



## Kinross-shire Community Sports Partnership

November 2011

# What's on in Sport & Physical Activity in Kinross-shire

**Find something fun and active for you to do!**



*The Kinross-shire Community Sports Partnership has pulled together many of the sporting and physical activity opportunities taking place across Kinross-shire. We hope to expand on this booklet over the course of time to include every sport or physical activity club and group in the area.*

*Opportunities are listed by day of the week—costs are indicative at the time of printing, and may be subject to change. Information is accurate at the time of printing—please contact the relevant contact or refer to the listed website for the most up-to-date details.*

*Sessions listed are organised and delivered by either Live Active Leisure, Perth & Kinross Council (Active Schools) or Sports Clubs*

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## **Kinross-shire Community Sports Partnership**

Perth & Kinross Council believes that local people play a vital role in establishing successful sporting opportunities. The development of Community Sports Partnerships will help to develop this important role in shaping service delivery. Working together, planning together and finding solutions together makes for better local services and encourages local clubs and groups to be more involved. To support the delivery of the Olympic and Commonwealth games legacy programmes, Sports Development have established four partnerships. These bring together local club and Sports Council members from the voluntary sector with professional support from Sports Development, Active Schools and Live Active Leisure.

### The four Community Sports Partnerships and contacts are:

#### **Kinross-shire**

Caroline Ness

CMNess@pkc.gov.uk

01738 472242

#### **Eastern Perthshire**

Alan Clark

ABClark@pkc.gov.uk

01738 477846

#### **Strathearn & Auchterarder**

Caroline Ness

CMNess@pkc.gov.uk

01738 472242






#### **Highland Perthshire**

Dave Girling






DGirling@pkc.gov.uk

01738 472246





**MONDAY** (Clubs with daily/multiple programmes are only mentioned on a Monday unless details change on different days)

<p><b>Active Steps Wee Springers</b>  <b>Time:</b> 10.45am-11.15am or 11.30am-12noon  <b>Age:</b> 18 months-3years  <b>When:</b> Term-time  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £2.50  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active Steps Wee Springers</b>  <b>Time:</b> 1pm-1.45pm or 2pm-2.45pm  <b>Age:</b> 3-5 years  <b>When:</b> Term-time  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £3.00  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active for Life Aerobics</b>  <b>Time:</b> 9.30am-10.30am  <b>Age:</b> 16 years +  <b>When:</b> All year  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £4.00  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active for Life Swim</b>  <b>Time:</b> 10am-11am  <b>Age:</b> Active for Longer  <b>When:</b> All year  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £2.90  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active for Life GP Referral</b>  <b>Time:</b> 11.05am-12noon  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.60  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	

**MONDAY**

<p><b>Active Fun Gymnastics</b>  <b>Time:</b> 4pm-4.55pm  <b>Age:</b> P1-3  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.50  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active for Life Teen Fitness</b>  <b>Time:</b> 4pm-4.55pm  <b>Age:</b> 12-15 years  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £2.60  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Climbing Wall</b>  <b>Time:</b> 5pm-5.55pm or 6pm-6.55pm  <b>Age:</b> 8-17 years  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £5.00  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active Fun Gymnastics</b>  <b>Time:</b> 5pm-5.55pm  <b>Age:</b> P4-7  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.50  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active for Life Induction</b>  <b>Time:</b> 5.45pm-6.45pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	




**MONDAY**

<p><b>Active for Life Personal Programme</b>  <b>Time:</b> 6.50pm-7.50pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £12.00  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active for Life Zumba Toning</b>  <b>Time:</b> 6.30pm-7.25pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active for Life Bums, Tums &amp; Thighs</b>  <b>Time:</b> 7.30pm-8.25pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active for Life Canoeing</b>  <b>Time:</b> 9pm-10pm  <b>Age:</b> 16 years +  <b>When:</b> All year  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £3.40  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active Schools Badminton</b>  <b>Time:</b> 12.55pm-1.50pm  <b>Age:</b> S1-S6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	

