

Coffee Bar

Teas, Coffees Cold Drinks, Sandwiches,
Toasties, Lights Snacks & More!

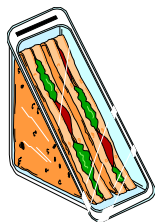
OPEN TO THE PUBLIC

MONDAY – FRIDAY
10.30am – 2.00pm

FRIDAY EVENINGS
6.30pm 8.30pm
(School Term Time only)

Arrangements can be made in advance outwith
opening times for groups / meetings catering requirements

Vending Machines available at all times



Sports & Leisure Services

Lossiemouth Sports & Community Centre

Centre Programme & Information



Centre Co-ordinators
Gina Flett/Sandra Scott

Tel: 01343 815299

Fax: 01343 810149

Email: Lossiemouth.cc@moray.gov.uk

www.moray.gov.uk

Lossiemouth Sports & Community Centre

Reception Hours

Monday	9.00am - 5.00pm 6.00pm - 9.00pm
Tuesday	9.00am - 5.00pm 6.00pm - 9.00pm
Wednesday	9.00am - 5.00pm 6.00pm - 9.00pm
Thursday	9.00am - 9.00pm
Friday	9.00am - 5.00pm 6.00pm - 9.00pm
Saturday	8.45am - 1.45pm
Sunday	9.45am - 1.45pm

Entry Fees

Please see separate information sheet for admission prices.

E.C.D.L

This course is held at the Centre on a Monday morning 10.00am – 12.00pm or at Lossiemouth High School on Wednesday Evenings 6.30pm – 8.30pm. Beginners & advanced welcome.

Art Group

Why not come along and try out your painting skills at our centre class on a Tuesday afternoon 1.30 – 4.00pm. Artists of every standard welcome.

Swimming Pool

Attached to the centre is a 20 metre Swimming Pool. Details of Sessions Adult and Children's Lessons and Aqua Aerobics can be obtained from Reception. We also offer in addition to our programme a new session for people with disabilities. Timetables and charges can be obtained from Reception, its management being with the Sports Facilities Manager, Mr Ken Brown.

Citizens Advice

Free, confidential, impartial, independent advice by fully qualified staff. Come along for all kinds of advice on Tuesday mornings between 9.30 – 11.30am or telephone for an appointment on 01343 548421.

Children's Parties

Sports and bouncy castle can be offered on Saturday & Sundays between 11.30 – 1.30p.m. Swimming parties Saturdays & Sundays 12 – 2pm and Wednesdays 7 - 8pm during fun sessions contact Reception for more details

Card Making Group

The club meets alternate Monday evenings from 7.00 – 9.00pm. Whether you are a beginner or experienced card maker or if you would like to try something new why not come along. All you need is yourself, tools and inspiration. Contact Jane Tilley on 01343 814489

Friday Junior Club (Primary 1-4)

The club meets on a Friday evening from 6.30 – 8.00pm. It is run by volunteers who have, in the past, organised discos, BBQ's, trips and special evenings for Halloween and Christmas. Membership is sometimes limited because of the popularity of the club.

Tang Soo Do

Korean Karate for all levels and ages, including fitness, forms, sparring and self defence. The group meets Monday and Thursday evenings 6.30pm – 7.30pm. Contact Michelle De-Vry through the centre.

Parent & Toddler

This group meets every Wednesday morning's 9.30am to 11.00am. It's a good venue for mums and dads to make new friend, have a chat a nice cup of coffee. The children can play with the groups large stock of toys. Parties are organised for the children at Christmas etc.

Busy Bodies

A fun session for little ones aged 4 – 6 to dance, sing, and play games & more. This group meets on Monday afternoons from 4.15 – 5.00pm.

Body Conditioning

Want a great & fun way to get your body into shape, come along to our new class on Monday evenings 6.00 – 7.00pm

Cycle Spin Classes

Give our new spinning classes a go with this energetic way to keep in shape on Wednesday evenings 6.30 – 7.45pm. & Friday evenings 7.00 – 9.00pm There are two classes to suit your needs.

Pilates

The classes meet on a Monday evening 7.15pm – 8.15pm and 8.15pm – 9.15pm. Contact reception for more details.

Essential Skills

If you would like to improve the skills we all need such as writing, reading, spelling or working with numbers, there is free help for adults in Moray. Please telephone any of the contacts to find out more:

Duke of Edinburgh's Award

A Duke of Edinburgh Development Worker is based in the Centre and is responsible for promoting the Award in Moray. If you are 14 or over and are interested in a worthwhile challenge contact Karen Forbes or Gavin Morgan on (01343) 813614.

