



Summer Fun

with Falkirk Leisure and Culture



**A PACKED PROGRAMME OF
ACTIVITY FOR ALL AGES**

FALKIRK COUNCIL



www.falkirkleisureandculture.org/summer



MULTI-SPORTS CAMPS



Keep your children active and entertained over the summer holidays at our Multi-Sports Camps. Designed for children in Primary 1* to Primary 7, our camps are led by qualified, experienced coaches and gives young people the chance to try a wide mix of sports.

Summer of Sport funding from **sportscotland** means our holiday camps are heavily subsidised this year, so everyone can be included and enjoy a summer packed with action.

They'll try basketball, football, dancing, tennis and swimming** - along with plenty of fun, active games. It's a brilliant way for children to learn new skills, make friends and stay active throughout the holidays. This camp will run for the six weeks of the summer holiday and can be booked for single days or multiple. **Drop off for this camp is from 8:45 am.**

What to bring

- Suitable sportswear for all activities
- Swimming gear
- Outdoor clothing (hats, jackets, sunscreen, etc.)
- Water, snacks, and lunch if staying all day

* Children must currently be in P1 for the 25/26 school year.

** Swimming takes place daily.

Swimming Information

Swimming will be offered every day. When booking, please let our team know your child's swimming ability:

1. Non-swimmer
2. Requires flotation device
3. Confident swimmer



If your child would prefer not to take part in swimming, alternative activities will be available.



BOOK ONLINE > falkirkcouncil.gladstonego.cloud/book

MULTI-SPORTS CAMPS

Date	Venue	Times	Cost per Day	Summer of Sport Cost	Age
Week 1 Mon 29 Jun - Fri 3 Jul	St Mungos HS	9am - 4pm	£22.05	£11.02	P1 - P7
Week 2 Mon 6 Jul - Thurs 9 Jul	Denny HS	9am - 4pm	£22.05	£11.02	P1 - P7
Week 3 Mon 13 Jul - Fri 17 Jul	Falkirk HS	9am - 4pm	£22.05	£11.02	P1 - P7
Week 4 Mon 20 Jul - Fri 24 Jul	St Mungos HS	9am - 4pm	£22.05	£11.02	P1 - P7
Week 5 Mon 27 Jul - Fri 31 Jul	Braes HS	9am - 4pm	£22.05	£11.02	P1 - P7
Week 6 Mon 3 Aug - Fri 7 Aug	Bo'ness Academy	9am - 4pm	£22.05	£11.02	P1 - P7



FUNDED BY **2026**
SUMMER OF SPORT

50% OFF



Scan the QR code or go to falkirkcouncil.gladstonego.cloud/book

Select 'Sports & Drama Courses' then select your chosen activity. If booking multiple dates, simply add them to your basket before checking out.



50% OFF

GYMNASTICS

Keep your little ones active, confident, and smiling this summer with our fun-filled pre-school gymnastics classes!

Designed especially for children aged 18 months to 4 years, these sessions introduce the basics of movement through imaginative play, soft apparatus, and guided exploration.

Each class is led by experienced coaches who understand how to make learning active skills exciting and age-appropriate.



GYMNASTICS STAY AND PLAY GYMNASTICS AT LARBERT HIGH SCHOOL

Looking for a fun and flexible way to keep your little ones moving this summer? Our Stay & Play sessions are the perfect choice!

These relaxed, parent-led sessions give children the freedom to explore gymnastics equipment at their own pace, while developing the fundamental skills needed to progress in the sport.

Our friendly coaches are always on hand to offer guidance, support, and helpful tips as your child learns and grows. Our summer programmes have been heavily subsidised by **sportscotland** to celebrate the Summer of Sport.

PRE SCHOOL GYMNASTICS AT LARBERT HIGH SCHOOL

Date	Times	Cost	Summer of Sport Cost	Age
Tue 7 Jul	9.45am - 10.30am	£4.65	£2.32	3 - 5 yrs
Thurs 9 Jul	9.45am - 10.30am	£4.65	£2.32	18 mths - 3 yrs
Tue 14 Jul	9.45am - 10.30am	£4.65	£2.32	3 - 5 years
Thurs 16 Jul	9.45am - 10.30am	£4.65	£2.32	18 mths - 3 yrs
Tue 21 Jul	9.45am - 10.30am	£4.65	£2.32	3 - 5 yrs
Thurs 23 Jul	9.45am - 10.30am	£4.65	£2.32	18 mths - 3 yrs
Tue 28 Jul	9.45am - 10.30am	£4.65	£2.32	3 - 5 years
Thurs 30 Jul	9.45am - 10.30am	£4.65	£2.32	18 mths - 3 yrs

GYMNASTICS COACHING AT LARBERT HIGH SCHOOL

Take their gymnastics to the next level this summer with our structured coaching sessions for children aged 5 and above.

