

GLASGOW SPORT

Spring Holiday ACTIVITY PROGRAMME

4 - 15 April 2016

Sports and fun sessions
during the school holidays

Club 511 ★ Glasgow Kids Club ★ Pool Activities
Activ8 ★ Athletics ★ Badminton ★ Balanceability
Basketball ★ Disability Sports ★ Football ★ Golf
Gymnastics ★ Play Gym ★ Rookie Lifeguard ★ Squash
Swimming ★ Tennis ★ Track Cycling ★ Wrestling

0141 287 8931

www.glasgowlife.org.uk/sport/HolidayActivityProgramme

Spring Holiday ACTIVITY PROGRAMME

4 - 15 April 2016

WELCOME

Welcome to the Sport and Multi Activity Holiday Programme for Spring 2016 from Glasgow Sport.

This booklet is packed with activities to make sure the Spring Holiday is active and full of fun! From multi activity to specialised sports training sessions there is something to suit everyone! Many of the activities are free or discounted with your Glasgow Kidz Card (GKC) or Glasgow Young Scot Card (GYSC). When bookings are being taken over the phone, GKC/GYSC concessions cannot be given as the card must be shown in person at the time of booking.

For any book in advance activity; bookings will be available from **Monday 14th March onwards**. Payment for advanced bookings must be made at the time of booking.

Multi Activity Programmes

- Activ8
- Club 511
- Glasgow Kids Club
- Pool Activities

Pre 5 Activities

- Balanceability
- Football – Mini Kickers
- Play Gym Gymnastics

An adult must remain in the building during all sessions for children under 5 years. Adults must accompany children under 8 years of age for pool activities.

Sports Programmes

- Athletics
- Badminton
- Basketball
- Disability Football
- Disability Kids Club
- Disability Swimming
- Football
- Gymnastics
- Squash
- Swimming Lessons
- Tennis
- Track Cycling
- Wrestling

Please note booking information on each page and all activities require a completed consent form (attached in the centre of this booklet).

Addresses and contact numbers for each of the venues are shown at the back of this booklet. Where advanced bookings are available, they can be taken on the number below.

www.glasgowlife.org.uk
0141 287 8931



Club 511

Two Brilliant Hours of Fun

Club 511 is a two hour fun session where you can try a variety of activities including sports, fun, games, arts and crafts and much, much more.

Cost £2 per session or **free** with GKC

How do I book? Pay As You Go Sessions, please pay at reception on the day. Numbers are limited and are allocated on a first come - first served basis. Due to the activity programme on offer to your child, we ask that they dress appropriately for activities indoors and outdoors.

Weeks 1 & 2 Mon 4 - Fri 15 April

Venue Glasgow Club Donald Dewar

Tuesday, Thursday & Friday

1pm - 3pm

For ages 5-11 years

Venue Emirates Arena

Monday - Friday

10am - 12 noon

For ages 5-11 years

An adult must remain in the building for children under 8 years.

Venue Glasgow Green Football Centre

Tuesday, Wednesday & Thursday

1pm - 3pm

For ages 5-11 years



Emirates - Play & Pamper

Parents; why not kick back for a couple of hours at our Refresh Spa, while the kids enjoy the fun at Club 511.

Cost 1 Adult & 1 Child
£12 or 1 Adult & 2
Children £14

How do I book?

Play & Pamper spaces are limited and must be pre-booked in person at reception or over the phone. Full payment must be made at time of booking. Spa session must be taken at time child is in Club 511 and cannot be swapped for any other spa session.



Glasgow Kids Club

The focus is fun fun fun with Kids Club! These five hour sessions are a mix of games, sports and activities. Please check with reception for further information on swimming.

Cost £37.20 per week (£31.80 with GKC) or £8.60 per day (no Kidz Card concession for daily rate).

How do I book? Advanced bookings open on Monday 14th March at the Glasgow Club of your choice or on 0141 287 8931 for weekly sessions. Daily sessions are Pay As You Go and are subject to availability on the day. Please arrange for your child to bring a packed lunch. Due to the activity programme on offer, we ask that they dress appropriately for activities indoors and outdoors.

