

Let's Get Moving! Open Day

Saturday 12th October, 9am – 6pm



Time	Activity	Coach	Notes
New Hall			
9 - 9.45	Registration (at registration tent)		
10 - 10.45	Archery	Largs Archery Club	First 16
11 - 11.45	Archery	Largs Archery Club	First 16
12 - 12.45	Archery	Largs Archery Club	First 16
13 - 13.45	Archery	Largs Archery Club	First 16
14 - 14.30	Taekwon-Do	UKTC Taekwon-Do	Little Tiger Cub session (ages 3-5)
14.30 - 15.00	Taekwon-Do	UKTC Taekwon-Do	Family Session Tiger Cub (20 max)
15 - 15.45	Music v Table Tennis	Chris Solomons	Recreational Session - Bats and Balls Included
16 - 16.45	Carpet Bowls	O.I.R	Over 50's
17 - 17.45	Carpet Bowls	O.I.R	Over 50's
Studio			
9 - 9.45	Registration (at registration tent)		
10 - 10.30	Spin	Xcel	16 + years (First 15)
11 - 12.00	Dance	Nikki Kane	Under 16s (First 30)
12 - 13.00	Break		
13 - 13.30	Kettles	Xcel	16 + years (First 15)
14 - 14.30	Kettles	Xcel	16 + years (First 15)
15 - 15.30	Spin	Xcel	16 + years (First 15)
16 - 16.30	Krav Maga	Douglas Shearer	4-15 years (First 30)
16.30 - 17.15	Krav Maga	Douglas Shearer	16 + years (First 15)
17.15 - 18.00	Krav Maga	Douglas Shearer	16 + years (First 15)
Gymnastics			
9 - 9.45	Registration (at registration tent)		
10 - 10.45	Gym Tots	Largs Gymnastics Club	10 months - 3 years (Parents are to be present - First 24)
11 - 11.45	Kinder Gym	Largs Gymnastics Club	3-5 years (First 24)
12 - 12.45	Break		
13 - 13.45	Rec Gym	Largs Gymnastics Club	5-9 years (First 24)
14 - 14.45	Rec Gym	Largs Gymnastics Club	9 + years (First 24)
15 - 15.45	Adult Class	Largs Gymnastics Club	18 + years (First 24)
Golf Facility			
9 - 9.45	Registration (at registration tent)		
10 - 10.45	Golf	Chris Solomons	Under 12
11 - 11.45	Golf	Chris Solomons	Under 12
12 - 12.45	Free Play	N/A	Any Ages
13 - 13.45	Golf	Graham Ross	12+ years
14 - 14.45	Golf	Graham Ross	12+ years
15 - 15.30	Golf	Graham Ross	12+ years
16 - 16.45	Free Play	N/A	Any Ages
17 - 17.45	Free Play	N/A	Any Ages
Savanna			
9 - 9.45	Registration (at registration tent)		
10 - 10.45	Free Play	N/A	Recreational Session - equipment included
11 - 11.45	Free Play	N/A	Recreational Session - equipment included
12 - 12.45	Free Play	N/A	Recreational Session - equipment included
13 - 13.45	Tennis	Chris Solomons	Under 16s
14 - 14.45	Tennis	Chris Solomons	Under 16s
15 - 15.45	Free Play	N/A	Recreational Session - equipment included
Ultragrass			
9 - 9.45	Registration (at registration tent)		
10 - 10.45	Free Play	N/A	Recreational Session - equipment included
11 - 12.00	Rugby	Ardrossan Rugby Club	Primary 4- 7
12 - 12.45	Free Play	N/A	Recreational Session - equipment included
13 - 13.45	Free Play	N/A	Recreational Session - equipment included
14 - 14.45	Free Play	N/A	Recreational Session - equipment included
15 - 15.45	Free Play	N/A	Recreational Session - equipment included
16 - 16.45	Free Play	N/A	Recreational Session - equipment included
17 - 17.45	Free Play	N/A	Recreational Session - equipment included

Please note that all children under the age of 8 years must be accompanied by an adult.