners. lots of Fun, Games and different Routines.
	4.30pm - 6pm		Improvers	£1.60	Advanced Class for 10 - 16 yr olds familiar with Short Tennis Rules!
Friday	10am - 11.30am	Tiny Tots Toddler Time (starts 28th August)	Pre 5's	£1.60	"Mum, please don't miss this week's session as we have so much fun on the Bouncy Castle and playing with all the Toys! We also get juice and mum, you can have a cup of tea or coffee. So please Mum can we go?" (Parent/Guardian must remain in the Hall)
	3.15pm - 4pm	Junior Badminton	Primary	75p	Junior Class doing Games and Fun Challenges!
	4pm - 5pm	Kilmarnock FC Soccer Coaching	5 - 8 yrs	£2.50	Excellent Football Session with fully qualified SFA Coaches. These sessions are very popular so please pre-book to avoid disappointment!
	5pm - 6pm		9 - 12 yrs		
8pm - 9.30pm	Funky Friday Fun Club	5 - 12 yrs	£1.60	The word on the street is Funky Friday Fun Club is the place to be. Why not come along with your mates and take part in a variety of Fun Filled Activities.	
Saturday	12 noon - 1.30pm	Junior Badminton	All Ages	£1.60	A Beginners Class which will do Fun and Games with players learning the rules and how to play games. Players will also work to gain National Certificates.
	2pm - 4pm	Advanced Badminton	By Invitation	£ 2.50	The Classes will concentrate on coaching with players working on Routines, Footwork and Shot Technique. Players will eventually be expected to play in National Tournaments.
	10am - 12 noon	Kids Club Newtwork (starts 29th Aug)	5 - 12 yrs	£1.60 or FREE with SHOUT Card	Come along and join the Kids Club Network and take part in a variety of Play, Sport and Health related Activities. No pre-booking required.
Sunday	10am - 11am	Badminton Coaching	Juniors	£1.30	Great Sunday morning session with Fun Games and Challenges!
	11am - 1pm		Seniors	£2.00	Playing session with Singles and Doubles!
<b>FITNESS CLASSES</b>					
Monday	7pm - 8pm	Aerobics	16 yrs +	£3.00	An exciting new class working all your Body Parts and Muscle Groups
Tuesday	6pm - 7pm	Fitball	16 yrs +	£3.00	Fitball Excerices work all Muscle Groups from a String Central Core. Improves abdominal and spinal muscles, giving you a better posture. It's also a fun, safe and effective way to workout!
	7pm - 8pm				
Wednesday	7pm - 8pm	Gym Inductions	16 yrs +	£10.00	Book a Gym Induction and learn how to use the Equipment properly.
Thursday	7pm - 8pm	Aerobics	16 yrs +	£3.00	A great top to toe workout that will leave you refreshed and motivated.