**MONDAY**

<p><b>Active Schools Badminton</b></p> <p><b>Time:</b> 3pm-4pm  <b>Age:</b> P3-4  <b>When:</b> Term-time  <b>Where:</b> Kinross Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Bowling</b></p> <p><b>Time:</b> 3.30pm-4.30pm  <b>Age:</b> P5-7  <b>When:</b> Terms 1 &amp; 4  <b>Where:</b> Orwell Bowling Club, Milnathort  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Golf</b></p> <p><b>Time:</b> 3.20pm-4.20pm  <b>Age:</b> P4-5  <b>When:</b> Term-time  <b>Where:</b> Milnathort Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Cricket</b></p> <p><b>Time:</b> 3pm-4pm  <b>Age:</b> P4-6  <b>When:</b> Term-time  <b>Where:</b> Portmoak Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Yoga</b></p> <p><b>Time:</b> 3pm-4pm  <b>Age:</b> P1-3  <b>When:</b> Term-time  <b>Where:</b> Portmoak Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	

**MONDAY**

<p><b>Active Schools Basketball</b>  <b>Time:</b> 3.40pm-6pm  <b>Age:</b> S1-S3  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Athletics</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> P5-S6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Hockey</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> S1  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Girls Football</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> S1-S6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Kinross Volleyball Club</b>  <b>Time:</b> 7.30pm-9.30pm  <b>Age:</b> 12-80 years (beginner to experienced player)  <b>When:</b> October to March  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> Playing adults £100, Juniors £2 per session  <b>Contact:</b> David Munro, 01577 862126</p>	

**MONDAY**

<p><b>Kinross Tennis Club (Daily programmes)</b>  <b>Time:</b> Varies—see Tennis Programme: 2012 programme available soon  <b>Age:</b> All ages  <b>When:</b> Mainly April-September but courts are available for play all year (weather and club activities permitting)  <b>Where:</b> Station Road, Kinross  <b>Cost:</b> Varies—see Club Handbook, website or Club noticeboard  <b>Contact:</b> <a href="http://www.kinrosstennisclub.org">www.kinrosstennisclub.org</a>; Email: <a href="mailto:kinrosstennis@gmail.com">kinrosstennis@gmail.com</a>; Secretary (Susan Malcolm), 01577 863774</p>
<p><b>Kinross Vaulting Group (Monday—Thursday)</b>  <b>Activity:</b> Gymnastics on horseback  <b>Time:</b> 5.50pm-7pm  <b>Age:</b> Minimum age 8 years, mostly young people up to 25 years but no upper age limit  <b>When:</b> All year, including school holidays  <b>Where:</b> Hillside House Arena, Carnbo  <b>Cost:</b> £36-£40 per month plus annual governing body membership of (£10/£24/£34 depending on age/type of membership)  <b>Contact:</b> Email: <a href="mailto:lizmacward@hotmail.com">lizmacward@hotmail.com</a>; 07801071754  <b>Other:</b> 4 separate groups of maximum 8 participants, variable levels of ability</p>
<p><b>Kinross Squash Club (all week)</b>  <b>Time:</b> All day  <b>Age:</b> All age ranges  <b>When:</b> All year  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> Live Active Lesiure pricing structure  <b>Contact:</b> <a href="http://www.kinross-sc.co.uk">www.kinross-sc.co.uk</a></p>
<p><b>Kinross Rugby Club (Monday and Saturday/Sunday)</b>  <b>Time:</b> Varies—see Club website  <b>Age:</b> Youth (High School)  <b>When:</b> Rugby season  <b>Where:</b> King George V playing fields  <b>Cost:</b> Dependant on age and participation  <b>Contact:</b> <a href="http://www.pitchero.com/clubs/kinross">www.pitchero.com/clubs/kinross</a>  <b>Other:</b> 5-75 years welcome</p>

## MONDAY

<b>Kinross Cricket Club</b>	
<b>Time:</b> 6pm-8pm, Indoor Junior winter training (October—March) 6.15pm-8pm, Outdoors Junior Training (April-September)	
<b>Age:</b> 10-15 years (indoors—Winter) 7-15 years (outdoors—Spring-Summer)	
<b>When:</b> October-March (indoors winter training) April-September (outdoors spring and summer training)	
<b>Where:</b> Indoors—Loch Leven Community Campus Outdoors—Loch Leven Community Campus grass pitches	
<b>Cost:</b> £1 per session (outdoors), £3 per session (indoors)	
<b>Contact:</b> www.kinrosscc.co.uk; Email:Secretary (Kirsteen Ross): secretary@kinrosscc.co.uk	
<b>Other:</b> Open to all. Beginners welcome. All equipment provided	

### ACHIEVEMENT UPDATES






The Kinross-shire Community Sports Partnership have recently discussed the Curriculum for Excellence and how this could be linked to sport and physical activity in the community.