These sessions are designed to help gymnasts develop core skills, improve technique, and grow in confidence, all in a fun, supportive environment.

Whether your child is new to gymnastics or already has some experience, our sessions are tailored to help every gymnast improve and achieve their personal best.

Date	Times	Cost	Summer of Sport Cost	Age
Mon 6 - Fri 10 Jul	10.45am - 12.45pm	£62	£31	5+
Mon 13 - Fri 17 Jul	10.45am - 12.45pm	£62	£31	5+
Mon 20 - Fri 24 Jul	10.45am - 12.45pm	£62	£31	5+
Mon 27 - Fri 31 Jul	10.45am - 12.45pm	£62	£31	5+

Date	Times	Cost	Summer of Sport Cost	Age
Mon 6 Jul	9.30am - 10.30am	£4.95	£2.47	0 - 5 years
Wed 8 Jul	9.30am - 10.30am	£4.95	£2.47	0 - 5 years
Fri 10 Jul	9.30am - 10.30am	£4.95	£2.47	0 - 5 years
Mon 13 Jul	9.30am - 10.30am	£4.95	£2.47	0 - 5 years
Tue 14 Jul	9.30am - 10.30am	£4.95	£2.47	0 - 5 years
Fri 17 Jul	9.30am - 10.30am	£4.95	£2.47	0 - 5 years
Mon 20 Jul	9.30am - 10.30am	£4.95	£2.47	0 - 5 years
Wed 22 Jul	9.30am - 10.30am	£4.95	£2.47	0 - 5 years
Fri 24 Jul	9.30am - 10.30am	£4.95	£2.47	0 - 5 years
Mon 27 Jul	9.30am - 10.30am	£4.95	£2.47	0 - 5 years
Wed 29 Jul	9.30am - 10.30am	£4.95	£2.47	0 - 5 years
Fri 31 Jul	9.30am - 10.30am	£4.95	£2.47	0 - 5 years

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SUMMER OF SPORT

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ADDITIONAL SUPPORT NEEDS DISABILITY CAMP

There are three types of activities offered over the holiday week for children with additional support needs and disabilities, the multi-sports activity, the MATP (Motor Activity training Programme) and a **swimming opportunity**. Pupils must be currently in Primary 1 to attend, please see below for more explanation. **The camp is open to P1 - S6.**

Date	Activity	Venue	Times	Cost	Age
Mon 29 Jun - Thurs 2 Jul	Multi-Sports	Carrongrange High School	10am - 12pm	Free	P1 - S6
Mon 29 Jun - Thurs 2 Jul	MATP (Motor Activity Training Programme)	Carrongrange High School	1pm - 2pm	Free	P1 - S6
Mon 29 Jun - Thurs 2 Jul	Parent & child Swimming	Carrongrange High School	1pm - 2pm 2pm - 3pm	Free	P1 - S6

Multi-Sports

We are providing a free multi-sports camp in conjunction with a number of local sports clubs and volunteers that provide inclusive sessions throughout Falkirk. Please bring some water and a snack between sessions. Multi-sports is a variety of team sports and games led by different clubs and volunteers. Sessions will also include specific disability sport activity, for example boccia and table cricket. If your child requires assistance to participate in the sessions please state on the form below and we will be in contact to discuss this further. If you have any queries regarding these sessions please do not hesitate to contact us.

MATP (Motor Activity training Programme)

This session is for children with complex needs and PMLD. This is a parent and child multi-sports session which is linked to Special Olympic type activities. Children will learn key movement skill and develop running, jumping, throwing, catching and striking as well as sensory type activities. The activities are catered to suit your child's abilities.

Children can only attend either Multi-Sports or MATP

If the demand exceeds availability we will look to allocate space if a place becomes available. If your availability changes and your child is no longer able to attend please let me know as we can allocate other from the waiting list.

Parent and Child Swimming

This is a parent and child session. Parents must be able to enter the pool with their young person.

If you're having problems with the form please call or email the number.
Lisa Male | lisa.male@falkirk.gov.uk | T: 07834 120 845

Book now by completing this form:

<https://tinyurl.com/m4fdw8w3>



BASKETBALL CAMPS AT GRANGEMOUTH SPORTS COMPLEX

Ready for a slam dunk of a summer? Try our Basketball Camp, delivered in partnership with Falkirk Fury Basketball Club.



