

# Park Area, Stranraer

Enjoy a **FREE** 10-week block of coaching sessions by qualified Leisure and Sport staff.

Winter Sports Sessions for all - 2006!

<b>WEDNESDAY</b>	Under 18's - Community Use	
	Every Wednesday	
	From	1 February - 29 March
	Time	7.00pm - 8.00pm
	Venue	Park Primary School Multi Use Games Area

tennis outdoor activities

<b>WEDNESDAY</b>	Over 18's - Women Only	
	Every Wednesday	
	From	1 February - 29 March
	Time	6.00pm - 7.00pm
	Venue	Park Primary School Multi Use Games Area (or Primary School Hall if weather wet or cold)

football

<b>TUESDAY</b>				
Venue	Time	From	Every	5 - 7 years of age
Park Primary School Hall	3.00pm - 4.00pm	24 January - 28 March	Tuesday (except 14 Feb)	

**SUNDAY**

Over 50's		Every Sunday	From	29 January - 2 April
Venue	Time	1.30pm - 2.30pm	Park Primary School Multi Use Games Area (or Primary School Hall if weather wet or cold)	

lacrosse hockey

netball

<b>SUNDAY</b>	Under 5 years of age	
	Every Sunday	
	From	29 January - 2 April
	Time	12.30pm - 1.30pm
	Venue	Park Primary School Multi Use Games Area (or Primary School Hall if weather wet or cold)

badminton

athletics

mini games

Outdoor Activities - Over 18 Years Of Age

Rock Climbing and Abseiling	Tuesday 14 February
Mountain Biking	Saturday 11 March
Kayaking	Wednesday 22 March

Transport provided. Time to be confirmed. Places are limited and must be booked

Participants of all abilities, including those with special needs are very welcome to attend all activities.

All participants under the age of 18 years must have a signed parental consent form completed before taking part in the session.

For further information, to receive a parental consent form or to book a place, please contact Derek Atkinson, Community Leisure and Sport Officer or Karen Brownlie, Leisure and Sport Development officer on 01776 702151.

Please note: activities may be cancelled due to adverse weather conditions.

community

planning

Implementing a shared vision with communities in Dumfries and Galloway

# Belmont Area, Stranraer

Enjoy a **FREE** 10-week block of coaching sessions by qualified Leisure and Sport staff.

<b>TUESDAY</b>	Under 18's - Community Use	
	Every Tuesday	
	From	24 January – 28 March
	Time	7.00pm – 8.00pm
	Venue	Belmont Primary School Multi Use Games Area

tennis

Outdoor Activities - Over 18 Years Of Age	
Rock Climbing and Abseiling	Friday 24 February
Mountain Biking	Friday 17 March
Kayaking	Saturday 25 March
Transport provided. Time to be confirmed. Places are limited and must be booked	

football  
lacrosse

<b>TUESDAY</b>	Over 18's - Women Only	
	Every Tuesday	
	From	24 January – 28 March
	Time	6.00pm - 7.00pm
	Venue	Belmont Primary School Multi Use Games Area (or Primary School Hall if weather wet or cold)

athletics

<b>SUNDAY</b>	Under 5 years of age	
	Every Sunday	
	From	29 January – 2 April
	Time	10.00am - 11.00am
	Venue	Belmont Primary School Multi Use Games Area (or Primary School Hall if weather wet or cold)

hockey  
netball

<b>FRIDAY</b>			
5 - 7 years of age	Every Friday	From	27 January – 31 March
		Time	3.15pm - 4.15pm
		Venue	Belmont Primary School Multi Use Games Area (or Primary School Hall if weather wet or cold)

mini games  
badminton

<b>SUNDAY</b>			
Over 50's	Every Sunday	From	29 January – 2 April
		Time	11.00am - 12noon
		Venue	Belmont Primary School Multi Use Games Area (or Primary School Hall if weather wet or cold)

outdoor activities

Participants of all abilities, including those with special needs are very welcome to attend all activities.

All participants under the age of 18 years must have a signed parental consent form completed before taking part in the session.

For further information, to receive a parental consent form or to book a place, please contact Derek Atkinson, Community Leisure and Sport Officer or Karen Brownlie, Leisure and Sport Development officer on 01776 702151.

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# Whithorn

Enjoy a **FREE** 10-week block of coaching sessions by qualified Leisure and Sport staff.

outdoor activities  
athletics

tennis

<b>TUESDAY</b>	Over 50's	
	Every Tuesday (except Tue 14 Feb)	
	From	24 January – 28 March
	Time	12noon – 1.00pm
	Venue	Whithorn Multi Use Games Area (or if wet and cold Whithorn New Town Hall)

<b>TUESDAY</b>	Under 5 years of age	
	Every Tuesday (except Tue 14 Feb)	
	From	24 January – 28 March
	Time	1.30pm – 2.30pm
	Venue	Whithorn Multi Use Games Area (or if wet and cold Whithorn New Town Hall)

<b>THURSDAY</b>	Over 18's – Women Only	
	Every Thursday (except Thur 16 Feb)	
	From	26 January – 30 March
	Time	6.45pm – 7.45pm
	Venue	Whithorn Multi Use Games Area (or if wet and cold Whithorn New Town Hall)

lacrosse  
hockey

<b>THURSDAY</b>	5 – 7 years of age	
	Every Thursday (except Thur 16 Feb)	
	From	26 January – 30 March
	Time	5.00pm – 6.00pm
	Venue	Whithorn Multi Use Games Area (or if wet and cold Whithorn New Town Hall)

football

netball

<b>THURSDAY</b>	Under 18's - Community Use	
	Every Thursday (except Thur 16 Feb)	
	From	26 January – 30 March
	Time	8.00pm – 9.00pm
	Venue	Whithorn Multi Use Games Area

badminton

Outdoor Activities - Over 18 Years Of Age	
Rock Climbing and Abseiling	Friday 3 March
Mountain Biking	Saturday 18 March
Kayaking	Friday 31 March
Transport provided. Time to be confirmed. Places are limited and must be booked	

Participants of all abilities, including those with special needs are very welcome to attend all activities.

All participants under the age of 18 years must have a signed parental consent form completed before taking part in the session.

For further information, to receive a parental consent form or to book a place, please contact Derek Atkinson, Community Leisure and Sport Officer or Karen Brownlie, Leisure and Sport Development officer on 01776 702151.

Please note: activities may be cancelled due to adverse weather conditions.