



Forres Active Schools

Activity Programme



August – December 2026





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
	
Forres Academy Alves Primary School Dyke Primary School Kinloss Primary School Logie Primary School	Forres Academy Anderson's Primary School Applegrove Primary School Dallas Primary School Pilmuir Primary School
Mobile: 07966 120518 Landline: 01309 672838 Email: paul.rogan@moray.gov.uk	Mobile: 07800 678561 Landline: 01309 672838 Email: roselyn.carruthers@moray.gov.uk

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.

All Active Schools Activities are FREE

MORAY ACTIVE SCHOOLS PARKRUN PARTICIPATION LEAGUE

2026 - 2027 DATES

- SUNDAY 30TH AUGUST
- SUNDAY 27TH SEPTEMBER
- SUNDAY 25TH OCTOBER
- SUNDAY 29TH NOVEMBER
- SUNDAY 27TH DECEMBER
- SUNDAY 31ST JANUARY
- SUNDAY 28TH FEBRUARY
- SUNDAY 28TH MARCH
- SUNDAY 25TH APRIL
- SUNDAY 30TH MAY



MORAY ACTIVE SCHOOLS PARKRUN PARTICIPATION LEAGUE - SIGN-UP



Step 1
Sign up to junior
parkrun using the
above QR code.



Step 2
Sign up to Active
Schools Participation
league using above
QR code.



Step 3
Active Schools will
send a confirmation
email. You will
receive your parkrun
barcode directly
from parkrun. This
barcode must be
scanned at the end
of each run.



Step 4
Arrive at Cooper
Park on the last
Sunday of each
month to participate
and have fun!

Karate

Karate Academy Scotland are running a Special Offer, in conjunction with Summer of Sport funding.

The club is offering *six weeks free training* in its new classes in Forres.

If the student continues to train after the 6-weeks they will receive a *free karate suit + belt*.

This offer is open to those aged 7 – 26

Class Info

Saturdays, starting 22nd August

10.30am-11.30am

Barefoot Fitness Studio, 156 High Street, Forres, IV36 1NP

Please contact the club directly for more information:

- karateacademyscotland@gmail.com
- John: 07787812214
- Amanda: 07841137056



Forres Tigers Basketball Club

Day	Venue	Age Group	Start Date	Time
Monday	Forres Academy Games Hall	Under 12	24th August	5.30pm – 7pm
Monday	Forres Academy Games Hall	Under 18	24th August	7pm – 9pm
Thursday	Forres Academy Games Hall	Under 14/16	27th August	5.30pm – 7pm
Friday	Forres Academy Games Hall	Under 10/12	28th August	4pm - 5pm
Friday	Forres Academy Games Hall	Under 14	28th August	5pm – 7pm
Friday	Forres Academy Games Hall	Under 16/18	28th August	7pm – 9.15pm

To enquire about a space please contact the club.

Email: enquiriesftbc@outlook.com



TERM 1 SESSIONS

Activity/Venue/Dates	Times	Year Group	Notes
Indoor Football Forres Community Centre Tuesdays 1 st September - Ongoing	5.30pm - 6.30pm	Secondary S3 -& S4 non- football club players only	Limited Spaces Book via Active Schools jotform
Basketball Forres Community Centre Tuesdays 1 st September - Ongoing	6.30pm 7.30pm	Primary 4-7	Limited Spaces Book via Active Schools jotform
Lane Swimming (FA pupils only) Forres Swimming Pool Tuesdays 1 st September - Ongoing	5.15pm – 6.15pm	Secondary S1 - S6	Limited Spaces Book via Active Schools jotform
Rugby Sanquhar Playing Field Tuesdays 1 st September -Ongoing	3.45pm - 5.00pm	Under 16 and senior boys (over 14yrs)	Contact Mr Keyes PE Department
Football Forres Academy 1 st September-Ongoing	3.45pm-5.00pm	Secondary S2 Boys	Contact Mr Wynne Social subjects department
Trampoline Forres House Community Centre Tuesdays (Block 1) - 1 st Sept – 6 th October (Block 2) – 3 rd Nov – 15 th December	7pm – 8pm	Primary 4 – 7	Limited Spaces Book via Active Schools jotform
Trampoline Forres House Community Centre Tuesdays (Block 1) - 1 st Sept – 6 th October (Block 2) – 3 rd Nov – 15 th December	8pm – 9pm	Secondary S1 – S6	Limited Spaces Book via Active Schools jotform
Netball Forres Academy Games Hall Tuesdays 1 st September - ongoing	4.00pm – 5.30pm	Secondary S1 – S6	Limited Spaces Book via Active Schools jotform
Volleyball Forres Academy Games Hall Tuesdays 25 th August – ongoing	7pm – 9pm	Secondary S1 – S6	Delivered by Forres Wolfs Volleyball Club To sign up for a space, Email: forresvolleyball@gmail.com
Volleyball Forres Academy Games Hall Wednesdays 26 th August– ongoing	7pm – 9pm	Secondary S1 – S6 Girls & Boys	Delivered by Forres Wolfs Volleyball Club To sign up for a space, Email: forresvolleyball@gmail.com