50%
OFF

Date	Time	Cost	Summer of Sport Cost	Age
Tue 7 - Thur 9 July	11.15am - 1.15pm	£37.50	£18.75	6 - 8 years
Tue 7 - Thur 9 July	11.15am - 1.15pm	£37.50	£18.75	9 - 13 years
Tue 4 - Thur 6 Aug	11.15am - 1.15pm	£37.50	£18.75	6 - 8 years
Tue 4 - Thur 6 Aug	11.15am - 1.15pm	£37.50	£18.75	9 - 13 years

Perfect for players of all abilities, these sessions focus on developing key basketball skills including dribbling, passing, shooting, and game awareness, all in a fun, supportive environment.

Led by experienced coaches, participants will build confidence, improve technique, and enjoy the fast-paced energy of one of the world's most popular sports.

Whether your child is a beginner looking to learn the basics or ready to sharpen their skills, this is a fantastic opportunity for them to get active, make new friends, and have fun this summer!

Scan the QR code or go to falkirkcouncil.gladstonego.cloud/book

Select 'Sports & Drama Courses' then select your chosen activity. If booking multiple dates, simply add them to your basket before checking out.



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FAST TRACK SWIMMING

Designed to accelerate progress, our Summer Fast Track Swimming sessions help your child build confidence in the water while rapidly improving technique. With focused, high-energy lessons, they'll develop key water safety skills and stronger swimming ability in a short space of time. Perfect for all levels, these lessons are a great way to boost your child's skills, enjoyment, and independence in the pool.

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OF SPORT**

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Date	Venue	Times	Cost	Summer of Sport Cost	Age
Week 1					
Mon 29 Jun - Fri 3 Jul	St Mungos HS	9am - 9.40am	£47.25	£23.62	5 - 12 years
Mon 29 Jun - Fri 3 Jul	St Mungos HS	9.40am - 10.20am	£47.25	£23.62	5 - 12 years
Mon 29 Jun - Fri 3 Jul	St Mungos HS	10.20am - 11am	£47.25	£23.62	5 - 12 years
Week 2					
Mon 6 Jul - Thurs 9 Jul	Denny HS	9am - 9.40am	£37.80	£18.90	5 - 12 years
Mon 6 Jul - Thurs 9 Jul	DHS	9.40am - 10.20am	£37.80	£18.90	5 - 12 years
Mon 6 Jul - Thurs 9 Jul	DHS	10.20am - 11am	£37.80	£18.90	5 - 12 years
Week 3					
Mon 13 Jul - Fri 17 Jul	Falkirk HS	9am - 9.40am	£47.25	£23.62	5 - 12 years
Mon 13 Jul - Fri 17 Jul	Falkirk HS	9.40am - 10.20am	£47.25	£23.62	5 - 12 years
Mon 13 Jul - Fri 17 Jul	Falkirk HS	10.20am - 11am	£47.25	£23.62	5 - 12 years
Week 4					
Mon 20 Jul - Fri 24 Jul	St Mungos HS	9am - 9.40am	£47.25	£23.62	5 - 12 years
Mon 20 Jul - Fri 24 Jul	St Mungos HS	9.40am - 10.20am	£47.25	£23.62	5 - 12 years
Mon 20 Jul - Fri 24 Jul	St Mungos HS	10.20am - 11am	£47.25	£23.62	5 - 12 years
Week 5					
Mon 27 Jul - Fri 31 Jul	Braes HS	9am - 9.40am	£47.25	£23.62	5 - 12 years
Mon 27 Jul - Fri 31 Jul	Braes HS	9.40am - 10.20am	£47.25	£23.62	5 - 12 years
Mon 27 Jul - Fri 31 Jul	Braes HS	10.20am - 11am	£47.25	£23.62	5 - 12 years

BOOK ONLINE > falkirkcouncil.gladstonego.cloud/book

FAST TRACK SWIMMING

Date	Venue	Times	Cost	Summer of Sport Cost	Age
Week 6					
Mon 3 Aug - Fri 7 Aug	Bo'ness Academy	9am - 9.40am	£47.25	£23.62	5 - 12 years
Mon 3 Aug - Fri 7 Aug	Bo'ness Academy	9.40am - 10.20am	£47.25	£23.62	5 - 12 years
Mon 3 Aug - Fri 7 Aug	Bo'ness Academy	10.20am - 11am	£47.25	£23.62	5 - 12 years

ONE TO ONE SWIMMING

Our swim lessons create a positive, encouraging environment where swimmers can develop essential water skills, improve stroke technique, and build resilience. With expert guidance and personalised feedback throughout each session, swimmers gain the confidence they need to progress safely and enjoyably.

