

Give your young ones the active habit with a free coaching taster

Get your kids working off those chocolate eggs with a free coaching taster session at the Biggest Club in Town on Easter Sunday.

It's never too early to get your child active for life by starting them young and Edinburgh Leisure is offering a free children's coaching session at Jack Kane Sports Centre on Sunday, 21 April, from 1:00pm to 4:00 pm, where they can try one or more options.

Suitable for 3-5 years and Primary 1s – 7s, release that inner Sugar Plum Fairy with their dance tasters, where they can try ballet or contemporary or street and hip-hop dance. Help them develop motor skills, balance and agility with their gymnastics tasters and for those that have been inspired by Scotland's triumph in the Calcutta Cup, there's Mini Scrummers, a non-contact rugby taster. There's also Active Start, where they will be put through their paces in a range of sports and for those children who show athletic prowess, they can try out running, jumping and throwing with the Athletic Tasters.

Each taster session last from 30-45 minutes and booking is essential. Sessions can be booked in person at Jack Kane Sports Centre, by calling 0131 669 0404 or online at <https://www.edinburghleisure.co.uk/coachingopenday>

Edinburgh Leisure is the biggest provider of sports coaching services in the city. They have 14 sports programmes taking

place every week at their venues and pride themselves on welcoming everyone, regardless of age or stage to join us.

So, if you're interested in learning to swim, climb, or something in between, they have it covered. Their quality sports programmes are led by dedicated sports coaches and teachers, and they pride themselves on delivering an excellent progressive learning experience in a fun environment.

Jack Kane Sports Centre, 208 Niddrie Mains Road, Edinburgh EH16 4ND



Join in at the Biggest Club in Town on Easter Sunday with a free children's coaching session at Jack Kane