



Get Active This Summer

Little Movers

Under 5 year olds – Come along to our Little Movers sessions at the Ryan Centre and Merrick Leisure Centre and learn the essential “fundamental” skills such as balance and co-ordination whilst having fun.

Active Sport Sessions

5 – 12 year olds – Take part in a variety of multi sport and sport specific sessions within local communities and at your local leisure centres.

Active Youth

12 – 18 years - Looking for something to do during the summer holidays? Look no further, come along with friends and have a go at some of our exciting activities provided by your Leisure and Sport, Community Learning and Development and NHS team.

Adult Fit 4 Life

Adults (over 18 years) – Keep fit this summer with multi sports & fitness sessions at the Merrick Leisure Centre and Ryan Centre.

Week 2 Activities (12 -16 July)

Active Sport and Little Mover Sessions (£1.10 per person)**

DATE	VENUE	TIME	AGE GROUP
Monday 12 July	Ryan Centre,	2.00pm – 2.45pm	5 – 8 years
	Ryan Centre,	3.00pm – 3.45pm	9 – 12 years
	McMaster’s Rd Playing Field	4.15pm – 5.00pm	5 – 12 years
Tuesday 13 July	Merrick Leisure Centre	2.15pm – 3.00pm	5 – 8 years
	Merrick Leisure Centre	3.00pm – 3.45pm	9 – 12 years
	Ryan Centre	11.00am - 11.45am	Little Movers
Wed 14 July	Merrick Leisure Centre	1.00pm - 1.45pm	Little Movers
	Ryan Centre	10.00am - 11.00am	Taster Table Tennis sessions for all 6 years and above **
Friday 16 July	Merrick Leisure Centre	11.30am – 12.15pm	5 – 8 years
	Merrick Leisure Centre	12.15pm – 1.00pm	9 – 12 years
	Ryan Centre	2.15pm – 3.00pm	5 – 8 years
	Ryan Centre	3.00pm – 3.45pm	9 – 12 years

**Taster Table Tennis Sessions will cost £3.05 per session

Active Youth (12 - 18 years)

Minnigaff Pavilion Wed 14 July 6.00pm - 6.45pm
Thur 15 July 6.00pm - 6.45pm

Agnew Park Pavilion Mon 12 July 7.00pm - 7.45pm
Wed 14 July 7.30pm - 8.15pm

Ochtreure Playing Field Wed 14 July 8.30pm - 9.15pm

Adult Fit 4 Life (Over 18 years)

Ryan Leisure Centre, Stranraer Thur 14 July 8.15pm - 9.00pm

Merrick Leisure Centre, Newton Stewart Thur 14 July 7.00pm - 7.45pm



Week 4 Activities (26 -30 July)

Active Sport Sessions (£1.10 per person)

DATE	VENUE	TIME	AGE GROUP
Monday 26 July	Drummore Playing Field	10.00am – 10.45am	5 – 12 years
	Sandhead Playing Field	11.15am – 12.00noon	5 – 12 years
	Portpatrick MUGA	12.30pm – 1.15pm	5 – 12 years
	Ryan Centre	2.00pm – 2.45pm	5 – 8 years
	Ryan Centre	3.00pm – 3.45pm	9 – 12years
Tuesday 27 July	Portwilliam MUGA	10.00am – 10.45am	5 – 12 years
	Whithorn MUGA	11.15am - 12.00noon	5 – 12 years
	Garlieston MUGA	12.30pm – 1.15pm	5 – 12 years
	Merrick Leisure Centre	2.15pm – 3.00pm	5 – 8 years
	Merrick Leisure Centre	3.00pm – 3.45pm	9 – 12 years
Wednesday 28 July	Leswalt Playing Field	10.00am – 10.45am	5 – 12 years
	Ryan Centre	10.00am - 11.00am	
	Kirkcolm Village Hall	11.15am - 12.00noon	5 – 12 years
	Merrick Leisure Centre	1.00pm - 2.00pm	
	Castle Kennedy	1.00pm – 1.45pm	5 – 12 years
Thursday 29 July	Glenluce	2.15pm – 3.00pm	5 – 12 years
	Kirkcowan Playing Field	1.45pm - 2.30pm	5 – 12 years
Friday 30 July	Wigtown MUGA	3.15pm - 4.30pm	5 – 12 years
	Creetown MUGA	10.00am – 10.45am	5 – 12 years
Friday 30 July	Merrick Leisure Centre	11.30am – 12.15pm	5 – 8 years
	Merrick Leisure Centre	12.15pm – 1.00pm	9 – 12years
	Ryan Centre	2.00pm – 2.45pm	5 – 8 years
	Ryan Centre	3.00pm – 3.45pm	9 – 12 years