Date	Venue	Time	Cost	Age
Week 1				
Mon 29 Jun - Fri 3 Jul	St Mungos HS	9.15am - 9.45am	£119.18	Any age
Mon 29 Jun - Fri 3 Jul	St Mungos HS	9.50am - 10.20am	£119.18	Any age
Mon 29 Jun - Fri 3 Jul	St Mungos HS	10.25am - 10.55am	£119.18	Any age
Week 2				
Mon 6 Jul - Thurs 9 Jul	Denny HS	9.15am - 9.45am	£95.34	Any age
Mon 6 Jul - Thurs 9 Jul	Denny HS	9.50am - 10.20am	£95.34	Any age
Mon 6 Jul - Thurs 9 Jul	Denny HS	10.25am - 10.55am	£95.34	Any age
Week 3				
Mon 13 Jul - Fri 17 Jul	Falkirk HS	9.15am - 9.45am	£119.18	Any age
Mon 13 Jul - Fri 17 Jul	Falkirk HS	9.50am - 10.20am	£119.18	Any age
Mon 13 Jul - Fri 17 Jul	Falkirk HS	10.25am - 10.55am	£119.18	Any age
Week 4				
Mon 20 Jul - Fri 24 Jul	St Mungos HS	9.15am - 9.45am	£119.18	Any age
Mon 20 Jul - Fri 24 Jul	St Mungos HS	9.50am - 10.20am	£119.18	Any age
Mon 20 Jul - Fri 24 Jul	St Mungos HS	10.25am - 10.55am	£119.18	Any age
Week 5				
Mon 27 Jul - Fri 31 Jul	Braes HS	9.15am - 9.45am	£119.18	Any age
Mon 27 Jul - Fri 31 Jul	Braes HS	9.50am - 10.20am	£119.18	Any age
Mon 27 Jul - Fri 31 Jul	Braes HS	10.25am - 10.55am	£119.18	Any age
Week 6				
Mon 3 Aug - Fri 7 Aug	Bo'ness Academy	9.15am - 9.45am	£119.18	Any age
Mon 3 Aug - Fri 7 Aug	Bo'ness Academy	9.50am - 10.20am	£119.18	Any age
Mon 3 Aug - Fri 7 Aug	Bo'ness Academy	10.25am - 10.55am	£119.18	Any age

BOOK ONLINE > falkirkcouncil.gladstonego.cloud/book



ADVENTURE DAYS WITH THE OUTDOOR ACTIVITIES TEAM

50% OFF

The Outdoor Activities team have been delivering our Youth Adventure Programme for over 30 years, offering unforgettable experiences in some of Scotland's most stunning locations. This summer, all activities will run from our Bothkennar Hub Outdoor Activity Base, combining expert instruction, safe supervision and maximum adventure.

All activities run from 9am - 4pm with drop-off from 8:30am and pick-up between 4 - 4.30pm

Bothkennar Hub, Main Street, Skinflats, FK2 8NU

Suitable for:

- Young Adventure Days (ages 9+) - fun-focused, shorter journeys
- Adventure Days (ages 11+) - bigger challenges and more adventure

All sessions are beginner-friendly, with plenty of scope to challenge more adventurous participants.

Kit list:

- Towel
- Complete change of clothing (including spare trainers)
- Packed lunch and drinks
- Any relevant medication

All specialist equipment will be supplied.

Activity Levels:

All our activity courses this summer are for **Beginners**. However, there is plenty of scope to challenge everyone - Even the most adventurous kids.

Venues & Activity:

For all courses the venues are not specified. This is due to the nature of the activities and possibility of change. If the advertised activity has to change due to weather, staffing or other unpredictable reasons, then an alternative activity will be offered.

Programme enquiries only: 01324 506846
e: outdooractivities@falkirk.gov.uk

FUNDED BY **2026 SUMMER OF SPORT**

Scan the QR code or go to falkirkcouncil.gladstonego.cloud/book

Select 'Sports & Drama Courses' then select your chosen activity. If booking multiple dates, simply add them to your basket before checking out.



