

# Summer Activities in Annandale and Eskdale

Join us this summer for fun-filled sports and activities



Activity	Venue	Date	Time	Age	Price	Booking Code
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To book your place, please e-mail the names and ages of those taking part to [AEASCS@dumgal.gov.uk](mailto:AEASCS@dumgal.gov.uk)

<b>ADAC Athletics Camp</b>	Everholm Running Track, Annan	15, 16 and 17 July	2pm - 4pm	6 years and over	£9	ADAC
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Please book in advance

Coaching and training opportunities during the holidays to give children six years and over a real athletics experiences and help them to develop skills in running jumping and throwing. Many of the young talented athletes we have in this area participated in these camps as a young child.

<b>Triathlon Camp</b>	Annan Swimming Pool	11 July	10am - 1.30pm	7 - 14 years	£4	TRI
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Please book in advance

A fun training session in each phase of triathlon (swim/cycle/run) followed by a mini triathlon to put the skills into practise. All abilities welcome. Please bring along your own bike and helmet where possible (limited equipment available to borrow on request), swim kit, suitable sport clothes for outdoors cycling and running, a dry change for after and pack lunch and drink.

<b>Track Cycling Day</b>	Everholm Running Track, Annan	13 August (TBC)	10.00am – 2.00pm	7+ years	£6.00	VELO
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Please book in advance

In partnership with Annan Youth Cycling Club. Join us at our very own Velodrome in Annan, the Everholm Running track for some top-quality track cycle coaching. Take part in various track cycling races including the time trial, team pursuit, keirin and more. Children should come with their cycle in working order, a helmet, appropriately dressed for the weather conditions and bring a packed lunch with plenty to drink. A limited amount of cycles will be available for those without a cycle. **Please email you interest to [AEASCS@dumgal.gov.uk](mailto:AEASCS@dumgal.gov.uk) and we will let you know when it is happening.**

<b>Golf Coaching Camp</b>	Lochmaben Golf Club	5 to 7 August	9am - 1pm	9 - 13 years	£30	
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Please book in advance

These sessions will be led by Qualified Golf Coach, Maitland Pollock who has been coaching at the club for many years.

**For further information or to book please contact Maitland Pollock Home number 01387 810818 or mob 07950032368**

To keep up to date with all our Active Schools and Community Sport activities why not like and follow our facebook page



**Annandale & Eskdale Active School & Community Sport**

# Family Fun Day and Treasure Hunt

## Castle Loch, Lochmaben

Friday 19 July

12noon - 4pm

£1 per person

(in aid of Castle Loch Lochmaben Community Trust to main and develop the trail around the loch.)

The fun includes a shorter hunt for wildlife animals or a longer search which adds in a sports themed search round the complete loch.

Bring a picnic with fun family games in the park with a chance to try sports and activities.

**To book your place, please e-mail the names and ages of those taking part to [AEASCS@dumgal.gov.uk](mailto:AEASCS@dumgal.gov.uk)**

**Children must remain with parents or an adult 16 years or over at all times and please come dressed appropriately for the weather conditions.**

**Castle Loch Community Trust and Active Schools and Community Sport are working in partnership.**

Please book in advance



## Swimming Camp

Annan Swimming Pool

18 July | 10am - 3pm | £12

For children aged 8+ years

To book contact Annan Swimming pool on 01461 625025

Please book in advance

**IMPORTANT** Swimmers must be able to swim 50m/100m continuous in frontcrawl, backcrawl and breaststroke with an understanding of the core swimming mechanics. Knowledge of Butterfly is not essential. The swimming camp will focus on developing advanced stroke techniques and sprint techniques. The day will also include land training sessions, what foods a developing athlete should be trying to include in their diet along with some fun team games and races.

### Programme

9am- 11am	Introduction/Welcome/Dry Land Training
11am-12.30pm	Stroke Development in Swimming Pool
12.30pm - 1.15pm	Lunch Break
	Please bring own lunch)
1.15pm - 2pm	Circuits and Q&A Session
2pm - 3pm	Pool Time Races

Children should bring their own lunch and plenty to drink. If a swimmer is unsure of eligibility to participate, please ask a swim teacher or contact Annan Alligators Swimming Club by e-mail on [annanalligatorssc@gmail.com](mailto:annanalligatorssc@gmail.com) or call 07980 851616



# SUMMER CAMPS

Violetbank, Annan

10am - 2pm

For children aged 4 - 8 years

£10 per day or £3 per hour



### Summer Camp dates

Monday 8 July	Monday 15 July	Monday 29 July	Monday 5 August	Monday 12 August
Tuesday 9 July	Tuesday 16 July	Tuesday 30 July	Tuesday 6 August	Tuesday 13 August

### For more information or to book

Facebook: @activeanklebiters Phone: 07771619559 Email: [nicole@activeanklebiters.co.uk](mailto:nicole@activeanklebiters.co.uk)

Please book in advance





# Newington Leisure Centre

Shawhill Rd, Standalane, Annan DG12 6JY

Tel: 01461 201079

Email: Newington.leisurecen@dumgal.gov.uk

Facebook: Club Newington and Annan Pool



## Free Summer of Sport

### Free Fitness Taster sessions - please book in advance

#### Metafit

Monday 1 and 29 July

5.30pm - 6pm

Age: 14 + years

High-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete

#### Body Balance

Thursday 4 July and 8 August

10am - 11am

Age: 14 + years

A yoga-based class ideal for anyone and everyone. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

#### Body Combat

Monday 8 July

6.15pm - 7.15pm

Age: 14 +

High-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed.

