

Sporting Choices

Easter and block 3 courses



West Lothian Council delivers

westlothian.gov.uk

March - June 2008



West Lothian
Council

the classes

Trampolining

Trampolining is an activity which can be enjoyed by participants of all abilities. Book on to the classes to learn a variety of jumping moves; straight jumps, pikes and tucks.

Gymnastics

Acrobatic gymnastics is a form of gymnastics that involves tumbling and balancing. Participants will work individually or in pairs and in teams. Rhythmic gymnastics is a form of gymnastics that includes dance and using equipment such as balls, hoops, ribbons and ropes.

Football - SFA Mini Kickers / SFA Easter Programme

The aim of mini kickers is to aid each child's development in three basic ways; physically, psychologically and socially in a fun filled, safe environment. These courses are for 3 to 5 year olds who are currently attending Nursery School. SFA Easter Programme caters for boys and girls of all abilities aged 3 to 14 years and ensures the children are coached in a safe, positive, healthy fun environment.

Badminton

Mixed classes for both beginners and improvers. They will start by introducing the basic rules and skills of the game, and progress to improving through simple routines and fun game practice. Top quality coaches will also deliver the new Badminton Scotland Sportshall Challenge and all equipment will be provided.

Swimming

The structure of the Learn to Swim Scheme consists of 8 progressive levels and covers key stages of development. See back page for more information.

Active Fun, Active Feet

The Active Schools team are delighted to offer all Primary age pupils in West Lothian a chance to take part in fun activities and sports throughout Easter at Armadale Community Centre with their Active Fun, Active Feet Roadshow. These activities will include parachute games, golf, TOPS activities and many more – not to mention prizes and giveaways at the venues!

Easter courses

Bathgate cluster

SFA easter programme

Bathgate Sports Centre

Monday 31 March - Friday 4 April

2pm - 4pm

3 to 14 years

Cost: £31

BSC/FOOT/E/07



gymnastics

Bathgate Academy

Tues 25 - Fri 28 March

10am - 11am

5 to 8 years

Cost: £13

BA/GYM/E/01

11am -12pm

9 to 16 years

£13

BA/GYM/E/02

Tues 1 - Fri 4 April

10am -11am

5 to 8 years

£13

BA/GYM/E/03

11am -12pm

9 to16 years

£13

BA/GYM/E/04

badminton

Bathgate Sports Centre

Mon 24 March - Fri 28 March

12pm - 1pm

5 to 12 years

Cost: £13

BSC/BAD/E/01

trampoline

Bathgate Academy

Tues 25 - Fri 28 March

10am -11am

5 to 8 years

£13

BA/TRAM/E/05

11am -12pm

9 to16 years

£13

BA/TRAM/E/06

Tues 1 - Fri 4 April

10am - 11am

5 to 8 years

£13

BA/TRAM/E/07

11am -12pm

9 to16 years

£13

BA/TRAM/E/08



Easter courses

Broxburn cluster

SFA easter programme

Broxburn Sports Centre

Monday 24 - Friday 28 March

10am - 12pm

3 to 14 years

Cost: £31

BROX/FOOT/E/02



Linlithgow cluster

SFA easter programme

Linlithgow Leisure Centre

Monday 24 - Friday 28 March

2pm - 4pm

3 to 14 years

Cost: £31

LLC/FOOT/E/03

Monday 31 March - Friday 4 April

10am - 12pm

3 to 14 years

Cost: £31

LLC/FOOT/E/04



West Calder cluster

SFA easter programme

East Calder Sports Centre

Monday 31 March - Friday 4 April

10am - 12pm

3 to 14 years

Cost: £31

ECSC/FOOT/E/05



badminton

East Calder Sports Centre

Monday 31 March - Friday 4 April

12 - 1pm

5 to 12 years

Cost: £13

ECSC/BAD/E/02

Easter courses

Inveralmond cluster

Trampolining

Craigwillow

Tues 25 - Fri 28 March
10am -11am
5 to 8 years
£13
BA/TRAM/E/09

Tues 1 - Fri 4 April
10am -11am
5 to 8 years
£13
BA/TRAM/E/11

Tues 25 - Fri 28 March
11am -12pm
9 to 16 years
£13
BA/TRAM/E/10

Tues 1 - Fri 4 April
11am -12pm
9 to 16 years
£13
BA/TRAM/E/12

SFA easter programme



Craigswood Sports Centre

Mon 24 March – Fri 28 March
10am - 12pm
3 to 14 years
Cost: £31
CSC/FOOT/E/06



Armadaale cluster

Active Fun – Active Feet

Armadaale Community Centre
Thursday 27 – Friday 28 March

10am -12pm
P1 to P3
Cost: £10
ARM/AF/E/01

1pm – 3pm
P4 to P5
Cost: £10
ARM/AF/E/02

Block 3 courses

Armadales cluster

SFA mini kickers

Armadales Community Centre

Frídays

11 April - 30 May

3.30pm - 4.30pm

3 to 5 years

£3 per week

ACC/MK/B3/04



Swimming

Excite Armadales Swimming Pool

Contact Swim Coordinator
on 01501 678520

Gymnastics (acrobatic)