Date	Activity	Times	Cost	Summer of Sport Cost	Age
Mon 29 Jun	Paddlesports	9am - 4pm	£45.00	£22.50	11+
Tue 30 Jun	Bushcraft	9am - 4pm	£45.00	£22.50	9+
Wed 1 Jul	Coasteering	9am - 4pm	£45.00	£22.50	11+
Thurs 2 Jul	Stand Up Paddleboarding	9am - 4pm	£45.00	£22.50	9+
Fri 3 Jul	Gorge Walking	9am - 4pm	£45.00	£22.50	11+
Mon 6 Jul	Rock Climbing / Abseiling	9am - 4pm	£45.00	£22.50	9+
Tue 7 Jul	Gorge Walking	9am - 4pm	£45.00	£22.50	11+
Wed 8 Jul	Weaselling	9am - 4pm	£45.00	£22.50	9+
Thurs 9 Jul	Stand Up Paddleboarding	9am - 4pm	£45.00	£22.50	11+
Fri 10 Jul	Coasteering	9am - 4pm	£45.00	£22.50	9+
Mon 13 Jul	Coasteering	9am - 4pm	£45.00	£22.50	11+
Tue 14 Jul	Canoe & Bushcraft	9am - 4pm	£45.00	£22.50	9+
Wed 15 Jul	Rock Climbing / Abseiling	9am - 4pm	£45.00	£22.50	11+
Thurs 16 Jul	Gorge Walking	9am - 4pm	£45.00	£22.50	9+
Mon 20 Jul	Rock Climbing / Abseiling	9am - 4pm	£45.00	£22.50	9+
Tue 21 Jul	Gorge Walking	9am - 4pm	£45.00	£22.50	11+
Wed 22 Jul	Coasteering	9am - 4pm	£45.00	£22.50	9+
Thurs 23 Jul	Stand Up Paddleboarding	9am - 4pm	£45.00	£22.50	11+
Fri 24 Jul	Paddlesports	9am - 4pm	£45.00	£22.50	9+
Mon 27 Jul	Bushcraft	9am - 4pm	£45.00	£22.50	11+
Tue 28 Jul	Stand Up Paddleboarding	9am - 4pm	£45.00	£22.50	9+
Wed 29 Jul	Coasteering	9am - 4pm	£45.00	£22.50	11+
Thurs 30 Jul	Paddlesports	9am - 4pm	£45.00	£22.50	9+
Fri 31 Jul	Weaselling	9am - 4pm	£45.00	£22.50	11+
Mon 3 Aug	Stand Up Paddleboarding	9am - 4pm	£45.00	£22.50	9+
Tue 4 Aug	Canoe & Bushcraft	9am - 4pm	£45.00	£22.50	11+
Wed 5 Aug	Gorge Walking	9am - 4pm	£45.00	£22.50	9+
Thurs 6 Aug	Paddlesports	9am - 4pm	£45.00	£22.50	11+
Fri 7 Aug	Coasteering	9am - 4pm	£45.00	£22.50	9+

For full details of the courses, please head to our website here:

www.falkirkleisureandculture.org/summer-2026/summer-of-sport/summer-of-sport-activities/



BOOK ONLINE > falkirkcouncil.gladstonego.cloud/book

Select Outdoor Activities - Summer Youth Programme



TENNIS AT DOLLAR PARK

Get the whole family moving this summer with our fun and friendly Family Tennis sessions at Dollar Park.

Date	Time	Cost	Summer of Sport Cost	Age
Mondays, Wednesdays Fridays for all six weeks of the summer.	Mon - 10am - 12pm	Free	Free	All ages
	Wed - 1pm - 3pm	Free	Free	All ages
	Fri - 10am - 12pm	Free	Free	All ages

Led by experienced coaches, these relaxed sessions are designed for all ages and abilities, offering the perfect chance to play together, learn new skills, and pick up helpful coaching tips along the way.

Whether you're picking up a racket for the first time or just looking to enjoy some active family time, everyone is welcome.

Best of all, this activity is completely free, thanks to funding from **sportscotland** and the Summer of Sport programme.



**BOOK
HERE**
**Club Spark
Link**



BOOK ONLINE > clubspark.lta.org.uk/DollarParkTennis/FamilyTennisSummer2026

LIBRARIES IN FALKIRK

Get ready for a summer full of stories, imagination and fun with the Library Summer Reading Challenge!

Date	Venue	Age
Sat 20 Jun - Sat 15 Aug	All Falkirk Libraries	All Ages

Starting on Saturday 20th June, all libraries will be celebrating with special launch events and activities throughout the day, the perfect way to kick off your reading adventure. The challenge runs right through the summer until Saturday 15th August.

