

PLAYSPORT COACHES



Ben Pollock



Innes Paterson



Robert Carson



Robbie Kupris



Kevin Keen



Kirsty Summers



Colin MacKenzie

Our fully qualified sports coaches are dedicated to create a safe environment where children can learn various sporting skills, have fun and learn to respect each other and be part of a team.

www.atlantisleisure.co.uk Tel: 01631 566800

Atlantis Leisure, Dalriach Road, Oban, Argyll, Scotland PA34 5JE

Find us on **facebook**

"A charity run by the community for the community"



Atlantis

COMMUNITY
LEISURE

Coaching Programme

WHAT WE OFFER

- Indoor Football
- Outdoor Football
- Badminton
- Athletics
- Tennis
- Activity Sessions
- Climb Cube
- Archery
- And lots more!

There is something available for pre-school right up to S6!

PLAYSPORT



INDOOR FOOTBALL **£2.60 per session**

Fun games that help develop early football skills.

Monday	1:00-1:45pm	Pre-School	Little Dribblers
Monday	4:00-5:00pm	P1 to P3	
Tuesday	1:00-1:45pm	Pre-School	Little Dribblers
Tuesday	4:00-5:00pm	P4 to P5	
Thursday	4:00-5:00pm	P1 to P3	

OUTDOOR FOOTBALL **£3.00 per session**

These sessions run on the 5-a-side pitch at the back of Atlantis. The emphasis is on playing friendly matches and fun games.

Tuesday	4:00-5:30pm	P5 to P7	
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ATHLETICS **£2.60 per session**

Try out and learn the correct techniques for activities such as speed bounce, standing long jump, triple jump, javelin, high jump, individual and relay races in this fun sessions.

Wednesday	4:00-5:00pm	P1 to P3	Mini Athletics
Wednesday	5:00-6:00pm	8 years +	

BADMINTON **£2.60 per session**

There will be fun badminton games, coaching and an opportunity to play matches. This sessions is open to all abilities.

Monday	5:00-6:00pm	P3 to P7	
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TENNIS **£2.60 per session**

Teaching tennis skills and the basis of the game. Many fun games and matches played throughout the session.

Wednesday	4:00-5:00pm	P3 to P7	
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BASKETBALL **£2.60 per session**

A fun controlled environment to learn dribbling, passing, shooting skills and teamwork.

Tuesday	4:00-5:00pm	P3 to P7	
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RUGBY **£2.60 per session**

A joint partnership between Oban Lorne Rugby Club and Atlantis Leisure.

Come along and learn rugby skills in a fun environment.

Classes take place on the grass pitch at Atlantis or indoor if the weather is poor.

Monday	5:00-6:00pm	P4 to P7	
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ACTIVITY SESSIONS **£2.60 per session**

Lots of fun activities that focus on keeping children active and having fun throughout the session, not focussing on competition.

Friday	4:00-5:00pm	P1 to P3	Climbing & Mini Tennis
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CLIMB CUBE **£2.60 per session**

Learn modern climbing movements and techniques. Many fun climbing games are played throughout the sessions. Beginners welcome.

Monday	4:00-4:45pm	S1 to S2	
Wednesday	4:00-4:45pm	P4 to P7	
Thursday	4:00-4:45pm	P4 to P7	

MINI MOVERS **£3.10 per session**

A confidence building class for Pre-School kids. Lots of fun, while improving motor skills and flexibility.

Friday	10:00-10:45am	Age 1 to 3	
Friday	11:00-11:45am	Age 3 to 5	

FREESTYLE FRIDAY **£3.00 per session**

Youth night at Atlantis where the centre is specifically aimed towards allowing High School children to have fun. Access to the pool, gym, sports hall, squash, tennis, football on the back pitch, climbing, Nintendo Wii and dance classes.

Fridays (term time)	7:00-9:30pm	S1 to S6	
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ARCHERY **10 hours for £31.00 or £2.60 per session**

Sign up to this five week certificated beginner's course (10 hours for £31.00) then come and attend the open shoot during this slot time.

Friday	5:30-7:30pm	10 years +	
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