It was decided to develop a mechanism to report young people's achievements in extra-curricular sport in the community back to Headteachers, as supporting evidence for the Curriculum for Excellence. This is vital to ensure that achievement outwith the school environment is recognised—this recognition could further motivate young people participating in sport to continue and to develop a healthy lifestyle.

A template developed by the partnership will be sent out to all after-school clubs, constituted sports/physical activity clubs, Live Active Leisure and also groups who deliver sport and physical activity informally as part of a wider range of activities. Some background information will also be included so everyone understands how they will be contributing to the Curriculum for Excellence. Timescales are expected to be January-February 2012 with a view to collating all returns and forwarding onto Headteachers in March 2012.

All club contacts will receive this information but if you are an informal group in particular and deliver sport and/or physical activity, please get in touch, to ensure you receive the opportunity to contribute.





**TUESDAY**

<p><b>Active for Life Yoga</b>  <b>Time:</b> 9.45am-10.45am or 11am-12noon or 12.15pm-1.15pm  <b>Age:</b> 16 years +  <b>When:</b> All year  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £4.00  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active for Life GP Referral</b>  <b>Time:</b> 12.55pm-1.50pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.60  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active Fun Gymnastics</b>  <b>Time:</b> 4pm-4.55pm  <b>Age:</b> P1-3  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.50  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active Fun Gymnastics</b>  <b>Time:</b> 5pm-5.55pm  <b>Age:</b> P4-7  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.50  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active Fun Gymnastics</b>  <b>Time:</b> 6pm-6.55pm  <b>Age:</b> S1-6  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.50  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	





**TUESDAY**

<p><b>Active Fun Football</b>  <b>Time:</b> 5pm-5.55pm  <b>Age:</b> P4-7  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.00  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active for Life Induction</b>  <b>Time:</b> 6.30pm-7.30pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active for Life Supervised Fitness Suite Session</b>  <b>Time:</b> 7.35pm-8.35pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> Free  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active for Life Aerobics</b>  <b>Time:</b> 6.30pm-7.25pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	
<p><b>Active for Life Circuits</b>  <b>Time:</b> 7.30pm-8.25pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus 01577 867200</p>	

**TUESDAY**

<p><b>Active Schools Badminton</b>  <b>Time:</b> 12.55pm-1.50pm  <b>Age:</b> S1-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Yoga</b>  <b>Time:</b> 3.15pm-4.15pm  <b>Age:</b> P1-4  <b>When:</b> Term-time  <b>Where:</b> Fossoway Primary School  <b>Cost:</b> £1  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Hockey</b>  <b>Time:</b> 3pm-4pm  <b>Age:</b> P5-7  <b>When:</b> Term-time  <b>Where:</b> Kinross Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Multi-sports</b>  <b>Time:</b> 3.20pm-4.20pm  <b>Age:</b> P3-5  <b>When:</b> Term-time  <b>Where:</b> Milnathort Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Football</b>  <b>Time:</b> 3pm-4pm  <b>Age:</b> P5-7  <b>When:</b> Term-time  <b>Where:</b> Portmoak Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	

**TUESDAY**

<p><b>Active Schools Basketball</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> S4-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Table Tennis</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> P5-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Dance</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> S1-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Football (Boys)</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> S1-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Hockey</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> S2-3  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	

**TUESDAY**

<p><b>Active Schools Rugby</b></p> <p><b>Time:</b> 4pm-5pm</p> <p><b>Age:</b> S3-4</p> <p><b>When:</b> Term-time</p> <p><b>Where:</b> Kinross High School</p> <p><b>Cost:</b> n/a</p> <p><b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Kinross Rugby Club (Tuesday, Thursday &amp; Saturday)</b></p> <p><b>Time:</b> Varies—see Club website</p> <p><b>Age:</b> Senior</p> <p><b>When:</b> Rugby season</p> <p><b>Where:</b> King George V playing fields</p> <p><b>Cost:</b> Dependant on age and participation</p> <p><b>Contact:</b> <a href="http://www.pitchero.com/clubs/kinross">www.pitchero.com/clubs/kinross</a></p> <p><b>Other:</b> 5-75 years welcome</p>	
<p><b>Glenfarg Tennis Club</b></p> <p><b>Time:</b> 4pm-6pm (1 hour sessions-depending on age of child)</p> <p><b>Age:</b> 5 years +</p> <p><b>When:</b> all year round except Christmas holidays</p> <p><b>Where:</b> Wallace Park, Glenfarg</p> <p><b>Cost:</b> Block booking £40 for 10 weeks</p> <p><b>Contact:</b> Craig Cameron, 01738 443679</p>	
<p><b>Kinross Table Tennis Club</b></p> <p><b>Time:</b> 5pm-6pm</p> <p><b>Age:</b> 10-99</p> <p><b>When:</b> Term-time (August-end of April)</p> <p><b>Where:</b> Loch Leven Community Campus</p> <p><b>Cost:</b> £2.00 per session</p> <p><b>Contact:</b> Jaqui e Raeburn, 01577 866818</p>	
<p><b>Kinross Men's Hockey (Games on a Saturday)</b></p> <p><b>Time:</b> 7.30pm-9pm</p> <p><b>Age:</b> 14 years +</p> <p><b>When:</b> August to April with mixed hockey in the summer</p> <p><b>Where:</b> King George V playing fields</p> <p><b>Cost:</b> £130 p.a. adults, £90 p.a. students, £40 p.a. children</p> <p><b>Contact:</b> <a href="http://www.kinrosshockey.co.uk">www.kinrosshockey.co.uk</a></p> <p><b>Other:</b> Games times vary on Saturday</p>	