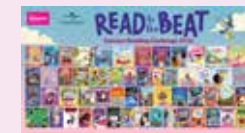
The Summer Reading Challenge is designed for primary school-aged children, with something for everyone to enjoy:

- Children sign up at their local library.
- Borrow and read 6 library books over the summer.
- Visit the library at least 3 times to complete the challenge.
- Collect fun rewards and goodies along the way.

There's also an interactive online element at summerreadingchallenge.org.uk/ where children can leave book reviews and earn digital rewards. Every child who completes the challenge will receive:

- **A medal**
- **A certificate**
- **Free entry to Blair Drummond Safari & Adventure Park.**

Libraries will also host special medal ceremonies, celebrating each child's achievement in style.



HIPPODROME CINEMA

We will be showing a selection of the best new releases and old favourites throughout the summer holidays, with extra day-time screenings while the kids are off school, including Toy Story 5 !

If you're planning a family outing, we have fantastic Family Deals. Please check our website www.hippodromecinema.co.uk for full list of summer films and prices.

Date	Times
Fri 3 July	4pm
Sat 4 July	11am 2.30pm
Sun 5 July	1.30pm 4.30pm
Mon 6 July	11am
Wed 8 July	2.30pm
Fri 10 July	4pm
Sat 11 July	11am 2.30pm
Sun 12 July	1.30pm 4.30pm
Mon 13 July	11am Cuppa screening / captioned
Wed 15 July	4pm
Thurs 16 July	2.30pm



Toy Story 5 - cert tbc

We aim to have doors open 30 min before each screening (45 min before cuppas), unless stated, subject to event set-up.

Welcome

Download the Neatebox WelcoME App and alert us to any access needs that you may have so we can do our best to accommodate you on your visit.



DID YOU KNOW THAT WE DO PARTIES?
Scan the QR code to find out more or email hippodrome@falkirk.gov.uk with your event requirements.

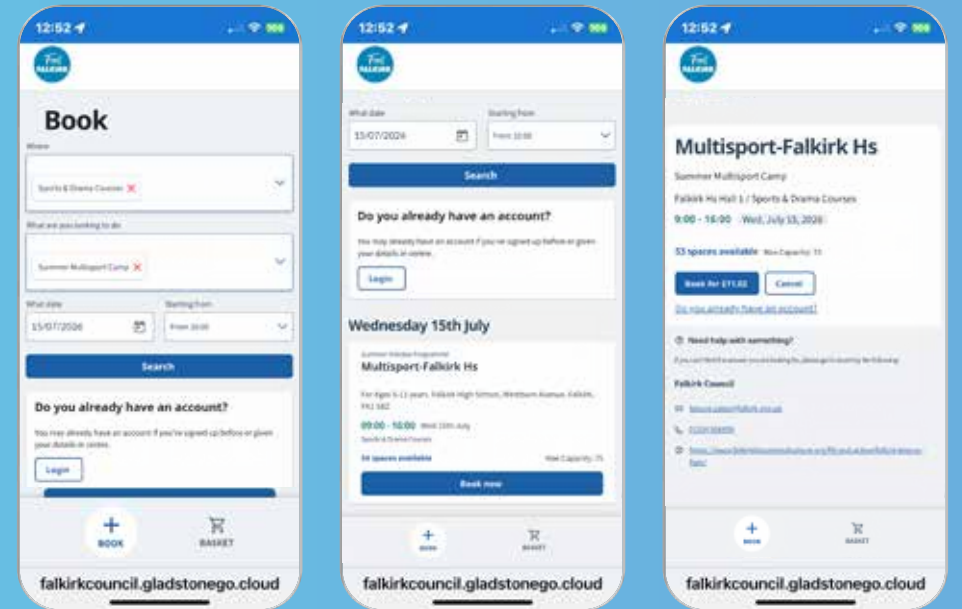
Book tickets www.hippodromecinema.co.uk

HOW TO BOOK



Scan the QR code or go to falkirkcouncil.gladstonego.cloud/book
Or click the links on each page to take you to the website.

- If you've not already done so, please create an account and Log in.
- Select 'Sports & Drama Courses' OR
- Select 'Outdoors Activities' then select 'Summer Youth Programme'.
- Select your chosen activity.
- Select what date you want to book.
- If booking multiple dates, for multiple people simply add them to your basket before checking out.



Please visit our website
www.falkirkleisureandculture.org/summer
For full booking terms and conditions and to view our customer statement and cancellation policy.



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