Registration Registration and Consent Form must be completed by parent/guardian prior to the start of the first session. All children must be signed in/out at the start/end of each day by their responsible adult.

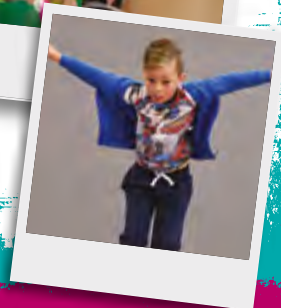
When Monday – Friday 10am – 3pm (12 – 1pm supervised lunch).

For ages 5-11 years

Week 1 Mon 4 – Fri 8 April **Week 2** Mon 11 – Fri 15 April

Venues

- GC Bellahouston
- GC Castlemilk (week 1 only)
- GC Drumoyne
- GC Easterhouse
- GC Gorbals
- GC Holyrood (week 2 only)
- GC Maryhill
- GC Milton (week 1 only)
- GC Scotstoun
- GC Springburn
- Tollcross International Swimming Centre
- GC Whitehill



Pool Activities

Come along and have fun with our pool inflatables, water walkers and fun, floats and flumes. Children under 8 years must be accompanied by an adult at all times, supervising adults pay normal swim price. Please contact your centre for further information on terms and conditions.

Cost £2 per session or **free** with GKC/GYSC
How do I book? Pay As You Go Sessions, please pay at reception on the day.



Weeks 1 & 2 Mon 4 - Fri 15 April

Venue **Glasgow Club Castlemilk Pool**

Monday & Friday 1.30pm - 2.30pm
 Tuesday & Thursday 1.30pm - 2.30pm

Pool Inflatables
Water Walkers

for ages
 8+ years
 8+ years

Venue **Glasgow Club Easterhouse Pool**

Monday, Wednesday & Friday 11.15pm - 2.15pm
 Tuesday & Thursday 1.30pm - 2.30pm

Flume Session*
Inflatable Session**

for ages
 8+ years
 8+ years

Venue **Glasgow Club Gorbals**

Mon, Wed, Thurs & Fri 1.30pm - 2.30pm
 Tuesday 2pm - 3.30pm

Fun, Floats & Flume
Pool Inflatables

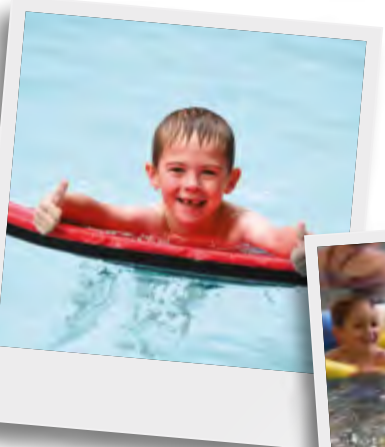
for ages
 8+ years
 8+ years

Venue **Glasgow Club Springburn**

Monday - Friday 11.30am - 12.30pm

Water Features

for ages
 5+ years



Activ8

Kids Gym Sessions



Cost £2.80 per session (£2.50 with GKC/GYSC) Monthly pass £730
How do I book? Pay As You Go Sessions, please pay at reception on the day. To reserve your space contact GC Holyrood in advance.

Weeks 1 & 2 Mon 4 - Fri 15 April

Venue Glasgow Club Holyrood

for ages 8-14 years

Monday	5pm - 6pm
Tuesday	5pm - 6pm
Wednesday	5pm - 6pm
Friday	5pm - 6pm
Saturday	10.15am - 11.15am
Sunday	9.30am - 10.30am

Our Activ8 gym use specially designed fitness equipment for 8-14 year olds throughout the year. The gym instructors will create a bespoke programme, which help them progress to full gym use.



