

Activities Booklet

SIC Sport & Leisure and Partners





Some Important Information

AGES

Where a school year age is specified for activities, this applies to the school year that your child has just completed.

BOOKING

Where you see this icon, activities can be booked by calling Islesburgh Community Centre on 01595 745100 during reception opening hours (9am to 9pm Mondays to Fridays, 9am to 6pm on Saturdays).



book
with
ICC

BOOKING OPENS ON MONDAY 24TH JUNE AT 10AM

CONSENT FORM

You will be required to complete and return a consent form for all activities (*except Picnic and Play & Pedal Power*). This will be emailed to you after booking. Information will be held for safety purposes only and deleted once the summer programme has ended.

CLOTHING

Parents are responsible for ensuring that children are wearing clothing suitable for outdoors where applicable and the weather conditions on the day. Parents are responsible for administering sun cream if necessary.

COST

ALL activities in our booklet are **FREE!**

CANCELLATION

If you wish to cancel a booked place please contact the organisation or person you made the booking with originally.

Capacity for activities is limited, and this will enable us to offer the place to another child.



**KEEP AN EYE ON OUR
FACEBOOK PAGE
'SHETLAND SPORT AND LEISURE'
FOR INFORMATION AND ANY
UPDATES ON ACTIVITIES**



PICNIC & PLAY IN THE PARKS!

A variety of sports and games for all the family. This year again we will be extending activities into the Flower Park too! The whole family can have a go at free putting or try your hand at outdoor bowling (between 11am and 1pm only) with guidance from experienced bowlers. Between **12-2 on 3rd, 10th & 17th July**, the RSPB will be in the Flower Park leading a Nature Watch Station which will include a bug hunt and learning to use binoculars! Also each week we will have various activities available in the Flower Park multicourt - this might be tennis, dodgeball, archery or netball!

Keep an eye on our social media (Shetland Sport and Leisure) to find out what's happening each week!

Bring your picnic and enjoy your lunch alfresco.

WEDNESDAYS
KING GEORGE V PLAY PARK
(King Harald Street, Lerwick)
3rd JULY to 7th AUGUST
11am to 3pm



No need to book!
Just turn up!



PICNIC & PLAY IN THE PARK ROADSHOW!

We're taking Picnic & Play in the Park on tour again! Come along with your picnic and enjoy a variety of sports and games for all ages. Each week a variety of organisations will be getting involved including Shetland Library and Shetland Recreational Trust. For older bairns this year we will be offering activities including rounders, ultimate frisbee, dodgeball, archery and golf!

Parents/guardians are expected to stay with their children.



No need to book!
Just turn up!



11AM-3PM

MID YELL SRT PITCH
Thursday 4th July

AITH SCHOOL PITCH
Thursday 11th July

SANDWICK SCHOOL PITCH
Thursday 18th July

WHALSAY HARBISON PITCH
Thursday 25th July

BRAE ASTROTURF
Thursday 1st August

UNST SRT PITCH
Thursday 8th August

KEEP AN EYE ON OUR SOCIAL MEDIA TO FIND OUT WHAT IS HAPPENING EACH WEEK!

P5-7 BASKETBALL CAMP

Join in our exciting two-day Basketball Camp for pupils who have just completed P5, 6 or 7. Learn some skills in our fun drills and play some games.

SCALLOWAY GAMES HALL

MONDAY 5th August

TUESDAY 6th August

2-4pm



COME & TRY GOLF AT DA KNAB

Come along to the Knab and have a go at chipping, putting and driving your way around the free 9-hole course. Whether you have played before or are a total beginner, all welcome!

MEET AT KNAB GATE - CEMETERY SIDE

P5-7 FRIDAY 5TH JULY 10.00-12.00

S1-3 FRIDAY 26TH JULY 10.00-12.30



PADDLE BOARDING

Come and try out our new paddle boards with qualified instructor Grant! Participants will need to bring swimming wear, spare socks, towel, packed lunch and a drink.

These sessions are weather dependent - should the weather be unsuitable for paddle boarding, an alternative activity will be offered (most likely coasteering).

Meet at Islesburgh Community Centre at 10am. Participants will be back at Islesburgh and ready to go home by 4pm.

