

Multi activity sessions

Active Start: Under 5's

The Active Start program develops physical literacy and spatial awareness. It delivers multi-activity sport sessions specifically designed for children 18 months – 5 years old. Each session is 45 minutes and allows children the opportunity to try of a wide range of sports including athletics, tennis, gymnastics, football, and lots more! These early years activities help children to develop, balance, coordination, agility, and speed, increase self-confidence, enjoy exercise from an early age, develop social skills and meet other children.

Day	Time	Level	Target Age
Monday	1:15pm – 2:00pm	Fundamental	18months – 5yrs
Wednesday	1:15pm – 2:00pm	Fundamental	18months – 5yrs

ASN Active Play

Our ASN Active Play sessions are for children aged 5-12 with additional support needs. These unstructured sessions give children the chance to explore different sports and sports equipment at their own pace, while developing balance, co-ordination, and agility, increasing their self-confidence, developing social skills and most importantly, having fun! Free play positively influences creativity and the child's ability to problem solve.

Day	Time	Level	Target Age
Monday	4:00pm – 5:45pm	ASN	P1 – P3
Wednesday	4:00pm – 5:45pm	ASN	P4 – P7

To book or for more information:
<https://www.edinburghleisure.co.uk/activities/coaching>

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