GLASGOW YOUNG SCOT CARD OFFER @ THE GLASGOW CLUB

If you're aged 14-18, use your card and get a 6 month membership for only £39

Benefits include:

- Unlimited Gym usage (including free gym induction and personal programme)
- Unlimited Fitness Classes*
- Unlimited Swimming
- ... and much more

For further information:

www.glasgowclub.org
0141 287 8931

*Age restrictions apply to some classes.



Athletics

Camps

Run faster, jump higher and throw further than you have ever done before! Camps are designed to introduce/develop children's track and field event skills, where the emphasis is always on fun, enjoyment and skills development.

Cost

Glasgow Athletics Association Event Camp £60 per athlete, Glasgow based Athletics Club members £50.

Shettleston Harriers Camp £45 per child or £35 GKC. Shettleston Harriers members, East End schools and sibling discount £35.

Giffnock North Camp £45 per child or £35 GKC. Giffnock North AAC members and sibling discount £35.

VP Glasgow Camp £40 per week or £13 per day. GKC Victoria Park City of Glasgow members and sibling discount £35 (week).

How do I book?

Advanced bookings required for all camps. Contact the named person for each of the camps, for more information.

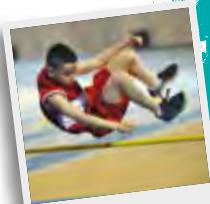
Glasgow Athletics Association Event Camp

Contact glasgowathleticsassociation@gmail.com

Shettleston Harriers Camp Contact Alex Mackay on 07887 908 610 or email alex.mackay@shettlestonharriers.org.uk

Giffnock North Camp Contact Clare Stevenson on 0141 632 7107 or email campinfo@giffnocknorth.co.uk

VP Glasgow Camp Information and online booking at www.vp-glasgow.com



Weeks 1 & 2 Mon 4 - Fri 15 April

Glasgow Athletics Association Event Camp	Venue Emirates Arena	for ages
Tuesday - Thursday	10am - 1pm	Athletics Event Camp 5-8 years
Camps cover: ES1 - Sprints, ES2 - Sprint Hurdles, ES3 - Pole Vault, ES4 - High Jump		

Shettleston Harriers Camp week 1 only	Venue Emirates Arena	for ages
Monday - Friday*	9am - 12 noon	Kids Camp 5-8 years
Monday - Friday*	9am - 12 noon	Young Athletes Camp 9-13 years
* Thursday session 10am - 1pm		

Giffnock North Camps	Venue Hutchesons' Grammar (Athletics Track)	for ages
Monday - Friday	10am - 1pm	Kids Camp 5-8 years
Monday - Friday	10am - 1pm	Young Athletes Camp 9-13 years

VP Glasgow Camps	Venue Glasgow Club Scotstoun	for ages
Monday - Friday	10am - 2pm	Kids Camp 5-8 years
Monday - Friday	10am - 2pm	Young Athletes Camp 9-13 years

Badminton Camp



Our fun badminton camps focus on areas such as stroke technique, on court movement, tactical awareness, speed/agility and match play and are ideal for young players looking to develop their game.

Cost £77.50 per week with 50% discount available for second and subsequent children from the same family or £15.50 per child per day (no discount for daily rate)

How do I book? Advanced bookings open on Monday 14th March at GC Scotstoun or on 0141 287 8931 or email: badminton@glasgowlife.org.uk. The children will have a supervised lunch break between 12 noon – 1pm each day. Please arrange for your child to bring a packed lunch.

» **Week 1 Mon 4 – Fri 8 April**

Venue National Badminton Academy, Scotstoun
Monday - Friday 10am – 3pm

for ages
7-16 years



Balanceability Get Moving

Cost £16.50 per week

How do I book? Advanced bookings open on Monday 14th March at Emirates Arena and Sir Chris Hoy Velodrome or on 0141 287 8931. Please note that this is a week long course and full payment must be made at the time of booking either at the reception or over the phone. An adult must remain in the building during all sessions.

» **Week 1 Mon 4 – Fri 8 April**

Venue Emirates Arena and Sir Chris Hoy Velodrome
Monday - Friday 1.15pm – 2pm

for ages
3-4 years

This progressive week-long course is a great way for wee ones to learn about the balance, stability and co-ordination needed to ride a bike in a fun environment in the magnificent setting of the Sir Chris Hoy Velodrome.