SwimAble Forres Swimming Pool Thursdays – 3 rd September-Ongoing	10.15am – 11am & 11am – 11.45am	Primary ASN sessions P1 – P7	Referral from your school. Please contact your coordinator for details. Waiting List
SwimAble Forres Swimming Pool Thursdays – 3 rd September-Ongoing	11.45am – 12.30pm	Secondary ASN sessions S1 – S6	Referral from your school. Please contact your coordinator for details
Netball Forres House Community Centre Thursdays 3 rd September - Ongoing	6pm – 7pm	Primary 5 – 7	Limited Spaces Book via Active Schools jotform
Indoor Football Forres Community Centre Thursdays 3 rd September -Ongoing	5.00pm - 6.00pm	S1-S2 non- football club players only	Limited Spaces Book via Active Schools jotform
Rugby Sanquhar Playing Field Thursdays 3 rd September -Ongoing	3.45pm - 5.00pm	Under 14 boys and all girls	Contact Mr Keyes PE Department
Karate Forres Community Centre (Upper Games Hall) Saturday 5 th , 12 th , 19 th September	9.00 - 10.00am	Primary 4 - 7	Limited Spaces Book via Active Schools jotform

**Forres Academy Lunchtime
Activity Programme**

Activity/Club	Time	Year Group	Notes
Monday – Volleyball (Includes Girls only area)	Drop in anytime between 13.20-13.50pm	S1-S6	Games Hall
Tuesday – Pickleball (Includes Girls only area)	Drop in anytime between 13.20-13.50pm	S1- S6	Games Hall
Wednesday – Various Activities that could include: Archery, Dodgeball, Basketball, Boccia	Drop in anytime between 13.20-13.50pm	S1 – S6	Games Hall split into 1/3's
Thursday – Badminton	Drop in anytime between 13.20-13.50pm	S1 – S6	Games Hall
Thursday – Street Dance	13.20-13.50pm	S1 – S6	Girls Gym Miss Hills

Activities starting in term 2

Activity/Venue/Dates	Times	Year Group	Notes
Cricket Forres House Community Centre Tuesdays 3rd November - Ongoing	4.30pm – 5.30pm	Age 5- 8 yrs	Limited Spaces Book via Active Schools jotform
Run & Read Forres House Community Centre Tuesdays 17 th Nov – 8 th Dec	3.45pm – 4.30pm	Primary 1 – 3	Limited Spaces Book via Active Schools jotform

To sign-up for the Active Schools activities please use the QR code below or follow this link-

https://sportinmoray.co.uk/active_schools/forres-academy-asg/



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

Club Activity Forres ASG

Activity/Club	Where	When/Time	Cost
Cricket Delivered by Forres St Lawrence Cricket Club. Sign up for a space by contacting Gus Farr on email: forresccjuniors@gmail.com	Grant Park, Forres.	Mondays Ages 9-12yrs 5pm – 6pm Ages 13-18yrs 6pm – 7pm	£2 per session
	Forres Academy from October.	Mondays Ages 9-12yrs 6pm – 7pm Ages 13-18yrs 7pm – 8pm	£3 per session
Badminton Moray – Junior Club Delivered by Badminton Moray To sign up and for more information email: Moraybmintonforum1@gmail.com	Forres House Community Centre	Fridays Ages P3 - P7 4.30pm – 6pm Ages S1 - S6 6pm – 8pm	Confirm with Club
Pickleball & Badminton (For Young Carers Only) Delivered by Badminton Moray To sign up and for more information email: Moraybmintonforum1@gmail.com	Forres House Community Centre	Wednesdays P6 – S6 5.00 – 6.30pm	£3 per session Subsidised by 'Summer of Sport' funding 2026 Equipment provided
Pickleball Delivered by Badminton Moray To sign up and for more information email: Moraybmintonforum1@gmail.com	Forres House Community Centre	Wednesdays P6 – S2 4.00 – 5.00pm	£5 per session Equipment provided

Volunteer Opportunities with Active Schools

What we can offer you:

- Support and training
- PVG checks
- Matching to suitable activities
- Mentoring
- Work experience

What you can be involved in:

- Club link taster sessions
- Sports coaching: lead
- Sports coaching: assistant
- Session support: responsible adult
- Event organising
- Administration

Who can be volunteers?

- Anyone in the community!

Parents/guardians, teachers, students, pupils, family members.....

All Coach/Volunteer Education Courses and how to sign up can be found by scanning the QR code below.