## TUESDAY

**Kinross Adult Otters Swim Club****Time:** 8pm-9pm**Age:** 16 years +**When:** All year**Where:** Live Active Loch Leven**Cost:** £16 member fee plus pool charge**Contact:** Live Active Loch Leven, 01577 867230

### VOLUNTEERING

Volunteering is

*“the commitment of time and energy for the benefit of the community, the environment or individuals outside one’s immediate family. It is undertaken freely and by choice without concern for financial gain”*






Volunteering Development Agency

There are numerous benefits for those who choose to volunteer. Not only do you see the results of your hard work, you are helping yourself as well as others. Through volunteering, there are opportunities to:






- Have fun and meet new people
- Improve sport services
- Improve effectiveness of the organisation
- Develop new skills and gain experience
- Improve your confidence
- Give something back
- Feel useful
- Undertake National Governing Body awards and/or Sports Coach UK workshops
- Enhance your CV and improve your job opportunities
- Exercise leadership, develop problem solving skills and be creative
- Be part of a team
- Gain recognition

If you would like to volunteer and become part of a vibrant, energetic community, please get in touch and you will be placed according to your area of interest.






**WEDNESDAY**

<p><b>Active Steps Wee Springers</b>  <b>Time:</b> 10am-10.45am  <b>Age:</b> 3-5 years  <b>When:</b> Term-time  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £3.00  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active Steps Wee Springers</b>  <b>Time:</b> 11am-11.30am  <b>Age:</b> 18 months-3 years  <b>When:</b> Term-time  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £2.50  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active for Life Aerobics</b>  <b>Time:</b> 9.15am-10am  <b>Age:</b> 16 years +  <b>When:</b> All year  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £4.00  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active for Life Aquafit</b>  <b>Time:</b> 1pm-1.30pm or 1.30pm-2pm  <b>Age:</b> Active for Longer  <b>When:</b> All year  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £1.75  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active for Life GP Referral</b>  <b>Time:</b> 11.05am-12noon  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.60  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	

**WEDNESDAY**

<p><b>Active for Life Social Sports</b>  <b>Time:</b> 11.05am-12noon  <b>Age:</b> Active for Longer  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £1 October-December then £2.90  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active for Life Teen Fitness</b>  <b>Time:</b> 4.45pm-5.40pm or 5.45pm-6.40pm  <b>Age:</b> 12-15 years  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active Fun Gymnastics</b>  <b>Time:</b> 4pm-4.55pm  <b>Age:</b> P1-3  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.50  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active Fun Gymnastics</b>  <b>Time:</b> 5pm-5.55pm  <b>Age:</b> P4-7  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.50  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active Fun Basketball</b>  <b>Time:</b> 5pm-5.55pm  <b>Age:</b> P1-7  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	



**WEDNESDAY**

<p><b>Active for Life Induction</b>  <b>Time:</b> 7.15pm-8.15pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active Schools Breakfast Club</b>  <b>Time:</b> 7am-8am  <b>Age:</b> S1-6  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Hockey</b>  <b>Time:</b> lunchtime  <b>Age:</b> P4-6  <b>When:</b> Term-time  <b>Where:</b> Milnathort Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Badminton</b>  <b>Time:</b> 12.55pm-1.50pm  <b>Age:</b> S1-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Volleyball</b>  <b>Time:</b> 12.55pm-1.50pm  <b>Age:</b> S1-2  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	