Basketball

Holiday Camps

Cost Glasgow Fever Camp

5-8 years £12 or £15 for non-members
9-14 years £20 or £25 for non-members

Glasgow Rocks Camp

Holiday Camp with ticket £19

(Rocks v Plymouth Raiders Wed 13 April @ 6:30pm)

Holiday Camp without ticket £15

Additional Basketball game tickets: Adult £11 & Child £6

How do I book? **Glasgow Fever** Advanced bookings required. Please call 07912576535 or email junior@glasgowfever.com

Glasgow Rocks Advanced bookings required. Please call 0141 556 3231 or email www.glasgow.rocks/rocks-holidaycamp. Please note spaces are limited and subject to availability. After purchase please register the participant's details: www.glasgow.rocks/rocks-holidaycamp-rego

Glasgow Fever:
Keen to improve your basketball skills? Why not come along to our coaching camps suitable for beginners and those with playing experience... everyone welcome!!

Glasgow Rocks

A great chance to get out of the house and get active during the school holidays! Run by Glasgow Rocks qualified coaches' participants will receive 2 hours of basketball coaching on the Rocks' pro-court at Emirates Arena.

For a great day of basketball upgrade your Holiday Camp to include a discounted ticket to Glasgow Rocks v Plymouth Raiders @ 6:30pm!

Week 1 Mon 4 – Fri 8 April

Venue Hillhead High School

Tuesday - Thursday 10am – 12 noon
Tuesday - Thursday 10am – 3pm

Glasgow Fever Camp
Glasgow Fever Camp

for ages

5-8 years
9-14 years

Week 2 Mon 11 – Fri 15 April

Venue Emirates Arena

Wednesday 1pm – 3pm

Glasgow Rocks Camp

for ages

7-17 years



Disability

Sports Sessions



How do I book? Advanced bookings open on Monday 14th March for weekly sessions. Please contact the Disability Team on 0141 287 9802 for further information and booking details. All daily sessions for Kids Club and Football are Pay As You Go and are subject to availability on the day.

Kids Club

Cost £11.90 per week (£9.50 with GKC/GYSC),
£8.30 concession or £2.60 per day (no GKC/GYSC
or concession for daily rate)

Week 1 Mon 4 – Fri 8 April

Venue Emirates Arena	for ages
Monday - Friday 10am – 12 noon	5-15 years

Disability Kids Club
A fun and exciting way for young people with additional support needs to spend their holiday. Parents, guardians and carers are all welcome to join in the fun, with a wide range of activities such as athletics, boccia and parachute games.

Football

Cost £7 for 3 days or £2.60 per session

Week 1 Mon 4 – Fri 8 April

Venue Toryglen Regional Football Centre	for ages
Wed, Thurs & Fri 10am – 11am	5-9 years
Wed, Thurs & Fri 11am – 12 noon	10-15 years

Football
These sessions are a great way to introduce football and develop their technique and skills. Parents, guardians and carers are all welcome to join in the fun.

Swimming Lessons

Cost £11.90 per week

Week 1 Mon 4 – Fri 8 April

Venue Glasgow Club Whitehill	for ages
Monday - Friday 1pm – 4pm (30 min sessions)	5-18 years

5 Day Crash Course Swimming Lessons
Suitable for young people with additional support needs. The lessons will offer 1-1 support during 30 minute slots. Suitable for non-swimmers and improvers. A perfect opportunity to develop skills and enjoy the water.

Football

Mini Kickers and Camp

Cost Mini Kickers £22.50 per week or £5 per session (am)
Football Camp £50 per week (£45 with GKC/GYSC), £11 per day (£10 with GKC/GYSC) or £5.50 per 2 hour session (10am – 12pm or 1pm – 3pm) or £5 with GKC/GYSC

How do I book? Advanced bookings open on Monday 14th March at the Glasgow Club of your choice or on 0141 287 8931 for weekly sessions. Please note that daily sessions are Pay As You Go and are subject to availability on the day. Please ensure that your child is suitably dressed for indoor and outdoor activities.