Armadales Academy

Thursdays

17 April - 19 June

5.15pm - 6.15pm

5 to 8 years

Cost: £30

AA/GYM/B3/05

6.15pm - 7.45pm

9 to 16 years

Cost: £45

AA/GYM/B3/06



Information is available in Braille, on tape, in large print and community languages.

Please contact the Interpretation and Translation Service on 0131 242 8181.

هذه المعلومات متوفرة بلغة بريدل وعلى شريط ويخط كيميس وبلغات الجالية
الرجاء الإتصال بخدمة الترجمة على الهاتف 0131 242 8181

এই তথ্য আপনি ব্রেইল, টেপ, বড় অক্ষরে এবং কমিউনিটি ভাষাভাষীদের কাছে পাবেন। অনুগ্রহ করে
ইন্টারপ্রিটেশন অ্যান্ড ট্রান্সলেশন সার্ভিসের সঙ্গে যোগাযোগ করুন। টেলি: 0131 242 8181

這份資料是可以以凸字、錄音帶、大字印刷及社區語言的文本提供。請聯絡傳譯
及翻譯服務部，電話：0131 242 8181

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Informacje te mogą być przełożone na język Braille'a, dostępne na taśmie magnetofonowej
lub wydane dużym drukiem oraz przetłumaczone na języki mniejszości narodowych.
Prosimy o kontakt z Usługami Tłumaczeniowymi pod numerem 0131 242 8181.

Published by West Lothian Council, West Lothian House, Livingston EH54 6QG

Block 3 courses

Broxburn cluster

SFA mini kickers

Broxburn Sports Centre

Saturdays

12 April - 31 May

9am - 10am

3 to 5 years

Cost: £3 per week

BSC/MK/B3/10



Swimming

Excite Broxburn Swimming Pool

Contact Swim Coordinator
on 01506 775680



Linlithgow cluster

SFA mini kickers

Low Port Centre

Saturdays

12 April - 31 May

10.30am - 11.30am

3 to 5 years

Cost: £3 per week

LPC/MK/B3/11

11.30am to 12.30pm

3 to 5 years

Cost: £3 per week

LPC/Mk/B3/12



Swimming

Excite Linlithgow Leisure Centre

Contact Swim Coordinator
on 01506 775440

Block 3 courses

Bathgate cluster

SFA mini kickers



Bathgate Community Centre

Fridays

11 April - 30 May 12 April - 31 May

2.30pm to 3.30pm 1pm - 2pm

3 to 5 years 3 to 5 years

£3 per week Cost: £3 per week

BCC/MK/B3/05 BSC/MK/B3/09

Badminton

Bathgate Sports Centre

Mondays

14 April - 16 June

4pm - 5pm

5 to 8 years

Cost: £24

BSC/BAD/B3/01

5pm - 6pm

9 to 12 years

Cost: £24

BSC/BAD/B3/02

Gymnastics (rhythmic)

Bathgate Sports Centre

Tuesdays 15 April - 17 June

4pm - 5pm

5 to 8 years

Cost: £30

BSC/GYM/B3/01

5pm - 6pm

9 to 16 years

Cost: £30

BSC/GYM/B3/02

Trampolining

Bathgate Academy

Mondays

14 April - 16 June

5.30pm - 6.15pm

5 to 8 years

Cost: £30

BA/TRAM/B3/01

6.15pm - 7pm

5 to 8 years

Cost: £30

BA/TRAM/B3/02

7pm - 7.45pm

9 to 16 years

Cost: £30

BA/TRAM/B3/03

Swimming

Excite Bathgate Swimming Pool

Contact Swim Coordinator

on 01506 774670

West Calder cluster

Badminton

East Calder Sports Centre

Thursdays
17 April - 19 June
4pm - 5pm
5 to 12 years
Cost: £24
ECSC/BAD/B3/03

SFA mini kickers

East Calder Sports Centre

Tuesdays
8 April - 27 May
2pm - 3pm
3 to 5 years
Cost: £3 per week
ECSC/MK/B3/01

St Marys Primary School, Polbeth

Fridays
11 April - 30 May
1.30pm - 2.30pm
3 to 5 years
Cost: £3 per week
SMP/MK/B3/06