Week 1 Activities (5 -8 July)

Active Sport Sessions (£1.10 per person)

DATE	VENUE	TIME	AGE GROUP
Monday 5 July	Drummore Playing Field	10.00am – 10.45am	5 – 12 years
	Sandhead Playing Field	11.15am - 12.00noon	5 – 12 years
	Portpatrick MUGA	12.30pm – 1.15pm	5 – 12 years
	Ryan Centre	2.00pm – 2.45pm	5 – 8 years
	Ryan Centre	3.00pm – 3.45pm	9 – 12years
Tuesday 6 July	Portwilliam MUGA	10.00am – 10.45am	5 – 12 years
	Whithorn MUGA	11.15am - 12.00noon	5 – 12 years
	Garlieston MUGA	12.30pm – 1.15pm	5 – 12 years
	Merrick Leisure Centre	2.15pm – 3.00pm	5 – 8 years
	Merrick Leisure Centre	3.00pm – 3.45pm	9 – 12 years
Wednesday 7 July	Leswalt Playing Field	10.00am – 10.45am	5 – 12 years
	Kirkcolm Village Hall	11.15am - 12.00noon	5 – 12 years
	Castle Kennedy	1.00pm – 1.45pm	5 – 12 years
	Glenluce	2.15pm – 3.00pm	5 – 12 years
Thursday 8 July	Kirkcowan Playing Field	1.45pm - 2.30pm	5 – 12 years
	Wigtown MUGA	3.15pm - 4.30pm	5 – 12 years
Friday 9 July	Creetown MUGA	10.00am – 10.45am	5 – 12 years
	Merrick Leisure Centre	11.30am – 12.15pm	5 – 8 years
	Merrick Leisure Centre	12.15pm – 1.00pm	9 – 12years
	Ryan Centre	2.00pm – 2.45pm	5 – 8 years
	Ryan Centre	3.00pm – 3.45pm	9 – 12 years

Week 3 Activities (19 - 23 July)

Taster Athletics Sessions (£1.10 per person)

DATE	VENUE	TIME	AGE
Monday 19 July	Ryan Centre,	2.00pm – 2.45pm	5-8 years
		3.00pm – 3.45pm	9 – 12 years
		4.00pm – 4.45pm	12 – 18 years
Tuesday 20 July	Merrick Leisure Centre	2.15pm – 3.00pm	5-8 years
		3.00pm – 3.45pm	9 – 12 years
		4.00pm – 4.45pm	12 – 18 years

Taster Table Tennis Sessions (£3.05 per person)

DATE	VENUE	TIME	AGE
Wednesday 21 July	Ryan Centre	10.00am - 11.00am	Over 6 years
	Merrick Lesiure Centre	1.00pm - 2.00pm	Over 6 years

Taster Netball Sessions (£1.10 per person)

DATE	VENUE	TIME	AGE
Thursday 22 July	Ryan Centre	2.30pm – 3.15pm	9 – 16 years
	Merrick Leisure Centre	4.00pm – 4.45pm	9 – 16 years

Taster Tri-Golf Sessions (£1.10 per person)

DATE	VENUE	TIME	AGE
Friday 23 July	Merrick Leisure Centre	11.30am - 12.15pm	5 - 8 years
	Merrick Leisure Centre	12.15pm - 1.00pm	9 - 12 years
	Ryan Centre	2.00pm - 2.45pm	5 - 8 years
	Ryan Centre	3.00pm - 3.45pm	9 - 12 years

Week 5 Activities (2 - 6 August)