Football Camp The children will have a supervised lunch break between 12 noon – 1pm each day. Please arrange for your child to bring a packed lunch, no children will be allowed to leave the facility.

Mini Kickers An adult must remain in the building during Mini Kickers sessions.

Mini Kickers
 These sessions are a great fun way to introduce and develop your child within football. Children will develop their football skills through an imaginative story based theme capturing their imagination as they develop their dribbling, passing and control of the ball as well as working on their fundamental development skills.

Football Camp
 These sessions allow children to develop their technique and skills through playing small sided games. Its designed to give children the chance to play as much as possible... creating the next superstar.

Week 1 Mon 4 – Fri 8 April

Venue Glasgow Club Scotstoun

Monday - Friday 10am – 12 noon
 Monday - Friday 10am – 3pm

Mini Kickers
Football Camp*

for ages

3-5 years
 6-12 years

Week 2 Mon 11 – Fri 15 April

Venue Toryglen Regional Football Centre

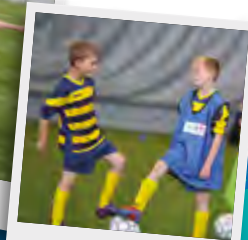
Monday - Friday 10am – 12 noon
 Monday - Friday 10am – 3pm

Mini Kickers
Football Camp*

for ages

3-5 years
 6-12 years

*am & pm sessions are available - please see Football Camp information above.



Golf

Junior Camp

Cost £15.50 per week

How do I book? Advanced bookings for weekly sessions open on Monday 14th March. Please call 0141 287 8931 or email gary.taggart@glasgowlife.org.uk

Coaching consists of 5 x 1 hour coached sessions. The sessions run each day for one hour and are designed to promote the basic skills of Golf with the emphasis on fun, safety and participation. At the end of week there will be fun, competition and skill challenges to use all the skills learned from the coaching. All sessions will be taken by qualified coaches and all equipment will be provided.

Weeks 1 & 2 Mon 4 - Fri 15 April

Venue Lethamhill Golf Course

			for ages
Monday - Friday	10am - 11am	Beginner	7+ years
Monday - Friday	11am - 12 noon	Improver	7+ years



Play Gym

Gymnastics

Cost Child £2.10, Adult £1 and £1 per second adult or child.

How do I book? Pay As You Go Sessions, please pay at reception on the day. Numbers are limited and are allocated on a first come-first served basis. You can arrive and leave at any time within each of the Play Gym sessions.

Play Gym is an open play class where adults and their little ones can play together in a gymnastics setting, including music, stickers and stamps for attending. Classes are open for parents/guardians and children from crawling to 5 years old (pre-school). There is a maximum ratio of one adult to two children, any additional children must be accompanied by another adult.

Weeks 1 & 2 Mon 4 - Fri 15 April

Venue Glasgow Club Palace of Art

		for ages
Saturday 9th	10am, 11am & 12 noon	Under 5
Sunday 10th	10am, 11am & 12 noon	Under 5



Gymnastics

Spring Camp



Cost £67 per week (£60.30 with GKC/GYSC) or £18.50 per day (£16.70 with GYSC/GKC)

How do I book? Advanced bookings open on Monday 14th March at the Glasgow Club of your choice or on 0141 287 8931 for weekly sessions. Please note daily sessions are Pay As You Go and are subject to availability on the day. Children will have a supervised lunch break each day, please provide your child with a packed lunch and extra water.

Our gymnastics camp features fantastic new equipment and is open to complete beginners and gymnastics enthusiasts alike. Our fully qualified gymnastics coaches will ensure your child has lots of fun whilst learning new gymnastics skills.

