



moray
council

Active Schools and Sports Development Programme

Forres ASG Primaries, Aug – Dec 2018



sportscotland | Putting sport first
the national agency for sport





Get Active Stay Active

Participate in a **wide range** of activities in a relaxed and friendly environment.
 You can learn a **new sport** or **develop** your skills.
 Sessions are open to all abilities and equipment is provided.

Meet the Forres Team

Paul Rogan	Rosalyn Carruthers
	
<p>Forres Academy Anderson's Primary School Alves Primary School Applegrove Primary School Dallas Primary School Dyke Primary School Kinloss Primary School Logie Primary School Pilmuir Primary School</p>	
<p>Mobile: 07966 120518 Landline: 01309 672838 Email: forres.active.schools@moray.gov.uk</p>	<p>Mobile: 07800 678561 Landline: 01309 672838 Email: forres.active.schools@moray.gov.uk</p>





The Active Schools programme aims to provide quality opportunities to take part in sport and physical activity before school, during lunchtime and after school. Where possible the sessions will develop effective pathways between schools and sports clubs in the local community. The sessions are generally delivered by a network of volunteers consisting of teachers, parents, school staff, students, senior school pupils and sport club coaches. We are striving to ensure that the sessions are offered for free or minimal cost. All pupils that qualify for the clothing grant will receive free spaces on all Active Schools sessions.

Centralised Activities – Available to all pupils

Activity/Venue/Dates	Times	Year Group	Cost	Notes
Junior Jogscotland Cricket Pavilion, Grant Park Mondays 27 th Aug-24 th Sept	3.45 - 4.30pm	P1-7	Free	5 week block Please complete the Active Schools consent form
Bowls Grant Park Bowling Club Thursdays 23 rd Aug-13 th Sept	3.30 – 4.30pm	P5-S6	Free	4 week block Please complete the Active Schools consent form
Hockey Forres House Community Centre Wednesday 29 th Aug-12 th Dec	3.30-4.30pm	P4-7	£14 for block Free with 'Fit Life' Card	Term Time Please complete the Active Schools consent form
Orienteering Grant Park Tuesdays 28 th Aug-18 th Sept	3.45-4.45pm	P4-7	Free	4 week block Please complete the Active Schools consent form
Trampoline Forres House Community Centre Saturdays 1 st Sept -29 th Sept Saturdays 27 th Oct-8 th Dec	12.15-1.00pm	P1-S6	£20 Term 1 £25 Term 2 Free with 'Fit Life' Card	5 week block 6 week block Please complete the Active Schools consent form
Karate Forres House Community Centre Tuesdays 4 th Sept-18 th Sept	3.45-4.45pm	P4-5	Free	3 week block Please complete the Active Schools consent form
Netball Anderson's Primary School Mondays 20 th Aug-Dec Applegrove Primary School Tuesdays 21 st Aug-Dec	3.30-4.30pm	P5-7	£14 for block	Term Time Please complete the Active Schools consent form
Tennis Findhorn Tennis Club Dates/Day TBC	Times TBC	P1-3 P4-7	Free	Term 1 Starting week beginning 27 th August

Please email completed consent forms to forres.active.schools@moray.gov.uk or drop them off at the reception of Forres House Community Centre.



Sports Development Activities – Forres area

The Sports Development sessions aim to develop the skills and understanding of participants in a variety of different sports. Each session will be delivered by two qualified paid sport coaches and generally take place in local community centres or high schools. The standard cost for a session is £3.80 although sessions are open to Fit Life members at no additional cost.

Venue & Dates	Course Code	Times	Age	Cost	Notes
<u>Active Start</u> Forres House Community Centre Every Saturday 1/09/18 – 22/9/18	AUT20 AUT21	9:00 - 9:45am 9:45 - 10.30am	Pre School 3yrs +	£15.20	
<u>Active Start</u> Forres House Community Centre Every Saturday 27/10/18 – 15/12/18	WIN20 WIN21	9:00 - 9:45am 9.45 - 10.30am	Pre School 3yrs +	£30.40	
<u>Mixed Sports</u> Forres House Community Centre Thursdays 23/08/18 – 04/10/18	AUT22 AUT23	3.30 - 4.30pm 4.30 - 5.30pm	P1 – P3 P4 – P7	£22.80	No session 27th Sept
<u>Mixed Sports</u> Forres House Community Centre Thursdays 25/10/18 – 20/12/18	WIN22 WIN23	3.30 - 4.30pm 4.30 - 5.30pm	P1 – P3 P4 – P7	£34.20	
<u>Tennis</u> Forres House Community Centre Every Saturday 1/09/18 – 22/9/18	AUT24 AUT25	10.45 - 11:45am 11:45 - 12:45pm	P1 – P3 P4 – P7	£15.20	
<u>Tennis</u>	WIN24		P1 – P3	£30.40	