Gymnastics

West Calder High School

Wednesdays
16 April - 18 June
5.15pm - 6.15pm
5 to 8 years
Cost: £30
WCHS/GYM/B3/03

6.15pm - 7.45pm
9 to 16 years
Cost: £45
WCHS/GYM/B3/04

Trampolining

East Calder Sports Centre

Fridays
18 April - 20 June

1.15pm - 2pm
5 to 8 years
Cost: £30
ECSC/TRAM/B3/09

2pm - 2.45pm
9 to 16 years
Cost: £30
ECSC/TRAM/B3/10



Block 3 courses

Inveralmond cluster

Swimming

St Margaret's Academy

Fridays 1pm - 4pm
18 April - Friday 20 June
Level 1 - 8
Tel: 01506 776180

Inveralmond Community High School

Contact Swim Coordinator
on 01506 438093

SFA mini kickers

Inveralmond Community High School

Fridays
11 April - 30 May
2pm - 3pm
3 to 5 years
Cost: £3 per week
ICHS/MK/B4/08



Trampolining

Craigwillow Centre

Thursdays
17 April - 19 June

5pm - 5.45pm
5 to 8 years
Cost: £30
CW/TRAM/B3/04

5.45pm - 6.30pm
5 to 8 years
Cost: £30
CW/TRAM/B3/05

6.30pm - 7.15pm
9 to 16 years
Cost: £30
CW/TRAM/B3/06

Craigwillow Centre

Fridays
18 April - 20 June
3.30pm - 4.15pm
5 to 8 years
Cost: £30
CW/TRAM/B3/07

18 April - 20 June
4.15pm - 5pm
9 to 16 years
Cost: £30
CW/TRAM/B3/08

Block 3 courses

Deans cluster

SFA mini kickers



Deans Community High School

Saturdays 12 April - 31 May

10am - 11am

3 to 5 years

Cost: £3 per week

DCHS/MK/B3/13

11am - 12pm

3 to 5 years

Cost: £3 per week

DCHS/MK/B3/14

Swimming

Deans Community High School

Saturday Mornings

10.30am - 12.15pm

19 April - 21 June

Pre-school-Level 4

Tel: 01506 776180

Excite Livingston Leisure Centre

Contact Swim Coordinator on 01506 777870

Deans Community High School

Contact Swim Coordinator on 01506 497090

Whitburn cluster

SFA mini kickers



Fauldhouse, Falla Hill PS

Tuesdays 8 April - 27 May

3.30pm - 4.30 pm

3 to 5 years

Cost: £3 per week

FHS/MK/B3/02

Stoneyburn Community Centre

Thursdays 10 April - 29 May

3.30pm - 4.30pm

3 to 5 years

Cost: £3 per week

SCC/MK/B3/03

Whitburn Community Centre

Fridays 11 April - 30 May

2pm - 3pm

3 to 5 years

Cost: £3 per week

WCC/MK/B3/07

Swimming

Excite Whitburn Swimming Pool

Contact Swim Coordinator

on 01501 678070

sports & recreation team contacts

Sports Unit main number: 01506 776 295

Fax: 01506 776 186

Management Team

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Active Primary School Coordinators

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comments

West Lothian Council is committed to a quality sport and physical recreation development service in order to enhance the quality of life for its residents. If you would like to make comment about any aspects of Sporting Choices please email the Sports Unit on: sportandrecreation@westlothian.gov.uk or write to: **The Sports Unit, Balbardie Park, Torphichen Road, Bathgate, EH48 4LA**

booking form - Easter courses

Please read 'Conditions of Booking' before completing form. All classes must be pre-booked using this form. Photocopies will be accepted.

Participant's Name..... Male Female Date of Birth.....

Address.....

Postcode Home Tel Daytime Tel

Medical Conditions

Does your child have a disability? If so give details

(Example - Sport 1 *TRAMPOLINING* Class code *ECSC/TRAMP/B2/05* Fee *£25*)

Sport 1 Class code Fee

Sport 2 Class code Fee

Sport 3 Class code Fee

TOTAL

Parental Consent (*delete as appropriate)

I fully consent for my child/children to participate in the above activities. I can be contacted on the above daytime telephone number in the event of an emergency. **I give* / do not give*** permission for the above participant to be photographed/ videoed during the class activity which may be used for public display. **I have also read and agreed with the conditions of booking.**

Signed Print Name..... Date

Please complete all the above and return it with the appropriate fee to:

Sports Unit, Balbardie Park of Peace, Torphichen Rd, Bathgate EH48 4LA. Fax : 01506 776186

Cheques/Postal Orders should be made payable to 'West Lothian Council' or alternatively, you can pay by Debit/Credit Card by completing the section below.

