

# Re-Energise with Cromarty Youth Café 2026

## Summer Programme Week 1

DAY	DATE	ACTIVITY	AGE	VENUE	TIME
Monday	6 <sup>th</sup> July	<b>Multi-sports</b> Join us for fun-filled multi-sports sessions packed with games, teamwork, and active challenges for all abilities	5+	Victoria Park/Hall	10 - 11.30
Monday	6 <sup>th</sup> July	<b>Outdoor Rowing in the beautiful Cromarty Firth</b> Spot the dolphins, Catch the rays	12+	Royal Hotel Beach	10 - 11.30
Monday	6 <sup>th</sup> July	<b>Football with ICTFC</b> Football skills, drills and match play – come join the fun! ⚽	5+	Victoria Park/Hall	12 - 13.00
Tuesday	7 <sup>th</sup> July	<b>Visit to the Cromarty Courthouse</b> Recreate historic photographs in a hands-on camera workshop	5+	Cromarty Courthouse	10 - 12.00
Wednesday	8 <sup>th</sup> July	<b>Trip to The Ledge</b> Join us at an exciting climbing session at the state-of-the-art climbing and national bouldering centre	8+	The Ledge Inverness	12 - 13.30
Thursday	9 <sup>th</sup> July	<b>Indoor soft Archery with Active Schools Co-ordinator</b> Join our fast-paced, skill-boosting adventure where young people can aim high, have fun, and hit their targets together!"	8+	Victoria Hall	10 - 11.30 8 places 12 - 13.30 8 places
Friday	10 <sup>th</sup> July	Youth Rowing Regatta in Ullapool	12+	Ullapool	Times TBC
Saturday	11 <sup>th</sup> July	Youth Rowing Regatta in Ullapool	12+	Ullapool	Times TBC
Sunday	12 <sup>th</sup> July	Youth Rowing Regatta in Ullapool	12+	Ullapool	Times TBC
Sunday	12 <sup>th</sup> July	<b>We're Wuthering Again</b> Join us for Music, magic and full-on festival fun – great for all the family!	All Ages	The Links Cromarty	12 - 13.00



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## Summer Programme Week 2

DAY	DATE	ACTIVITY	AGE	VENUE	TIME
Monday	13 <sup>th</sup> July	Tennis Fun, fast-paced tennis sessions for all abilities—come along, get active, and enjoy some brilliant rallies!	5+	Cromarty Tennis Court	P1-P4 11 - 12.00 P5-S1 11 - 12.00 S1-S6 12 - 13.00
Monday	13 <sup>th</sup> July	Outdoor Rowing in the beautiful Cromarty Firth Spot the dolphins, Catch the rays	12+	Royal Hotel Beach	10 - 11.30
Monday	13 <sup>th</sup> July	Football with ICTFC Football skills, drills and match play – come join the fun! ⚽	5+	Victoria Park/Hall	12 - 13.00
Tuesday	14 <sup>th</sup> July	Tennis Fun, fast-paced tennis sessions for all abilities—come along, get active, and enjoy some brilliant rallies!	5+	Cromarty Tennis Court	P1-P4 11 - 12.00 P5-S1 11 - 12.00 S1-S6 12 - 13.00
Wednesday	15 <sup>th</sup> July	Tennis Fun, fast-paced tennis sessions for all abilities—come along, get active, and enjoy some brilliant rallies!	5+	Cromarty Tennis Court	P1-P4 11 - 12.00 P5-S1 11 - 12.00 S1-S6 12 - 13.00
Wednesday	15 <sup>th</sup> July	Wildwoodz Paintball Are you ready to dodge behind barriers, sprint across open ground, slide into cover, planning your next move with your squad? Every second counts. Every decision matters.	12+	Wildwoodz Munloch	13 - 16.30
Thursday	16 <sup>th</sup> July	Tennis Fun, fast-paced tennis sessions for all abilities—come along, get active, and enjoy some brilliant rallies!	5+	Cromarty Tennis Court	P1-P4 11 - 12.00 P5-S1 11 - 12.00 S1-S6 12 - 13.00
Friday	17 <sup>th</sup> July	'Crombledon' a fun-filled day featuring a variety of tournaments, competitions, and final trophy presentations, celebrating a fantastic week of skills and development.	5+	Cromarty Tennis Court	P1-P4 11 - 12.00 P5-S1 11 - 12.00 S1-S6 12 - 13.00



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## Summer Programme Week 3

DAY	DATE	ACTIVITY	AGE	VENUE	TIME
Monday	20 <sup>th</sup> July	Multi-sports Join us for fun-filled multi-sports sessions packed with games, teamwork, and active challenges for all abilities	5+	Victoria Park/Hall	10 - 11.30
Monday	20 <sup>th</sup> July	Outdoor Rowing in the beautiful Cromarty Firth Spot the dolphins, Catch the rays	12+	Royal Hotel Beach	10 - 11.30
Monday	20 <sup>th</sup> July	Football with ICTFC Football skills, drills and match play – come join the fun! ⚽	5+	Victoria Park/hall	12 - 13.00
Tuesday	21 <sup>st</sup> July	Visit the Cromarty Courthouse Recreate historic photographs in a hands-on camera workshop	5+	Cromarty Courthouse	10 - 12.00
Tuesday	21 <sup>st</sup> July	Bowling Taster Session Join us on the Cromarty Bowling Green for a taster session with the Cromarty Bowling Club	P4 - P7	Cromarty Bowling Club	12.30 – 14.30
Saturday	25 <sup>th</sup> July	Golspie Regatta A great day trip, for a friendly Regatta!	12+	Golspie	TBC



To book, please contact John Munro: 07513 590217  
 For Tennis, please contact Vicky Benjamin: 07810 046323  
 A Consent form will be required for all activities.  
**ALL Activities are open to EVERYONE across the Black Isle**  
**All Activities are FREE of charge.**  
 Snacks and refreshments will be provided at every activity



**Please note that Age Guidance is provided by Event T&Cs**

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## Summer Programme Week 4+

Monday	27 <sup>th</sup> July	<b>Multi-sports</b> Join us for fun-filled multi-sports sessions packed with games, teamwork, and active challenges for all abilities	5+	Victoria Park/Hall	10 - 11.30
Monday	27 <sup>th</sup> July	<b>Outdoor Rowing in the beautiful Cromarty Firth</b> Spot the dolphins, Catch the rays	12+	Royal Hotel Beach	10 - 11.30
Monday	27 <sup>th</sup> July	<b>Cricket Taster Session</b> Join us for a cricket session with Paul from the Northern Cricket Club	P4 - P7	Victoria Park/Hall	10 - 11.30
Wednesday	29 <sup>th</sup> July	<b>Rugby Taster Session</b> Join us for a rugby session with our Ross Sutherland Rugby Club friends	P4 - P7	Victoria Park	10 - 11.30
Wednesday	29 <sup>th</sup> July	<b>End of Summer Party</b> Refreshments, Wet Rounders with water guns and nerf gun wars	5+	Victoria Park	12 - 14.00
Thursday	30 <sup>th</sup> July	<b>Hollywood Bowling Team Event</b> Ready to go to Hollywood? Join for a bowling experience like no other!! Food and Refreshments included	5+	Hollywood Bowl Inverness	11 – 13.00
Thursday	13 <sup>th</sup> August	<b>Inter-Generational Fun and Games with Fourways</b> Join us in the Victoria Park for a lovely afternoon of reading stories, interacting with puppets and lots more for the family to enjoy!	All	Victoria Park	12 - 16.00



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