**WEDNESDAY**

<p><b>Active Schools Table Tennis</b>  <b>Time:</b> 12.55pm-1.50pm  <b>Age:</b> S1-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Basketball</b>  <b>Time:</b> 3pm-4pm  <b>Age:</b> P6-7  <b>When:</b> Term-time  <b>Where:</b> Kinross Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Rugby</b>  <b>Time:</b> 3pm-4pm  <b>Age:</b> P4-5  <b>When:</b> Term-time  <b>Where:</b> Kinross Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Hockey</b>  <b>Time:</b> 3.15pm-4.15pm  <b>Age:</b> P6-7  <b>When:</b> Term-time  <b>Where:</b> Fossoway Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Golf</b>  <b>Time:</b> 3.15pm-4.15pm  <b>Age:</b> P3-5  <b>When:</b> Term-time  <b>Where:</b> Fossoway Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	

**WEDNESDAY**

<p><b>Active Schools Cycling</b>  <b>Time:</b> 3.20pm-4.20pm  <b>Age:</b> TBC  <b>When:</b> Term-time (from March 2012)  <b>Where:</b> Milnathort Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Rugby</b>  <b>Time:</b> 3pm-4pm  <b>Age:</b> P5-7  <b>When:</b> Term-time  <b>Where:</b> Portmoak Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Netball</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> P5-7 &amp; S1-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Volleyball TBC</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> S1-2  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Lishi</b> (Lishi is based around strengthening and learning to use your <b>energy</b>)  <b>Time:</b> 4pm-5pm  <b>Age:</b> S1-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	

**WEDNESDAY**

<p><b>Active Schools Hockey</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> S4  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Rugby</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> S4  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Teen Fitness (Girls) TBC</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> 12 years +  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>St Johnstone Football Club Community Scheme</b>  <b>Time:</b> 6pm-7pm  <b>Age:</b> P1-S2  <b>When:</b> 18 April-27 June &amp; 15 August-26 September 2012  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £2.60 per session payable each time  <b>Contact:</b> Email: Atholl.henderson@yahoo.co.uk; Atholl Henderson, 01738 459095</p>	
<p><b>Lochleven Diamonds</b>  <b>Time:</b> 6pm-8pm (beginners finish at 7pm)  <b>Age:</b> 4 years-18 years +  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £2.50 per session (first night free)  <b>Contact:</b> Email: perthshiretwirling@hotmail.co.uk; 07773608155</p>	

## WEDNESDAY

<b>Kinross Ladies Hockey Club</b>	
<b>Time:</b> 6.30pm-8pm	
<b>Age:</b> 14 years +	
<b>When:</b> Mid August—end April	
<b>Where:</b> King George V playing fields	
<b>Cost:</b> £2 training fee. Various membership categories	
<b>Contact:</b> <a href="http://www.kinrossladieshockey.co.uk">www.kinrossladieshockey.co.uk</a>	
<b>Other:</b> matches on Saturday afternoons and occasional Sunday afternoons	

### PACES (Perth & Kinross Accredited Club Excellence Scheme)

PACES is a straightforward quality assurance system that has been designed to help voluntary sports clubs operate efficiently and effectively. It will help your club to take a systematic look at what it does, and decide exactly where improvements are needed. It is also a means of identifying and rewarding clubs that operate in a structured way. PACES gives a flexible approach to developing a quality sports club. The three levels are

- Foundation
- Community
- Development






and these give your sports club a framework for stage-by-stage improvements to both the quality of delivery and the way your club is managed. PACES has been developed by the clubs for the clubs and to ensure it is club friendly and easy to complete. Support is available from the Sports Development team to assist clubs achieve PACES accreditation. Amongst the benefits, accredited clubs receive discounted coach development courses and are able to promote themselves within Sports Development materials. If you would like further information please get in touch.