P7-S1 FRIDAY 12TH JULY

S2-S6 TUES 13TH AUGUST

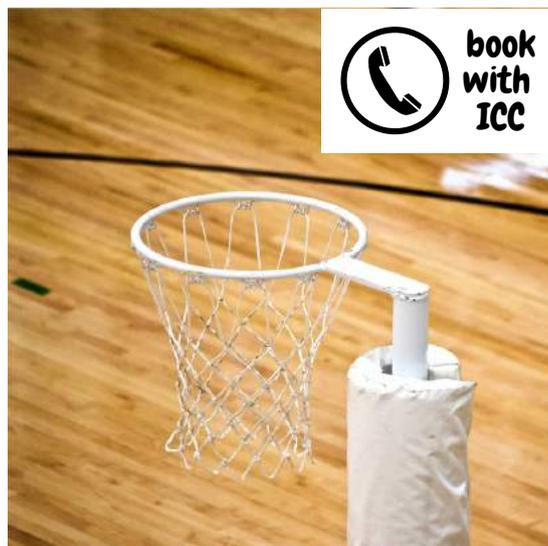


P7-S2 NETBALL HAT NIGHTS

Register for our informal Netball Hat Nights! Teams will be picked on the day to take part in a tournament of short games, with a focus on participating with friends and having fun.

**SCALLOWAY GAMES HALL
WEDNESDAYS 5.30-7.30PM**

**10TH JULY
24TH JULY
7TH AUGUST**



P5-7 FENCING CAMP

Join in our fun two-day fencing camp with Phil from Shetland Fencing Club, and hone your skills with a sword!

**BRAE GAMES HALL
THURSDAY 8TH AUGUST
AND FRIDAY 9TH AUGUST
11.00-1.00**



PEDAL POWER!

All the family are welcome whether you or your child wants to learn to cycle, develop confidence on the new path at Gilbertson Park or try out our fun bike skills equipment for those who are brilliant bikers! Bring your bikes if you have - limited number available to borrow.

**Just turn up, no
need to book**



**GILBERTSON PARK
TUESDAYS 10.00-12.00
2ND JULY
6TH AUGUST
13TH AUGUST**



COME & TRY DUATHLON

Children aged between 8-14 are invited to come and have a go at a mini duathlon! Duathlons are made up of a run, a cycle and then another run. This session will be led by Shetland Triathlon Club who will start with some cycling, running and transition games and demonstrations, finishing with a fun race around the new Gilbertson Park path.



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Important Information:

- Participants must be competent cyclists
- Participants must bring their own bike which must be in good condition
- Helmets are mandatory (*some helmets will be available to borrow on the day*)
- Bring a bottle of water



**GILBERTSON PARK
SATURDAY 20TH JULY
2.00-4.00**





TABLE TENNIS

The whole family is welcome to come along and try table tennis at loads of different venues across the isles this summer! Parents must stay with any children aged 10 years or under. All equipment is provided.

SKERRIES HALL

SUNDAY 30TH JUNE 11.30-4.00

(drop in /no booking required - Skerries only)

SANDWICK GAMES HALL

WEDNESDAY 10TH JULY 10.00-12.00

WEST MAINLAND LEISURE CENTRE

THURSDAY 11TH JULY 2.00-4.00

BRESSAY HALL

MONDAY 15TH JULY 10.00-12.00

CUNNINGBURGH COMMUNITY CLUB

WEDNESDAY 17TH JULY 2.00-4.00

SCALLOWAY GAMES HALL

THURSDAY 25TH JULY 10.00-12.00

BIGTON HALL

MONDAY 29TH JULY 10.00-12.00

CLICKIMIN CENTRE, LERWICK

WEDNESDAY 31ST JULY 10.00-12.00
THURSDAY 8TH AUGUST 10.00-12.00

BRAE GAMES HALL

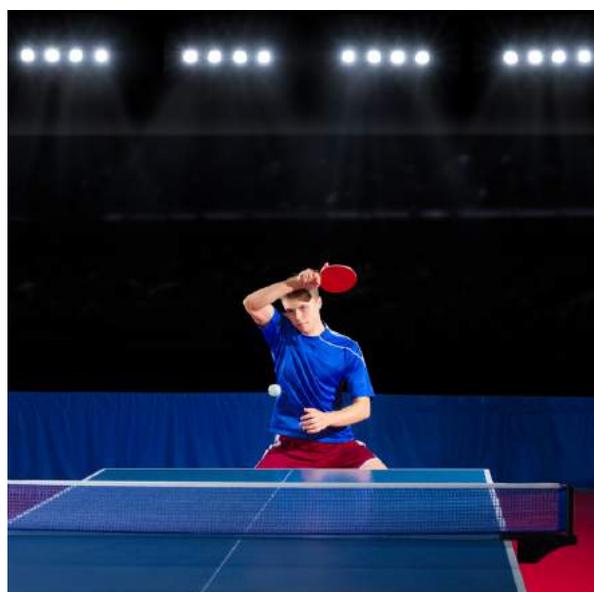
MONDAY 5TH AUGUST 10.00-12.00

YELL LEISURE CENTRE

MONDAY 12TH AUGUST 10.00-12.00

UNST LEISURE CENTRE

MONDAY 12TH AUGUST 1.00-3.00



OUTDOOR ADVENTURE DAYS



Get in touch with nature and enjoy the wild outdoors with our Outdoor Education team.