Forres House Community Centre Every Saturday 27/10/18 – 15/12/18	WIN25	10.45am-11:45am 11:45am – 12:45pm	P4 – P7		
Gymnastics Forres House Community Centre Every Thursday 23/08/18 – 04/10/18	AUT26 AUT27 AUT28	3.30pm – 4.30pm 4.35pm – 5.35pm 5.40pm – 6.40pm	P5 – P7 P1 – P2 P3 – P4	£22.80	No session 27th Sept
Gymnastics Forres House Community Centre Every Thursday 25/10/18 – 20/12/18	WIN26 WIN27 WIN28	3.30pm – 4.30pm 4.35pm – 5.35pm 5.40pm – 6.40pm	P5 – P7 P1 – P2 P3 – P4	£34.20	

Bookings and payments can be made by telephone by contacting the Business Support Unit on **01343 563374**.

Alternatively, send the application form below and cheques made payable to "The Moray Council" to:

Business Support Unit
Education and Social Care
The Moray Council
High Street
Elgin
IV30 1BX

Applications will not be acknowledged, you will only be contacted if there is a problem. Should you wish to check that a booking has been received, please contact the Business Support Unit on: **01343 563374**.

**Any household that has taken out a family membership through the Sport and Leisure Facilities section called 'Fit Life' will be able to book their child/ren onto the Sports Development sessions at no extra cost. When booking you will be asked for the main members (parent) membership card number, so that this can be verified in the system as being an active card member, so please have this information at your disposal. Please note that refunds will NOT be given if Fit Life memberships are subsequently taken out after payments have been made. For more information on this scheme, please contact the Business Support Unit on the number above.

NOTE: 'Fit Life participants must attend 80% of a session block. If this is not adhered to, we reserve the right to cancel the participant's place and offer it to someone else on our waiting list. Parents will be notified before this action takes place.'



Active Schools Forres support various clubs within the local area who provide sporting opportunities to children

Karate Academy Scotland P4 upwards Tuesday 7-8pm @ Forres Academy girls' gym

Dates: Term time, please phone to book a place.

Cost: First class is free then £3.50 per session pay as you go.

Contact: Amanda Walker 07841 137 056 to sign up.

(Classes also available in Elgin)

Forres Harriers Running Club age 9 + Thursday 6.30 – 7.30pm Grant Park

A successful competitive running club where juniors take part in fun, enjoyable training sessions. Children will be encouraged to work hard and to take part in local and national races. Contact Hilary Cameron 07597 039752 / hils_cameron@hotmail.com for more information.

Forres St Lawrence Cricket Club P2-7 Sunday 10.00-11.30am, @ Cricket Pavilion, Grant Park

Cost: £2 per session.

Contact coach Gus Farr 07525 443090 for more details. Email: gussiefarr@hotmail.co.uk

Hockey P3 upwards Quasar Hockey club 6.00 – 7.00pm @ Elgin Academy, Astro

Dates: on going

Cost: Free for 6 weeks taster then opportunity to join club.

Contact: Coach William Merchant, email: williammerchant@tesco.net

Tennis P1 upwards Forres Tennis Club

Fun Junior coaching Tuesdays and Wednesdays for ages 5 to 18yrs for all abilities. Check out all the details at www.forrestennisclub.co.uk or email ftcjuniors.com

Rugby Kinloss Kestrels P1-7 every Sunday (from 19th August 2018 – end May 2019) at Kinloss Rugby Ground,

Micro's P1-3 Sundays 10.30 - 11.30am

Mini's P4-5 Sundays 10.30 - 11.30am

Mini's P6-7 Sundays 10.30 - 12 noon

All equipment provided.

For more information look up the Kinloss Kestrels facebook page, website

www.pitchero.com/clubs/kinlosseaglesrufc/ or email kinlosskestrels@yahoo.co.uk Phone:

Tracie McDermott 07887 915348



Forres Bluefins Swimming Club

The Bluefins are a successful competitive swimming club. We have swimmers from age 7 -18 who train and compete on a regular basis at local, district and national levels. We are taking in new members at present. If you would like to join us please get in touch either by email: bluefins@hotmail.co.uk or come along and speak to one of our coaches.

Website: www.forresbluefins.co.uk

Facebook: <https://www.facebook.com/Forres-Bluefins-212605392153068/?ref=ts&fref=ts>

Freestyle Swimming Club a swimming club with a difference! Aged 7 - 18 years and interested in finding out more? Come along to our Friday 5pm session at Forres Swimming Pool. Please contact us in advance before coming along. For more information E-mail swim@freestylesc.org.uk or the website at www.freestyles.org.uk.

New Wave Surf School have sessions on a Tuesday at Lossie East Beach (meeting at the car park) and on a Thursday at Sandend (meeting at the car park)

Times – 6.00-8.00pm (approx.), Open to Young people from Primary 5 upwards (parents welcome to join in for same price), reduced rate offer of £10 per session.