Foundation Level PACES accredited Clubs in Kinross-shire are:






- Kinross Badminton Club
- Kinross Cricket Club
- Kinross Ladies Hockey Club
- Orwell Bowling Club
- Kinross United AFC

2 further clubs are currently progressing through Foundation Level






**THURSDAY**

<p><b>Active for Life Aerobics</b>  <b>Time:</b> 10am-11am  <b>Age:</b> 16 years +  <b>When:</b> All year  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £4.00  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active for Life Yoga</b>  <b>Time:</b> 11.30am-12.30pm  <b>Age:</b> 16 years +  <b>When:</b> All year  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £4.00  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active for Life Gym Inductions</b>  <b>Time:</b> 10am-11am  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active for Life GP Referral</b>  <b>Time:</b> 11.05am-12noon  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.60  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active for Life Teen Fitness</b>  <b>Time:</b> 4pm-4.55pm  <b>Age:</b> 12-15 years  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	






**THURSDAY**

<p><b>Active Fun Multi-sports</b>  <b>Time:</b> 5pm-5.55pm  <b>Age:</b> P1-7  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active Fun Dance</b>  <b>Time:</b> 5pm-5.55pm  <b>Age:</b> P1-3  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active Fun Dance</b>  <b>Time:</b> 6pm-6.55pm  <b>Age:</b> P4-7  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active for Life Induction</b>  <b>Time:</b> 6.15pm-7.15pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active for Life Personal Programme</b>  <b>Time:</b> 7.20pm-8.20pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £12.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	





**THURSDAY**

<p><b>Active for Life Step Aerobics</b>  <b>Time:</b> 7pm-7.55pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active Schools Running</b>  <b>Time:</b> lunchtime  <b>Age:</b> P5-7  <b>When:</b> Term-time  <b>Where:</b> Cleish Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Trampolining</b>  <b>Time:</b> 12.55pm-1.50pm  <b>Age:</b> S1-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Golf</b>  <b>Time:</b> 3.30pm-4.30pm  <b>Age:</b> P4-5  <b>When:</b> Term-time  <b>Where:</b> Arngask Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Rugby</b>  <b>Time:</b> 3.15pm-4.15pm  <b>Age:</b> P4-5  <b>When:</b> Term-time (August-October)  <b>Where:</b> Fossoway Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	

**THURSDAY**

<p><b>Active Schools Yoga</b>  <b>Time:</b> 3pm-4pm  <b>Age:</b> P1-3  <b>When:</b> Term-time  <b>Where:</b> Kinross Primary School  <b>Cost:</b> £1  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Football (Girls)</b>  <b>Time:</b> 3.20pm-4.20pm  <b>Age:</b> P5-7  <b>When:</b> Term-time  <b>Where:</b> Milnathort Primary School  <b>Cost:</b> £2  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Dance A Story</b>  <b>Time:</b> 3pm-4pm  <b>Age:</b> P1-3  <b>When:</b> Term-time  <b>Where:</b> Portmoak Primary School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Cricket</b>  <b>Time:</b> 3.40pm-5pm  <b>Age:</b> S1-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Baton Twirling</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> Primary &amp; secondary  <b>When:</b> TBC  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	

**THURSDAY**

<p><b>Active Schools Trampolining</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> S1-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Rugby</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> S5-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Active Schools Cricket</b>  <b>Time:</b> 4pm-5pm  <b>Age:</b> S1-6  <b>When:</b> Term-time  <b>Where:</b> Kinross High School  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	
<p><b>Kinross Cricket Club</b>  <b>Time:</b> 2pm-4pm, Indoors Men &amp; Young Men's training  (January—March) <b>Sundays</b>  6.30pm-8.30pm, Outdoors Men's &amp; Young Men's training  (April-September) <b>Thursdays</b>  <b>Age:</b> 15 years-adult  <b>When:</b> January-March (indoors winter training)  April-September (outdoors spring and summer training)  <b>Where:</b> Indoors—Loch Leven Community Campus  Outdoors—Kinross House  <b>Cost:</b> £5 per session (indoors)  <b>Contact:</b> <a href="http://www.kinrosscc.co.uk">www.kinrosscc.co.uk</a>; Email:Chairman (John Ross):  <a href="mailto:johnross@kinrosscc.co.uk">johnross@kinrosscc.co.uk</a>  <b>Other:</b> New members very welcome</p>	

## THURSDAY

### **Kinross Kobras Mixed Youth Hockey**

**Time:** 6.30pm-7.30pm

**Age:** U14's

**When:** Term-time

**Where:** King George V playing fields

**Cost:** £40 p.a.

**Contact:** [www.kinrosshockey.co.uk](http://www.kinrosshockey.co.uk)

**Other:** some games at weekends

### **Kinross Cricket Club**

**Time:** 7pm-9pm, Indoors Girls & Ladies training  
(October—March)

6.30pm-8.30pm, Outdoors Girls & Ladies training  
(April-September)