Active Sport and Little Mover Sessions (£1.10 per person)**

DATE	VENUE	TIME	AGE GROUP
Monday 2 August	Ryan Centre,	2.00pm – 2.45pm	5 – 8 years
	Ryan Centre,	3.00pm – 3.45pm	9 – 12 years
	McMaster’s Rd Playing Field	4.15pm – 5.00pm	5 – 12 years
	Merrick Leisure Centre	2.15pm – 3.00pm	5 – 8 years
Tuesday 3 August	Merrick Leisure Centre	3.00pm – 3.45pm	9 – 12 years
	Ryan Centre	11.00am - 11.45am	Little Movers
	Merrick Leisure Centre	1.00pm - 1.45pm	Little Movers
Wed 4 Aug	Ryan Centre	10.00am - 11.00am	Taster Table Tennis sessions for all 6 years and above **
	Merrick Leisure Centre	1.00pm - 2.00pm	
Friday 6 July	Merrick Leisure Centre	11.30am – 12.15pm	5 – 8 years
	Merrick Leisure Centre	12.15pm – 1.00pm	9 – 12 years
	Ryan Centre	2.15pm – 3.00pm	5 – 8 years
	Ryan Centre	3.00pm – 3.45pm	9 – 12 years

**Taster Table Tennis Sessions will cost £3.05 per session

Active Youth (12 - 18 years)

Minnigaff Pavilion Wed 4 August 6.00pm – 6.45pm
Thur 5 August 7.00pm – 7.45pm

Agnew Park Pavilion Mon 2 August 7.00pm – 7.45pm
Wed 4 August 7.30pm – 8.15pm

Ochtreure Playing Field Wed 4 August 8.30pm – 9.15pm

Adult Fit 4 Life (Over 18 years)

Ryan Leisure Centre, Stranraer Thur 5 August 8.15pm - 9.00pm

Merrick Leisure Centre, Newton Stewart Thur 5 August 7.00pm - 7.45pm

Week 6 Activities (9 - 13 August)

Active Sport Sessions (£1.10 per person)

DATE	VENUE	TIME	AGE GROUP
Monday 9 August	Drummore Playing Field	10.00am – 10.45am	5 – 12 years
	Sandhead Playing Field	11.15am – 12.00noon	5 – 12 years
	Portpatrick MUGA	12.30pm – 1.15pm	5 – 12 years
	Ryan Centre	2.00pm – 2.45pm	5 – 8 years
	Ryan Centre	3.00pm – 3.45pm	9 – 12years
Tuesday 10 August	Portwilliam MUGA	10.00am – 10.45am	5 – 12 years
	Whithorn MUGA	11.15am – 12.00noon	5 – 12 years
	Garlieston MUGA	12.30pm – 1.15pm	5 – 12 years
	Merrick Leisure Centre	2.15pm – 3.00pm	5 – 8 years
	Merrick Leisure Centre	3.00pm – 3.45pm	9 – 12 years
Wednesday 11 August	Leswalt Playing Field	10.00am – 10.45am	5 – 12 years
	Kirkcolm Village Hall	11.15am – 12.00noon	5 – 12 years
	Castle Kennedy	1.00pm – 1.45pm	5 – 12 years
	Glenluce	2.15pm – 3.00pm	5 – 12 years
Thursday 12 August	Kirkcowan Playing Field	1.45pm - 2.30pm	5 – 12 years
	Wigtown MUGA	3.15pm - 4.30pm	5 – 12 years
Friday 13 August	Creetown MUGA	10.00am – 10.45am	5 – 12 years
	Merrick Leisure Centre	11.30am – 12.15pm	5 – 8 years
	Merrick Leisure Centre	12.15pm – 1.00pm	9 – 12years
	Ryan Centre	2.00pm – 2.45pm	5 – 8 years
	Ryan Centre	3.00pm – 3.45pm	9 – 12 years

Week 7 Activities (16 - 20 August)

