

DAY	TIME	ACTIVITY	AGE GROUP	COST	DESCRIPTION
Monday	3.30pm – 4.30pm	Junior Badminton	Invitation	£1.25	Coaching class for top Primary players. Entry by invitation only.
	4.30pm – 6pm	Senior Badminton	Secondary	£1.50	Class for Secondary School Pupils.
Tuesday	3.30pm – 4.30pm	Junior Badminton	5 – 12 yrs	£1.25	Junior class doing Games, Fun Games & Routines.
	4.30pm – 6pm	Senior Badminton	Secondary	£1.50	Class for Secondary School Pupils
Wednesday	3.30pm – 4.30pm	Junior Badminton	Invitation	£1.25	Coaching class for top Primary players. Entry by invitation only.
	4.30pm – 6pm	Senior Badminton	Secondary	£1.50	A class for all Secondary School Pupils to work and train together.
	6pm – 7pm	Basketball (Starts 3 rd Sept)	5 – 16 yrs	£2.30 per Session or £25.30 for a Full Block. £1.30 per Session or £15.60 for a Full Block with SHOUT / Young Scot	Leisure Development Services are continuing their very successful programme of Community Basketball Clubs throughout East Ayrshire. This Club is aimed at children in East Ayrshire offering a new and unique experience in Basketball. By learning new skills over the course of the programme the focus will be taking them into games related situations.
Thursday	3.15pm – 4pm	Beginners Badminton	5yrs +	75p	Co-ordination class with lots of fun, games & noise. Small racquets are available.
	4pm – 5pm	Short Tennis	Beginners	£1.25	First class is for beginners. Lots of fun, games and different routines.
	4.30pm – 6pm	Short Tennis	Improvers	£1.25	More advanced class for 10-16 yrs old familiar with short tennis rules.
Friday	3.15pm – 4pm	Junior Badminton	5 – 12 yrs	75p	Junior class doing Games & Fun Challenges.
	4pm – 5pm	Kilmarnock FC Soccer Coaching (Starts 29 th Aug)	5 – 7yrs	£2.50 per session or £30 for a Full Block.	Excellent football sessions with fully qualified SFA coaches. These sessions were really busy last year so get in early to ensure your place.
	5pm – 6pm		8 – 12yrs		
Saturday	12 noon – 1.45pm	Junior Badminton	All ages	£1.75	A beginners class which will do fun & 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 (Starts 6 th Sept)	5 – 12yrs	Free with SHOUT card or £1.60 and 80p for brother/sister	Organised by the Leisure Development section, the Kids Club Network provides a variety of structured fun games and activities each week including Multi Sports, Art and crafts, Health related fun games and much more.....
Sunday	10am - 11am	Badminton Coaching	Juniors	£1.00	Great Sunday morning session with fun games and challenges.
	11am - 1pm		Seniors	£2.00	Playing Session with Singles & Doubles sessions.
FITNESS CLASSES					
Monday	7.00 – 8pm	Body Blitz	16yrs + over	£3.00	Body Blitz is a fitness class using Bar Bells and Weights to tone and condition the muscles whilst raising the heart rate for rapid fat burning.
Tuesday	6pm – 7pm	Fitball	16yrs + over	£3.00	Fitball Exercises work all muscle groups from a strong central core. Improves abdominal and spinal muscles, giving you a better posture. It's also a fun, safe and effective way to work out.
	7pm – 8pm				

Activities may vary during School holiday periods.