**Age:** 10 years-adult

**When:** October-March (indoors winter training)

April-September (outdoors spring and summer training)

**Where:** Indoors—Craigclowan School, Perth

Outdoors—Kinross House

**Cost:** £3 per session (indoors)

**Contact:** [www.kinrosscc.co.uk](http://www.kinrosscc.co.uk); Email:Secretary (Kirsteen Ross):  
[secretary@kinrosscc.co.uk](mailto:secretary@kinrosscc.co.uk)

**Other:** Open to all. Beginners welcome. All equipment provided. Female coaches








## PROGRESSING YOUR CLUB

### **18 April 2012 at 7.30pm, Loch Leven Community Campus**






Kinross-shire Community Sports Partnership have organised an evening for all sports/physical activity clubs to come along and have the opportunity to speak with Active Schools, Live Active Leisure, Sports Development and Volunteer Committee Members.

The evening will include help with PACES Accreditation, enquiries regarding block bookings for 2012-13 and an update on Community Sports Hubs. Feedback from Club Monitoring which will take place from January-March 2012 will also help us to shape content for the evening. If you would like to attend, please get in touch.

**FRIDAY**

<p><b>Active Steps Kiddie Kickers</b>  <b>Time:</b> 12.30pm-1.15pm or 1.30pm-2.15pm  <b>Age:</b> 3-5 years  <b>When:</b> Term-time  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £3.00  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active Steps Kiddie Kickers</b>  <b>Time:</b> 2.15pm-2.45pm  <b>Age:</b> 18 months-3 years  <b>When:</b> Term-time  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £2.50  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active for Life Aerobics</b>  <b>Time:</b> 10am-11am  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £4.00  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Active Fun Football</b>  <b>Time:</b> 4pm-4.55pm  <b>Age:</b> P1-3  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active Fun Football</b>  <b>Time:</b> 5pm-5.55pm  <b>Age:</b> P4-7  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	

**FRIDAY**

<p><b>Active for Life Teen Fitness</b>  <b>Time:</b> 4pm-4.55pm  <b>Age:</b> 12-15 years  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £3.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active for Life Induction</b>  <b>Time:</b> 5.15pm-6.15pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active for Life Zumba</b>  <b>Time:</b> 6.30pm-7.25pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Climbing Wall</b>  <b>Time:</b> 5pm-5.55pm or 6pm-6.55pm  <b>Age:</b> 8-17 years  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £5.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active Fun Disco</b>  <b>Time:</b> 6.30pm-7.45pm  <b>Age:</b> 8-15 years  <b>When:</b> Term-time  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £2.40  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	

**SATURDAY**

<p><b>Active for Life Circuits</b>  <b>Time:</b> 9.45am-10.40am  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active for Life Core Stability</b>  <b>Time:</b> 10.50am-11.35am  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active for Life Induction</b>  <b>Time:</b> 11.45am-12.45pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active Fun Inflatable Fun</b>  <b>Time:</b> 12.30pm-1.30pm  <b>Age:</b> 8-15 years  <b>When:</b> Term-time  <b>Where:</b> Live Active Loch Leven  <b>Cost:</b> £2.40  <b>Contact:</b> Live Active Loch Leven 01577 867230</p>	
<p><b>Kinross Rugby Club (Saturday &amp; Sunday)</b>  <b>Time:</b> Varies—see Club website  <b>Age:</b> Mini (Primary School)  <b>When:</b> Rugby season  <b>Where:</b> King George V playing fields  <b>Cost:</b> Dependant on age and participation  <b>Contact:</b> <a href="http://www.pitchero.com/clubs/kinross">www.pitchero.com/clubs/kinross</a>  <b>Other:</b> 5-75 years welcome</p>	

## SATURDAY

<p><b>Glenfarg Tennis Club</b>  <b>Time:</b> 9am-12noon (1 hour sessions-depending on age of child)  <b>Age:</b> 5 years +  <b>When:</b> all year round except Christmas holidays  <b>Where:</b> Wallace Park, Glenfarg  <b>Cost:</b> £3 pay and play  <b>Contact:</b> Craig Cameron, 01738 443679</p>	
<p><b>Active Schools Family Racquet Sports</b>  <b>Time:</b> 2pm-4pm  <b>Age:</b> All ages  <b>When:</b> Term-time  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> n/a  <b>Contact:</b> Cath Devanny, Active Schools Co-ordinator 01577 867220</p>	

### COACH EDUCATION

The Sports Development Team have organised a Coach Education Programme across Perth & Kinross for 2012. Further details will be published soon. Courses to be delivered in Kinross are:

- **Safeguarding & Protecting Children**

This workshop is aimed at coaches and those working with children and young people in sport, and gives an insight into the issues and legal matters surrounding child protection in sport

- **In Safe Hands**

This workshop supports clubs to put child protection policies into practice. It is most suitable for those acting as the club child protection officer but is also relevant for those managing or organising the club.