Active Sport and Little Mover Sessions (£1.10 per person)**

DATE	VENUE	TIME	AGE GROUP
Monday 16 August	Ryan Centre,	2.00pm – 2.45pm	5 – 8 years
	Ryan Centre,	3.00pm – 3.45pm	9 – 12 years
	McMaster’s Rd Playing Field	4.15pm – 5.00pm	5 – 12 years
Tuesday 17 August	Merrick Leisure Centre	2.15pm – 3.00pm	5 – 8 years
	Merrick Leisure Centre	3.00pm – 3.45pm	9 – 12 years
	Ryan Centre	11.00am - 11.45am	Little Movers
	Merrick Leisure Centre	1.00pm - 1.45pm	Little Movers
Friday 20 August	Merrick Leisure Centre	11.30am – 12.15pm	5 – 8 years
	Merrick Leisure Centre	12.15pm – 1.00pm	9 – 12 years
	Ryan Centre	2.15pm – 3.00pm	5 – 8 years
	Ryan Centre	3.00pm – 3.45pm	9 – 12 years

Active Youth (12 - 18 years)

Minnigaff Pavilion Wednesday 18 August 2010 6.00pm – 6.45pm
Thursday 19 August 2010 7.00pm – 7.45pm

Agnew Park Pavilion Monday 16 August 2010 7.00pm – 7.45pm
Wednesday 18 August 2010 7.30pm – 8.15pm

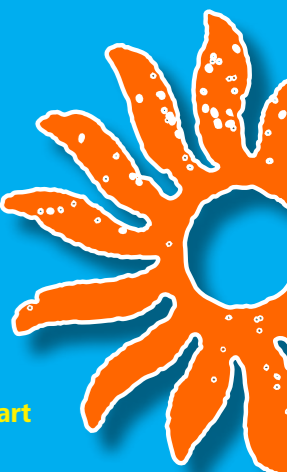
Ochtreure Playing Field Wednesday 18 August 2010 8.30pm – 9.15pm

Adult Fit 4 Life (Over 18 years)

Ryan Leisure Centre, Stranraer Thursday 19 August 2010 8.15pm - 9.00pm

Merrick Leisure Centre, Newton Stewart Thursday 19 August 2010 7.00pm - 7.45pm

For further information or to book a place on any of the activities please contact Alison Murray Community Leisure and Sport Officer, Council Officers, Sun Street, Stranraer, DG9 7JJ Tel: 0303 333 3000 ext 61269 or email Alison.murray@dumgal.gov.uk



Active Schools

Summer Sports Bonanza

Come along and challenge yourself and your friends at 5 fun sporting activities with your local active schools coordinators!!

Activity stations include: golf, football skills, athletics, tennis & cricket.

£1.50 per session

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Date	Venue	Time	Age Group
Thursday 22 July	Castle Kennedy Playing Fields	10.00-11.00	P1-7
Thursday 22 July	McMaster's Road Playing Field	1.00-2.00 2.15-3.15	P1-5 P6-S2

Date	Venue	Time	Age Group
Monday 26 July	Leswalt Playing Fields	10.00-11.00	P1-7
Monday 26 July	London Road Playing Fields	1.00-2.00 2.15-3.15	P1-5 P6-S2

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Date	Venue	Time	Age Group
Friday 23 July	Port William (Maxwell Park)	10.00-11.00	P1-7
Friday 23 July	Minnigaff Pavillion	1.00-2.00 2.15-3.15	P1-5 P6-S2

Date	Venue	Time	Age Group
Tuesday 27 July	Whithorn Playing fields (Beside MUGA)	10.00-11.00	P1-7
Tuesday 27 July	Wigtown Primary School	1.00-2.00 2.15-3.15	P1-5 P6-S2

To book a place and/or for further information on any of the above, please contact Active Schools Coordinator Ann Ferguson at Aird Education Centre on 01776702437/07921038683 or Ailsa Francis on 07824708177



Stranraer Museum

The Old Town Hall, George Street, Stranraer
Open Monday to Friday 10am – 5pm; Saturday 10am – 4pm
Tel.: 01776 705088

ADMISSION FREE

Wigtownshire Wonders

New Exhibition

26 June – 25 September

A collection of curiosities including witch stones, cat-boiling troughs, a Victorian beef can which spent two years trapped in the Arctic, a spooky magic sock and Wigtownshire's last wild boar. Plus a peek at some of the area's stranger nooks and crannies.