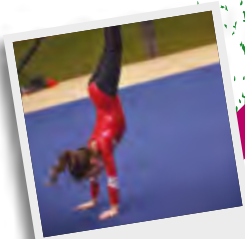
Week 1 Mon 4 - Fri 8 April

Venue Glasgow Club Palace of Art for ages
Monday - Friday 9.30am - 3.30pm 5-15 years

Venue Glasgow Club Scotstoun for ages
Monday - Friday 9.30am - 3.30pm 5-15 years

Week 2 Mon 11 - Fri 15 April

Venue Glasgow Club Palace of Art for ages
Monday - Friday 9.30am - 3.30pm 5-15 years



Rookie Lifeguard

Cost £22.70 per week (£21.20 with GKC/GYSC) or £15.20 concession. **Taster Session** £2 or **free** with a GKC/GYSC
How do I book? Advanced bookings open on Monday 14th March at the Glasgow Club of your choice or on 0141 287 8931 for weekly sessions.

Rookie Lifeguard Achievement 1 Achievement awards are for new Rookies who are starting the Rookie Lifeguard Programme for the first time, aimed at children aged 8+.

Taster Session Come and try Rookie sessions! First timers will learn how to develop skills and knowledge in water safety, rescues, resuscitation and life saving skills.

Rookie Lifeguard is a popular fun and educational junior award scheme for all 8 – 12 year olds where they will be given the opportunity to explore the water safety and learn valuable life skills.



Week 1 Mon 4 – Fri 8 April

Venue Glasgow Club Maryhill

Monday - Friday 3.30pm – 4pm

Achievement 1

for ages

8-12 years

Venue Glasgow Club Scotstoun

Tuesday & Thursday 2pm – 3pm

Taster Session

for ages

8-12 years

Lawn Bowls is going casual in 2016!

That's right, no dress code, no rigid rules, no special footwear, in fact no footwear if it suits you!

We'll provide all the equipment and give you an introduction to the game, with help and advice if you need it. And it's a great way to get active with the kids.

Best of all it's completely FREE

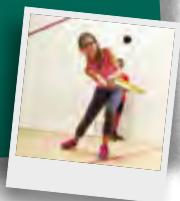
Try it out at Kelvingrove Bowls Centre or Glasgow Club Castlemilk



www.glagowlife.org.uk/sport

Squash

Junior & Mini



Play squash to improve your co-ordination, increase your fitness and learn a new skill!

Mini Squash is perfect for kids to learn racquet skills and just have fun 'bashing a ball against a wall'! Parents are welcome to take part with their children.

Junior Squash Camp isn't only for people that have played squash before - it caters for all. If you're looking for an exciting sport, squash camp is sure to give you a new buzz not experienced before!

Cost Junior Camp £51.50 per week (£41.20 with GKC/GYSC) or £10.30 per day (£8.20 with GKC/GYSC)

Mini Squash £4.10 per one hour session (£3.10 with GKC)

How do I book? Advanced bookings open on Monday 14th March, please contact GC Scotstoun to book.

There is a supervised lunch break 12 noon - 1pm. Please arrange for your child to bring a packed lunch.

Week 2 Mon 11 - Fri 15 April

Venue Glasgow Club Scotstoun

Monday - Friday 10am - 3pm

Tuesday & Thursday 3pm - 4pm

Junior Camp

Mini Squash

for ages

9-15 years

5-8 years



Swimming

5 Day Intensive Lessons

Let the kids have fun this Spring break with our 5 day intensive Swimming lessons. These lessons cater for non-swimmers to improvers and are the perfect opportunity to take your child's swimming to the next level.

Cost £22.70 per week (£21.20 with GKC/GYSC) or £15.20 concession. *Starfish lessons are not eligible for concession price.

How do I book? Advanced bookings open on Monday 14th March at Tollcross International Swimming Centre or on 0141 287 8931. All 30 minute lessons are subject to a maximum capacity and are allocated on a first come-first served basis.