- **Positive Coaching Scotland**




This is a cultural change programme designed to create a positive environment for young people in sport. PCS focuses on using sport to help and support children's learning and the development of their life skills.

- **Equity in Sport**

Equity means much more than equality. It is not just about equal numbers, but is concerned more with fairness, justice, inclusion and respect, and about the upholding of social justice to ensure that all individuals are respected, have equal opportunities and have their rights protected

- **First Aid**

**SUNDAY**

<p><b>Active for Life Body Conditioning</b>  <b>Time:</b> 10.30am-11.25am  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active for Life Core Stability</b>  <b>Time:</b> 11.30am-12.15pm  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> £4.00  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Active for Life Supervised Gym Sessions</b>  <b>Time:</b> 11am-12noon  <b>Age:</b> Adults  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus  <b>Cost:</b> Free  <b>Contact:</b> Loch Leven Community Campus, 01577 867200</p>	
<p><b>Kinross Cycling Club</b>  <b>Time:</b> 9am summer time, 9.30am winter time  <b>Age:</b> 14 years + (please see conditions)  <b>When:</b> All year  <b>Where:</b> Loch Leven Community Campus (weather permitting)  <b>Cost:</b> £10 membership  <b>Contact:</b> <a href="http://www.kinrosscyclingclub.co.uk">www.kinrosscyclingclub.co.uk</a></p>	

**BETTER PLACE TO LIVE FAIR**

The Kinross-shire Community Sports Partnership are working to put together an exciting Olympic theme programme for the Better Place to Live Fair on Saturday 3 March 2012—look out for further details!

**A Funders Fair has been organised by the  
Strathearn & Auchterarder Community Sports Partnership  
and you are invited!**

**Funders Fair  
5 March 2012  
7pm  
Strathearn Community Campus**

**Clubs, Athletes, Officials, Coaches and Volunteers from across Perth & Kinross are  
invited to attend the Fair and hear about up-to-date funding streams available to  
YOU!**

**There will be opportunities to:**

    speak with individual funders regarding funding streams  
    get advice on how to fill in a funding application  
    find out how to become a Charity in Scotland  
speak with Perth & Kinross Council External Funding & Policy  
    Planning Officers

**Funders/presenters confirmed to date:**

    The Big Lottery Fund  
    sportscotland  
    The Gannochy Trust  
    The Robertson Trust  
    Live Active Leisure  
    Perth & Kinross Sports Council  
    Perth & Kinross Disability Sport  
    PHysical  
    PKAVS

**Places are limited and must be booked in advance by  
contacting Caroline Ness, Sports Development Officer,  
Perth & Kinross Council**

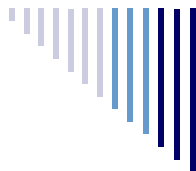
**[CMNess@pkc.gov.uk](mailto:CMNess@pkc.gov.uk)  
01738 472242**

<b>Name of Club/Group/Organisation</b>	
<b>Activity/Sport</b>	
<b>Day activity takes place</b>	
<b>Time activity takes place (start &amp; finish)</b>	
<b>Age group</b> Please detail if for specific age groups, class groups, adults etc.	
<b>When</b> Are your sessions during term-time only, all year, seasonal e.g. April-September	
<b>Where do sessions take place</b>	
<b>Cost</b> Please provide an indicative cost	
<b>Where to get further information</b> Please detail contact name/telephone no or if referring to a website, web address	

*If your club/group is not currently listed and would like to be included next time around, please get in touch with Caroline Ness, Sports Development Officer by email [CMNess@pkc.gov.uk](mailto:CMNess@pkc.gov.uk) or telephone 01738 472242. Alternatively, please complete and post to the address overleaf.*

Copies have been distributed locally across Kinross-shire—please get in touch if you require further copies.

A copy has also been uploaded onto the Kinross-shire website [www.kinross.cc](http://www.kinross.cc)



### **Kinross-shire Community Sports Partnership**

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Council Text Phone Number 01738 442573

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