For more information and to book contact Donald Peace on 07818 238781





Inclusive Sessions

SwimmABLE and SurfABLE

We are working in conjunction with Forres Swimming Pool and the Charity Friendly Access to provide a new block of swimmABLE and surfABLE sessions next term for children who have additional support needs. The sessions are limited to 12 children per block and will take place at Forres Swimming Pool on a Wednesday 10-11am and will be led by swim instructor Kev Anderson who is affiliated to the Swimming Teachers Association (STA).

The inclusive structured swimming lessons are for all abilities and all ages and include sessions on surf boards in the pool as these are a great form of exercise working on balance and coordination and give an extra sense of fun that can really keep participants engaged.

Please contact Rosalyn Carruthers mobile: 07800 678561 email: forres.active.schools@moray.gov.uk for more information.

Friendly Access

The Charity Friendly Access Runs Scotland's first fully adaptive and inclusive surf school. They deliver outdoor surf sessions from April - October at Lossiemouth East Beach and Sandend. For details of all Friendly Access's projects including their surfABLE sessions please visit their website friendlyaccess.org you will then be able to subscribe to receive information on all their projects and/or sign up via their online booking system.

Contact: Kev Anderson kev@friendlyaccess.org m.07938 214165 for information.

Milne's Sports Club

Active Schools has been developing disability sport in Moray this has resulted in a sports club that runs in Fochabers at Milne's High School on Monday evenings. During the sessions the participants are introduced to a wide range of sports including orienteering, athletics, golf a variety of ball games, tennis and boccia (a sport similar to bowls and petanque but designed to be all inclusive). A couple of times a year the members go out on social events such as 10 pin bowling. Please see link below for more details.

<http://sportinmoray.co.uk/mcsh/disability-sport-activity>





Schools Competitions and Festivals

Orienteering Saturday Schools League

Children will collect points for their school by competing.

Sunday 26th August @ Nairn East Beach

Saturday 8th September @ TBC

Saturday 17th November @ Wellhill Carpark, Culbin

Saturday 8th December @ Cooper Park, Elgin

Cost: £4.00 More details can be found at www.moravianorienteering.org

Scottish Cycling North Dirt Crit Series (6 rounds)

A 'Dirt Crit' race is a miniature mountain bike XC race for children under 16. Courses are designed to be suitable for first timers and more experienced racers. A brilliant day for all and a fantastic way to get into racing.

Riders require: A mountain bike in full safe working order, a helmet that fits properly, gloves, and appropriate clothing for the weather. All riders must be signed on by a parent or guardian.

Dates & Venues:

19th August - Golspie Wildcat Trails

1st September - Sanquhar Woods Forres

15th September - Nevis Range Fort William

29th September - Anagash Woods Grantown

7th October - Learnie Red Rocks

14th October - Evanton Wood.

Age Categories: Under 6, 8, 10, 12, 14, 16.

(Age is taken as that which the rider was on 1st January 2018)

Entry: Online at https://www.britishcycling.org.uk/events?series_id=452





Forres Community Sports Hub

Forres CSH Sporting Activities

Get Active Stay Active with Forres CSH! We have plenty of activities for you to choose from and for all the age groups!

Sport Club/ Group	Contact information	
Forres Golf Club	secretary@forresgolfclub.co.uk	https://www.facebook.com/ForresGC/
Forres Bluefins	bluefins@hotmail.co.uk	http://www.forresbluefins.co.uk
Forres Harriers	clubsecforresharriers@hotmail.com	http://www.forresharriers.org.uk
Badminton Moray	arossiter18@gmail.com	07920103908
Forres Area Soccer 7s	office@forres-soccer7s.co.uk	http://www.forres-soccer7s.co.uk
Forres Mechanics F.C.	ForresMechanics@forresmechanics.net	http://www.forresmechanics.net/
Forres St Lawrence Cricket Club	forrescricket@gmail.com	https://www.facebook.com/forrescricket/
Forres Thistle F.C.	james_suds@msn.com	https://www.facebook.com/Forres-Thistle-FC-838902402882447/
Forres Tennis Club	forrestennisclub@outlook.com	http://www.forrestennisclub.co.uk
Moray Gig	Annrossiter@tiscali.co.uk	https://www.facebook.com/moraygig/
Moray Trampoline Club	moraytrampolineclub@hotmail.com	https://www.facebook.com/moraytrampolineclub/
Other activities you could get involved with		
F.A.C.T.	vicky@forresarea.org	https://www.facebook.com/forresarea/

If you want to know more about Moray Community Sport Hubs visit www.sportinmoray.co.uk

We also have a Facebook page: [Moray Community Sports Hub](#) and a Twitter account [@moraycsh](#) and we'll be happy to hear from you!