P7-S1 Get Wet Day (Coasteering)
MONDAY 1ST JULY

P7-S1 Rock Climbing/Scrambling
WEDNESDAY 3RD JULY

S2-S6 Get Wet Day (Coasteering)
THURSDAY 4TH JULY

**ALL DAYS MEET AT
ISLESBURGH COMMUNITY CENTRE
AT 10am
RETURN TO ISLESBURGH BY 4pm**



**book
with
ICC**

Participants will need to eat a decent breakfast before they go, and bring warm outdoor clothing, lunch, water and a snack.

If taking part in a Get Wet Day, they will need to bring swimwear, spare warm socks and a towel.

LERWICK SUMMMER CYCLE

Sunday 25th August
2.00-4.00pm
KING GEORGE V
PLAY PARK

Come join us and enjoy a chance for the whole family to cycle on closed roads around Lerwick!

BRING YOUR BIKE AND HELMET

(Some bikes and helmets will be available to borrow)



Wide range of adapted bikes available for children and adults with ASN

FUN BIKE SKILLS OBSTACLE COURSE IN PLAY PARK
NO BIKES WITH STABILISERS



IN THE FLOWER PARK



TEAS



(operated by Relay for Life Shetland)

FREE TENNIS



FREE PUTTING



KEEP AN EYE ON OUR FACEBOOK PAGE FOR UPDATES AND ONLINE REGISTRATION OPENING!
FACEBOOK = SHETLAND SPORT AND LEISURE



Shetland
FaMiLY
Centre

**FREE
ENTRY**

JOIN US FOR OUR SUMMER 2024

PEEP ON TOUR

**FREE PLAY SESSIONS
FOR 0-5YR OLDS,
PARENTS & CARERS**

PEEP SESSIONS ARE A GREAT OPPORTUNITY
TO MEET OTHER FAMILIES, SHARE IDEAS AND
SUPPORT CHILDREN'S LEARNING
THROUGH EVERYDAY
PLAY ACTIVITIES

FRIDAYS

12 JULY BIXTER HALL
19 JULY HILLSWICK HALL
26 JULY SYMBISTER HALL
2 AUG SCALLOWAY HALL
9 AUG MUCKLE ROE HALL
**ALL SESSIONS
10AM-11.30AM**

**NO NEED TO BOOK
FOR MORE INFO
PHONE
01595 745400**

Shetland
FaMiLY
Centre



Visit our website

LERWICK OUTDOOR BOWLING CLUB



TASTER SESSIONS

Free for all ages @Lerwick Bowling Club

**Every Friday from the 12th of July to the 16th of
August from 1pm-3pm.**

Para-Handy Wheelchair will be available to borrow to use on the green. Please contact charis.scott3@shetland.org to book this.