Payment Methods

Card Type* : Delta Mastercard Visa Maestro (*tick appropriate box)

Card No : / / / Issue number : (Maestro only)

Start Date : / (where appropriate) Expiry Date : / 3 Digit security number:

Please note that due to changes to our Point of Sale Terminal, we cannot accept Visa Electron payments without the cardholder being present, and we now require the 3 digit security number which is located on the signature strip of your card for all transactions.

Please write email address clearly to receive future booklets by email, in PDF format).

Email

conditions of booking

All classes **MUST BE** booked in advance, so book early to avoid disappointment.

Application forms are accepted on a first come first served basis upon receipt of an application form and fee. This may be done by post or in person at the Sports Unit.

Applications can only be accepted after the start date of the class applied for, if there are sufficient places available, and the class has not been running for more than two sessions. Acceptance of any late application is also dependent on the individual sport applied for.

You will be notified if places are **NOT** available, however a standard confirmation letter will be sent to all participants with a successful booking, although this will not always be possible for late bookings.

Full refunds will only be given where the organiser cancels an activity, or if the booking is cancelled in writing one week prior to the course commencing. Otherwise a refund voucher will be given for the appropriate amount, if a cancellation is received after that period.

If the parental consent section on your booking form has not been completed sufficiently for photography permission, then we will automatically assume that you **DO NOT** wish photographs to be taken.

A limited number of concessionary places are available for families on benefits. Please contact this Sports Unit for further details.

Every effort will be made to keep class times consistent, although it may be appropriate for participants to be moved into another class better suited to their ability.

If a participant displays disruptive behaviour then that participant may be excluded from the class and subsequent classes – **NO REFUND WILL BE GIVEN.**

A parent/guardian must remain with the participant until the instructor arrives and should collect the participant promptly at the end of each session.

Participants should not wear jewellery to any class due to health and safety and no responsibility will be taken for jewellery lost or stolen.

Participants are encouraged to bring either water or still juice their class.

If you have more than one sibling attending our Easter Football Programme then the second and / or third child is entitled to a 50% discount. Offer only applies to children attending the same venue.

booking form - block 3

Please read 'Conditions of Booking' before completing form. All classes must be pre-booked using this form. Photocopies will be accepted.

Participant's Name..... Male Female Date of Birth.....

Address.....

Postcode Home Tel Daytime Tel

Medical Conditions

Does your child have a disability? If so give details

(Example - Sport 1 *TRAMPOLINING* Class code *ECSC/TRAMP/B2/05* Fee *£25*)

Sport 1 Class code Fee

Sport 2 Class code Fee

Sport 3 Class code Fee

TOTAL

Parental Consent (*delete as appropriate)

I fully consent for my child/children to participate in the above activities. I can be contacted on the above daytime telephone number in the event of an emergency. **I give* / do not give*** permission for the above participant to be photographed/ videoed during the class activity which may be used for public display. **I have also read and agreed with the conditions of booking.**

Signed Print Name..... Date

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Card No : / / / Issue number : (Maestro only)

Start Date : / (where appropriate) Expiry Date : / 3 Digit security number:

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Email

learn to swim scheme



The structure of the Learn to Swim scheme consists of 8 progressive levels and covers the following key stages of development: Safety, fun and play, entries and exits, floating, streamlining, breathing, sculling, development of the 4 strokes, kick and pull techniques and an introduction to early endurance practices.

Level	Awareness of...	Introduces...	Reinforces...
1	The water environment	Floating and breathing	Not applicable unless child has been to pre-school lessons
2	The underwater environment	Submerging and manoeuvrability With no assistance in water	Being safe around water, building confidence
3	Moving through water	Freestyle and backstroke and a greater confidence with entries	Floatation skills and being confident underwater
4	The swimming strokes	Being upside down Treading water and diving	Varied methods of entry
5	Orientation of the body in water	Basics of tumbling and streamlining	Swimming and kicking on the front and back
6	Linking skills, timing and distance	Undulation and sculling and use of good technique in the swimming strokes	Manoeuvrability underwater, and build on diving techniques
7	Personal Safety in water	Continuous swim for 50m and personal survival	Butterfly strokes and varied methods of moving through water
8	Competence in water	Rhythm, endurance and underwater swimming	Streamlining, sculling and pulling technique

westlothian.gov.uk



Sports Unit, Balbardie Park
Torphichen Road, Bathgate EH48 4LA
Tel: 01506 776295 • Fax: 01506 776186
email: sportandrecreation@westlothian.gov.uk