Week 1 Mon 4 - Fri 8 April

Venue Tollcross International Swimming Centre

Monday - Friday

9.30am - 10am & 3.30pm - 4pm

10am - 10.30am & 4pm - 4.30pm

10.30am - 11am & 4.30pm - 5pm

11am - 11.30am & 5pm - 5.30pm

11.30am - 12 noon

6pm - 7pm

for ages

Starfish*

3-5 years

Seahorse

5+ years

Turtle

5+ years

Penguin

5+ years

Otter

5+ years

Shark

5+ years

Tennis

Camp and Come & Try Sessions



Cost GC Scotstoun and GC Gorbals £4.20 per session (£3.70 with GKC/GYSC)

Queen's Park £4.10 per session

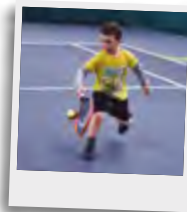
GC Kelvingrove Camp £51.50 per week (£41.20 with GKC/GYSC) Half day £25.80 per week 10am – 12 noon (no Kids Card concession for half day rate)

How do I book? Camp Advanced bookings open on Monday 14th March at GC Kelvingrove. Supervised lunch break 12 noon – 1pm. Please arrange for your child to bring a packed lunch.

Come & Try Sessions These sessions are Pay As You Go, please pay at reception on the day. Numbers are limited and are allocated on a first come - first served basis.

All sessions are led by our team of qualified tennis coaches and provide the perfect way to try tennis and practice your skills in a safe, fun environment.

For information on all tennis programmes please email tennis@glasgowlife.org.uk



Weeks 1 & 2 Mon 4 – Fri 15 April

Venue Glasgow Club Gorbals

Monday - Thursday 1pm – 2.30pm
Monday - Thursday 2.30pm – 4pm

Come & Try
Come & Try

for ages

5-10 years
11-16 years

Venue Glasgow Club Kelvingrove

Monday - Friday 10am – 3pm (Full Day)
Monday - Friday 10am – 12 noon (Half Day)

Camp
Camp

for ages

5-16 years
5-16 years

Venue Glasgow Club Scotstoun

Monday - Thursday 1pm – 2.30pm
Monday - Thursday 2.30pm – 4pm

Come & Try
Come & Try

for ages

5-10 years
11-16 years

Venue Queen's Park

Tuesday - Thursday 9.30am – 10.30am
Tuesday - Thursday 10.30am – 11.30am

Come & Try
Come & Try

for ages

5-9 years
10-16 years



Track Cycling

Sir Chris Hoy Velodrome

Cost £10.30 per session

How do I book? Book in advance over the phone on 0141 287 7000 or in person at the reception. Full payment must be made at time of booking. Please note that due to the nature of the sport a specific health questionnaire must be completed, signed by a parent or guardian and checked by our coach prior to the session beginning (please arrive 30 mins early). Should you have any particular health concerns, please raise with our staff at time of booking.

Please note that these sessions do not form part of the accreditation pathway.

Follow in the footsteps of Trott and Wiggins and start your pathway to cycling stardom at the magnificent Sir Chris Hoy Velodrome. Our coaches will give you a tour of the velodrome and tell you exactly what it takes to be a top track cyclist. You will then be introduced to the unique track bikes (no breaks, not for the faint-hearted!) and will have the opportunity to ride on the track and set the fastest lap of the day. Suitable for beginners only.

Weeks 1 & 2 Mon 4 - Fri 15 April

Venue Emirates Arena and Sir Chris Hoy Velodrome	for ages
Tuesday 1pm - 3pm	8-12 years
Friday 1pm - 3pm	13-15 years



Baby Beatz is an interactive dance and movement class for parents and guardians with babies, toddlers and young children (recommendation 6 months - 5 years). Come along to dance and party to top tunes from the 60s to the 00s to - all at a baby friendly volume so the whole family can party together.

Session times and venues are available at www.glasgowlife/sport/babybeatz

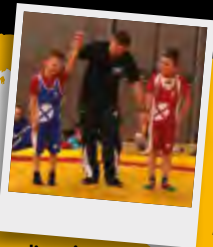


Wrestling

Come and Try Sessions

Cost £3 per session or £2 with GKC/GYSC

How do I book? Pay As You Go Sessions, please pay at reception on the day. Numbers are limited and are allocated on a first come-first served basis.



