

ACTIVITIES FOR CHILDREN AT INCHGARTH

www.inchgarth.org 01224 325191

St Mary's Boxing club	Monday	7-9pm	ages 8+
St Mary's Boxing club	Wednesday	7-9pm	ages 8+
Capoeira	Monday	4.30-5.30pm	all primary+
Toddlers and babies	Thursday	9.30-11am	ages 0-4
Dennis Law Street sports	Monday	4.30-5.30pm	all primary
Guitar lessons (block)	Call for info		8+
Drawing class	Wednesday	4-5pm	8+
Fitness gym (must have a parent)	7 days a week	All day	secondary +
Illusion dance school non-competitive	Tuesday	4-3.0-5.30pm	All ages
Illusion dance school Competitive	Tuesday	5.30-8.30pm	
Illusion dance school private lessons	Wednesday	4-6.30pm	
Illusion dance school mini movers	Thursday	4-4.30pm	18 months +
Illusion dance school. Acro, fast, slow	Friday	7-10pm	All ages
Nemesis kickboxing Ninjas	Monday	4-4.30pm	ages 4-7
Nemesis kickboxing Samurais	Monday	4.45-5.45pm	ages 8-12
Nemesis teens and adults sparring	Monday	7-8.30pm	Teens+
Nemesis kickboxing Ninjas	Tuesday	4-4.30pm	ages 4-7
Nemesis kickboxing Samurais	Tuesday	4.45-5.45pm	ages 8-12
Nemesis kickboxing samurai sparring	Tuesday	5.45-5.45	ages
Nemesis kickboxing teens and adults	Tuesday	7-9pm	teens+
Nemesis kickboxing ninjas	Thursday	4-4.30pm	ages 4-7
Nemesis kickboxing samurai	Thursday	4.45-5.45pm	ages 8-12
Nemesis kickboxing kids beginners	Thursday	6-7pm	ages 6-10
Nemesis kickboxing teens/ adults	Thursday	7.15-9pm	teens+
ABC Language therapy down syndrome	Wednesday	10am-4pm	
Foster parent babies and toddlers	Thursday	11-1 monthly	
Dezibels street drummers	Thursday	7.30-9.30pm	10+
Pool and snooker (must be with parent)	Tues Wed Thurs	6-9pm	8+ with a parent
Friday night youth club	Friday	5-7pm	3-13 (-6 with parent)
Ultimate Judo 4-6	Friday	3.45-4.30	ages 4-6
Ultimate Judo 7-9	Friday	4.30-5.15pm	ages 7-9
Ultimate Judo 10+	Friday	5.15-6pm	ages 10+
Ultimate Judo 4-9	Saturday	9-9.45	ages 4-9
Ultimate Judo 9-12	Saturday	9.45-10.30am	ages 9-12
Ultimate Judo 13+	Saturday	10.30-11.15am	ages 13+
Ultimate Judo 4-9	Saturday	11.15-12pm	ages 4-9
Ultimate Judo 14+ to adults	Saturday	12-1pm	ages 14 to adult
Ultimate Judo seniors 14 to adults	Saturday	1-2.30pm	ages 14 to adult
Playpark	7 days a week	all day	7+ (-6 with a parent)
Tennis courts	7 days a week	all day	
Football pitch	7 days a week	all day	
All fitness classes	check programme		13+ with parent
Children's birthday parties	check party page		call to book
Granite city brass community band	Sunday	6-7.30pm	
Drumming lessons	Monday	4-6pm	8+

Check the website at www.inchgarth.org for updates and social media at inchgarthcc