Summer activities at the museum

Thursday 8 July: Make an origami four leaf clover
Wednesday 14 July: Make a clay figure charm
Wednesday 21 July: Create your own Brownie of Bladnoch
Thursday 29 July: Make a lucky cricket
Thursday 12 August: Wildlife Window Art with Ranger Elizabeth Tindal

All the activities are free drop-in sessions held from 11am to 12.30pm. Children under 8 years to be with an adult. Further activities may be held during the summer - please contact the museum for more information.

Kids Quoits with Stranraer Museum

Tuesday 13 July: Quoits Practice
Tuesday 20 July: Quoits Competition

Both activities are free drop-in sessions held at Agnew Park from 1pm to 2pm. Children under 8 years to be with an adult.

Castle of St John, Stranraer

Open Monday to Saturday, 10am – 1 pm and 2pm – 5pm
Tel. 01776 705544

ADMISSION FREE

The recently restored castle is now open again. Find out about life in the medieval castle and Victorian prison and enjoy amazing roof top views across the town and Loch Ryan.

Outdoor Activities (Week 3 - Week 7)

Activity cost is £23 per day. Activities subject to change and minimum numbers are required for activities to run. For further information or to book your place, please call the Merrick Lesiure Centre on 01671 404301.

Dates	Age Group	Monday	Tuesday	Wednesday	Thursday	Friday
19 - 23 July	9-11yrs	MTB/Kayaking	Kayaking/ Orienteering	MTB/ Climbing	Climbing/ Orienteering	Kayak/ Climbing
Meet at Stronord Outdoor Centre 9.30, depart 4.00pm						
26 - 30 July	9-11yrs	MTB/Kayaking	Kayaking/ Orienteering	MTB/ Climbing	Climbing/ Orienteering	Kayak/ Climbing
Meet at Stronord Outdoor Centre 9.30, depart 4.00pm						
2 - 6 August	12-16yrs	MTB/Kayaking	Kayaking/ Orienteering	MTB/ Climbing	Climbing/ Orienteering	Kayak/ Climbing
Meet at Stronord Outdoor Centre 9.30, depart 4.00pm						
9 - 13 August	12-16yrs	MTB/Kayaking	Kayaking/ Orienteering	MTB/ Climbing	Climbing/ Orienteering	Kayak/ Climbing
Meet at Stronord Outdoor Centre 9.30, depart 4.00pm						
16 - 20 August	16yrs+	River Dee Kayaking	River Ayr Kayaking	MTB/ Climbing	MTB Dalbeattie	MTB Kirrroughtree
Meet at Stronord Outdoor Centre 9.00am, depart 4.00pm						

MTB - Mountain Biking

SFA Football

Stair Park, Stranraer

Mon 5 July – Fri 9 July (week 1)
Mon 9 Aug – Fri 13 Aug (week 6)

Douglas Ewart High School, Newton Stewart

Mon 26 July – Fri 30 July

All Courses are organised in a fun and safe environment, delivered by Scottish FA qualified courses. Each participant is encouraged to bring a snack and plenty of water to drink for each attending session.

All participants who enrol will be entered in to a draw, where the lucky winner from each of the four areas will receive a free prize from their local community club.

To guarantee your place on the course please book in advance.

Telephone Enquires should be made to the Dumfries and Galloway Councils Football Development Team.

Tel: 030 33 33 3000 email: mark.turner@dumgal.gov.uk

For further information on any activities in this brochure please contact:

Alison Murray, Community Leisure and Sport Officer
Council Offices, Sun Street, Stranraer. DG9 7JJ

Tel: 0303 333 3000 email: Alison.Murray@dumgal.gov.uk

IMPORTANT INFORMATION

Anyone participating in a Leisure and Sport activity MUST complete an activity registration form (adult or junior). These can be downloaded from www.dumgal.gov.uk/sportsdevelopment
Please could all participants wear suitable sports clothing and bring a drink of water to all sessions.

Summer Activities



in Wigtownshire