

### Term dates

Throughout the calendar year, we run four terms of Junior Courses which generally fall in line with school term time dates (apart from Climbing and Early Years Swimming).

### Booking information

If you would like to book your child onto a course, or for more information, contact Reception on 01856 879900 or e-mail [courses@pickaquoy.com](mailto:courses@pickaquoy.com).

### Terms and conditions

- 1 A child's place on a course will only be confirmed once payment has been received. If payment has not been received by the given date, the place will be re-allocated. It is not possible to pay per week.
- 2 Course costs will vary depending on the length of the course term.
- 3 Courses are subject to availability and minimum numbers. The management of The Pickaquoy Centre reserve the right to cancel courses.
- 4 Any weeks that are cancelled due to adverse weather or lack of instructor cover will, where possible, be added to the end of the course. If this is not possible, a course credit will be given.
- 5 Parents/Guardians must ensure that children are registered on the relevant course prior to dropping the child off at The Pickaquoy Centre.
- 6 Please ensure that the child is dropped off as close to the start time of the course as possible. The Pickaquoy Centre staff will not be responsible for supervising children out with the course times.
- 7 Parents/Guardians must ensure that children are wearing appropriate clothing for the course activity they are attending.
- 8 If the preferred course you wish to book is full, we will add your details to a waiting list and will contact you should a space become available.
- 9 From time to time we may take photos/videos of courses which may be used for print or online marketing purposes. The course instructor will always be aware of this in advance. Please advise the course instructor if you do not wish your child to be photographed.



 the pickaquoy centre

2017

# JUNIOR COURSES

 Climbing   
Jazz  Gymnastics  
Ballet



Football  
Trampolining  
Swimming



[www.pickaquoy.co.uk](http://www.pickaquoy.co.uk)



T: 01856 879900 • E: [courses@pickaquoy.com](mailto:courses@pickaquoy.com)

### Ballet

We run ballet classes from pre-school through to grade 4. The pre-school ballet courses are aimed at a very slow introduction to ballet and dance through play. Students will progress through the class grades when our dance teacher feels they are ready to take the next step in their development.

### Climbing

Energy, skill and flexibility are key for climbing and that's why it's particularly suited to children! We run fun courses from the age of 4 years and up, from beginner to improver, to more advanced skills. Participants are initially taught basic movement and key skills which they progress from at their own comfortable level. We can now offer NICAS climbing which is a UK wide scheme designed to promote climbing development and accredited achievements on artificial climbing walls.

### Gymnastics

The gymnastics course is designed to offer a fun, structured programme for children from the age of 3. We run classes for nursery, pre-school, primary 1 – 3, primary 4 – 7 and secondary school. All gymnasts follow the British Gymnastics fundamentals programme and progress through levels onto badge and certificate work.

### Modern

The modern courses start at grade 1 from the age of 4. Our modern grade 1 class is aimed at teaching our students the basic modern technique from the very beginning- how to control their body and how to use it. This class will give each student the tools to learn and improve flexibility, helping them work their way towards the next grade in modern when ready.

### Tap

The tap course starts with introduction to tap from the age of 5. Students will learn how to create rhythms and move to a beat – while having lots of fun!

### Run, Jump and Throw

The RJT programme is designed to give children an opportunity to discover and participate in athletics all year round, before taking the step in joining Orkney Athletics Club from age 9. The sessions are tailored to suit children of all skill levels from beginners to those who have already taken part in introductory athletics programmes, holiday courses or local community competitions. Sessions are run for P1-P2 and P3-P4.

### Swimming

First and foremost swimming is fun! It is also a great form of exercise for the whole body and, not to forget of course, it is a vital life skill. Our Early Years and Learn to Swim courses are suitable for children from age 6 months upwards and the course content follows the Scottish Swimming approved curriculum. These courses include:

**Parent & Baby** – for ages 6 months to 18 months. These classes help develop the early fundamental aquatic skills. They improve water confidence, brain skills and are fun. Adult in water on a 1:1 basis.

**Aquafun** - for 18 months-3.5 year olds, is aimed at getting the little ones happy and confident in the water. It is full of fun games and activities to help participants to move freely in water. It also helps children to be safe in water. Adult in water on a 1:1 basis.

**Pre-School** – for 3.5-5 year olds, builds on the skills learned in the earlier programmes but focuses on early swim practices whilst still keeping a fun element and enhancing safety awareness of participants. No adult in water but must stay in close proximity.

The above courses operate on a one term allocation per child. If you wish to go back on the waiting list straight away please advise us at [courses@pickaquoy.com](mailto:courses@pickaquoy.com)

**Learn to Swim** - or ages 5 and upwards. Split into 8 levels. From level 1, which introduces the young swimmer to the water environment and establishes early floating and breathing practices, right through to level 8 which introduces elements of rhythm to the swimming stroke technique and continues to build upon skills learned in streamlining, sculling, kick and pull to provide the swimmer with all the necessary skills to pursue activity in any of the aquatic disciplines.

### Trampolining

This bouncy course is the perfect way to introduce youngsters to a lifetime of fitness and sport. Classes are delivered for 5-8 year olds and 9-15 year olds. Our programme teaches children the basic skills of balance, coordination, rebound, orientation, listening and observing in a safe and fun environment, advancing to more skilled techniques when they are ready to do so. Please note, the trampolining course doesn't run from April – June.

All of our sports coaches are qualified through the relevant governing body.