2-3 Group

The children meet every weekday morning. There are 3 groups with 12 children in each group. Each session lasts for 1½ hours and we have a parent helper's rota. Your child's name may be put on the waiting list when he / she is 18 months old. Contact Faye Carmichael the Group organiser, for further information.

Lossiemouth Young Disabled Supporters

This group is for parents with children with various special needs and disabilities. A chance for the children to play and meet in a safe environment. Contact Lorraine McLeod (Crossroads).

Junior Badminton

Badminton coaching - Thursdays 6pm – 7pm for Primary 4 & 5, 7pm to 8.30pm for Primary 6 & 7.

Badminton

This fun group meets on Wednesday evenings between 6.30-7.30p.m. Is for all standards of play.

Machine and Hand Knitters Club

New members are always welcome at this long-running group. Help is available to those who have taken up these hobbies or who would like to. Contact any club member on a Thursday evening at 7.00pm

Ball Project

“Be Active Life Long”, Come along and have a BALL! Activities for the over 60's at the Lossiemouth Community Centre. Wednesdays 11am – 1pm.

Welcome

The staff welcomes all users warmly and actively encourage and support new groups to broaden the range of interests and opportunities available to the local community.

The Community Centre can be booked for meetings, parties and discos. All bookings for accommodation in any educational establishment in the Lossiemouth area i.e. St Gerardine's, Hythehill, Hopeman and Burghead Primary Schools and also Lossiemouth High School, should be booked through the Centre Co-ordinators at Lossiemouth. Bookings should be made at least 14 days in advance to allow for the processing of your application

For the health and benefit of all users please respect the following policies;

1. SMOKING - The Centre is No Smoking. If you see anyone breaking this rule please inform a member of staff.
2. FOOD AND DRINK - The bringing in of food and drink is not permitted. No food or drink is permitted to be taken into the Sports Hall.
3. ANIMALS – With the exception of Guide Dogs no animals allowed inside the building
4. 16-YEAR-OLD OR UNDER – Must be accompanied by an adult (someone over the age of 18) when using the Sports Hall. That adult will be responsible for the young person's behaviour

Darby and Joan Club

This club for Senior Citizens meets on Tuesday afternoons and is organised by the WRVS. Come along for a game of cards listen to occasional invited speakers on health, benefits, crafts etc. Contact Mrs. Smith.

Ceramics Club

The Centre has a group who are self taught that meets on a Monday evening at 7.30 pm. You are welcome to come along and try this most enjoyable and creative pastime.

Ladies Netball

This club takes place every Wednesday evening from 7.30 – 9.00pm. It caters for all levels of play, but some experience would be an advantage. Provided you are 16 years of age or over you would be very welcome to come and join us. Contact Jo Saville on 01343 835882.

Senior Citizens Lunch Club

The club is open every Tuesday and Thursday from 11.30am. Transport to and from the Centre can be provided. A hard working committee organises many trips during the summer time with other activities thrown in for good measure, so don't feel lonely – come along and join us. Have a blether, a lovely meal and a cup of tea. Contact any Lunch Club member.

50+ Group – Wednesday Walkers

This adventurous group meets weekly to plan their activities. This programme so far has included walking, historical trips, local environmental clean-ups, canoeing, visits to places of interest and reminiscence sessions. The group meets at the Centre on Wednesdays 10.00 a.m.

LOSSIEMOUTH SPORTS & COMMUNITY CENTRE PROGRAMME

	MORNING	TIMES		AFTERNOON	TIMES		EVENING	TIMES
Monday	2/3 Group E.C.D.L Class	8.45 – 1.00 10.00 – 12.00					Paper Crafting (alternated weeks) Ceramics Club	7.00 – 9.00 7.00 – 9.15
Tuesday	2/3 Group Citizens Advice	8.45 – 11.15 9.30 – 11.30		Art Group	1.30 – 4.00		Lossie Young Disabled Supporters Drop in (12 – 17 years old)	6.30 – 8.00 7.00 – 9.30
Wednesday	2/3 Group	8.45 – 1.00					E.C.D.L Class	6.30 – 8.30
Thursday	2/3 Group	8.45 – 11.15		Smoking Advice	2.00 – 3.00		Knitting Club (hand & machine) Smoking Advice	7.00 – 9.00 7.30 – 8.30
Friday	2/3 Group	8.45 – 1.00						
Saturday								
Sunday								

Building will be closed on Public Holidays and over the Christmas and New Year Period

PROGRAMME IS SUBJECT TO CHANGE FROM TIME TO TIME

For further information, please contact: Gina Flett/Sandra Scott, Centre Co-ordinators on 01343 815299 or Lossiemouth.cc.moray.gov.uk