#### Club Hiit

Tuesday 9 July

7.15am - 7.45am

Age: 14 + years

A class on that is designed to build muscle while stripping away fat. Are you brave enough to try this High intensity workout that will push you to your limits.

#### Boot Camp

Thursday 11 July and 8 August

6.30pm - 7.30pm

Age: 14+ years

A group exercise class that mixes body weight exercises with interval training and strength training

#### 50+

Wednesday 17 July and 7 August

11.15am - 12.00pm

Age: 50+ years

A class specifically tailored for 50+ age group.

#### Spin and Abs

Friday 19 July

7.15am - 7.45am

Age: 14 + years

If you want to improve your power, tone up, better your cardio or drop body fat, then our kettlebell workout will help you get quick results.

#### Body Pump

Tuesday 23 July

6.15pm - 7.15pm

Age: 16+ years

A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It can burn up to 540 calories\*.

#### Body Tone

Wednesday 24 July

5.45pm - 6.30pm

Age: 14 + years

A full body conditioning class designed for all levels of ability. Perfect for shaping and defining muscle tone through the use of body weight, resistance bands and lightweights.

#### C V Gym

Wednesday 31 July

7.15am - 7.45am

Age: 14 + years

Exercise class that improves your muscle strength, as well as cardiovascular endurance, while burning hundreds of calories.

Please  
book in  
advance

### Free Soft Play

Monday 1 and 22 July | 9.30am - 11.30am | Age: Under 8 years

All children must be accompanied by Parent/ guardians during these sessions

Drop in  
and join  
us!



# Annan Swimming Pool

St. Johns Road , Annan

Tel: 01461 625025

Facebook: club Newington and Annan Pool



# Free Summer of Sport

## Family Swim

1 and 11 July

11.00am - 1.00pm

Ages: All ages

Under 8's must be accompanied by an adult

## U18 Swimming

Thursday 4, 11, 18 and 25 July, and 1 and 8 August

6.00pm – 8.00pm

Under 8's must be accompanied by an adult

## Early Dips

Tuesday 16 July

7.30am – 8.45am

Ages: All ages

Under 8's must be accompanied by an adult

## 50+ Swim

Tuesday 16 and 30 July

7.30pm – 8.15pm

Ages: 50+ years

## Float Fun

Wednesday 24 July and Thursday 8 August

1.30pm – 2.30pm

Ages: All ages. Families welcome. (under 8's must be accompanied by an adult.)

## Adult Swim

Wednesday 24 July and Friday 9 August

8.00pm – 9.00pm

Ages: 18+ years



# Tennis Camps and Coaching



Activity	Venue	Date	Time	Age	Price	Booking Code
Seaforth Tennis Club Summer Camps	Seaforth Tennis Courts	10 and 24 July	1pm - 3pm	5-9 years	£8 per session	
		17 July and 14 Aug	1pm - 3pm	10+ years		

Learn new skills and have fun!

**Register now to guarantee your place by going to <https://clubspark.lta.org.uk/AnnanSeaforthTennisClub>**

Tennis Coaching	Lockerbie Academy	9 and 23 July	10am - 2pm	5-12 years	£10 pay on the day	
Tennis Coaching	Gretna Tennis Courts	11 July	12noon - 3pm	5-12 years	£10 pay on the day	
Multi-Sports	Moffat Academy	16 July and 6 August	10am - 2pm	5-12 years	£10 pay on the day	

**To book, please contact Mike McMillin, Advance Tennis Coaching at [mikemcmillin@talktalk.net](mailto:mikemcmillin@talktalk.net) or call 07799 033 797**

Tennis Camp	Lochmaben Tennis Club	11 and 18 July and 15 August	10am - 2pm	5-12 years	£12 members £15 non-members	
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**To book, follow links**

<https://clubspark.lta.org.uk/LochmabenTennisClub/Coaching/Camp/cbb328a1-6c86-423b-8cd5-505b6e298822>

<https://clubspark.lta.org.uk/LochmabenTennisClub/Coaching/Camp/e84a9195-bc54-4e9a-99a0-7ddd585d8242>

<https://clubspark.lta.org.uk/LochmabenTennisClub/Coaching/Camp/18fabb88-be34-4e6c-9400-57f436324af4>

**for 11 July**

**for 18 July**

**for 15 August**

Please  
book in  
advance

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