TRY A CYCLE

2 0 2 4

JUNE

Thursday 20th
1.30pm-3pm

 Clickimin Athletics
Track

Friday 28th
Come To Brae Days



JULY

Saturday 13th
1pm-2pm

 Clickimin Athletics
Track

Tuesday 23rd
10am-12pm

 Clickimin Athletics
Track

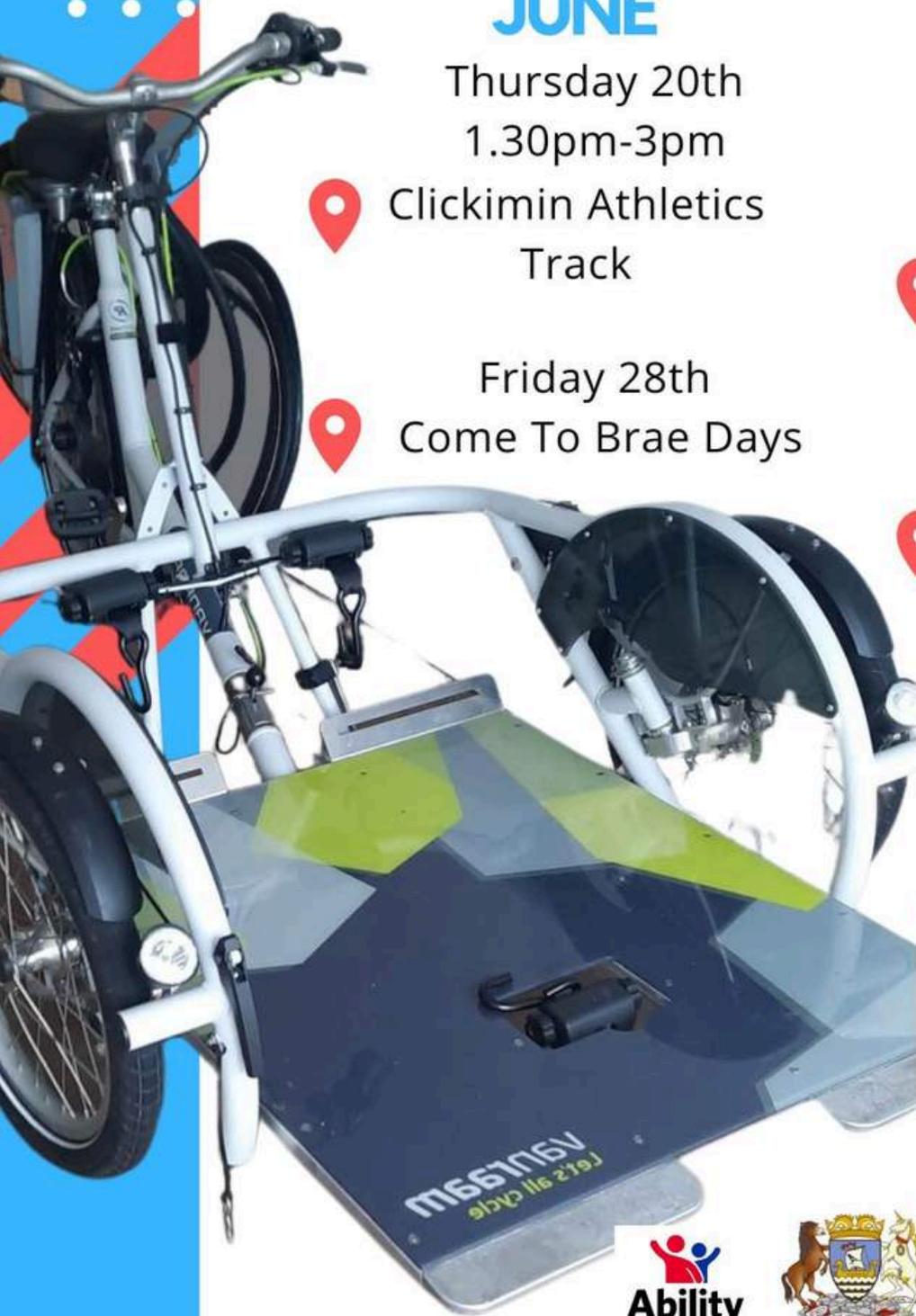
AUGUST

Thursday 8th
1.30pm-3pm

 Clickimin Athletics
Track

Saturday 10th
1pm-2pm

 Clickimin Athletics
Track





Shetland Library

Shetland Islands Council



Illustrations by Natelle Quek and logo artwork by Lizzie Everard. All © The Reading Agency 2024.

This year, the Library will be hosting the annual Summer Reading Challenges for Pre-School, Primary School and older bairns. This free holiday activity promotes reading for fun, aiming to improve skills and confidence. The theme for pre-school and primary bairns is 'Marvellous Makers', focusing on creativity. Lerwick Library will be hosting Lego modelling and various creative stations and activities in the activity room throughout the holidays.

Sign up for the pre-school mini challenge and the P1-7 challenge takes place at the Library from Saturday 29th June onwards.



Head to our website for information
on Bookbug sessions
<https://www.shetland.gov.uk/libraries>



Don't miss us
at all Picnic &
Play Roadshow
venues across
Shetland!



SCOTLAND

Beach Explorers

Thursdays in the Summer Holidays

10am - 12pm

Family events

FREE

(Donations welcome to RSPB)

Join RSPB Shetland as we explore some of Shetland's beaches, with fun family activities including rockpooling, scavenger hunts, wildlife spotting, beachcombing, mindfulness, beach cleaning, sandcastle decorating and more!

Thursday 4th July
St Ninians, Bigton

Thursday 11th July
Sandsayre, Sandwick (by the Mousa Ferry)

Thursday 18th July
Meal Beach, Burra

Thursday 25th July
Sand Beach, Sand

Thursday 1st August
West Voe Beach, Sumburgh

Thursday 8th August
Scousburgh Sands (Big Spiggie), Scousburgh