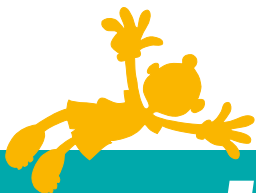
Wrestling is a sport aimed at teaching what it takes to work hard and achieve your goals. Overcoming loses and being determined to get back on your feet and try again. You will be coached by the British Champion who competed in the 2014 Commonwealth Games in Glasgow. These sessions will be fun and competitive, whilst teaching respect, taught through games, wrestling moves and matches.

Week 1 Mon 4 – Fri 8 April

Venue Glasgow Club Springburn	for ages
Tuesday & Wednesday 1pm – 3pm	5-11 years

Week 2 Mon 11 – Fri 15 April

Venue Glasgow Club Springburn	for ages
Tuesday & Thursday 1pm – 3pm	5-11 years



Sport for Kids

For ages 6 months – 16 years

Why not get the kids involved in our **Gymnastics, Swimming** and **Football** pathway programmes?



for further info...

Call 0141 287 8931 www.glasgowlife.org.uk/sport

Venues

Glasgow Club Bellahouston

Bellahouston Drive, G52 1HH
0141 276 0767

Glasgow Club Castlemilk

Douglas Road, G45 9NH
0141 276 0725

Glasgow Club Castlemilk Pool

137 Castlemilk Drive
G45 9UG
0141 276 1420

Glasgow Club Donald Dewar

220 Garscadden Road
G15 8SX
0141 276 0774

Glasgow Club Drumoyne

Langlands Road, G51 4AW
0141 276 5310

Glasgow Club Easterhouse

Auchinlea Road, G34 9HQ
0141 276 1630

Glasgow Club Easterhouse Pool

1000 Westerhouse Road
G34 9JW
0141 276 9696

Glasgow Club Gorbals

275 Ballater Street, G5 0YP
0141 276 1490

Glasgow Club Holyrood

110 Dixon Road, G42 8BA
0141 276 1500

Glasgow Club Kelvingrove

Kelvin Way, G3 7TA
07920 048945

Glasgow Club Maryhill

34 Gairbraid Avenue
G20 8YE
0141 276 5300

Glasgow Club Milton

204 Liddesdale Road
G22 7QR
0141 276 1320

Glasgow Club Palace of Art

1121 Paisley Road West
G52 1EQ
0141 276 3896

Glasgow Club Scotstoun

72 Danes Drive, G14 9HU
0141 276 1620

Glasgow Club Springburn

Kay Street, G21 1JY
0141 276 1690

Glasgow Club Whitehill

240 Onslow Drive, G31 2QP
0141 276 0823

Emirates Arena

1000 London Road, G40 3HG
0141 287 7000

Glasgow Green Football centre

28 King's Drive, G40 1HB
0141 276 0680

Hillhead High School

22 - 44 Oakfield Ave,
Glasgow G12 8LJ

Hutchesons' Grammar

21 Beaton Road, G41 4NW

Lethamhill Golf Course

1240 Cumbernauld Road,
G33 1AH
0141 276 0810

Queens Park Tennis

Langside Avenue, G42 9QL
0141 276 0681

Tollcross International Swimming Centre

360 Wellshot Road
G32 7QR
0141 276 8282

Toryglen Regional Football Centre

480 Prospecthill Road
G42 0BY
0141 276 0570



what's on where at a glance

	Club 511	Glasgow Kids Club	Pool Activities	Activ8	Athletics	Badminton	Balanceability	Basketball	Disability Sports	Football	Golf	Gymnastics	Gymnastics Play Gym	Rookie Lifeguard	Squash	Swimming Lessons	Tennis	Track Cycling	Wrestling
GC Bellahouston		✓																	
GC Castlemilk		✓																	
GC Castlemilk Pool			✓																
GC Donald Dewar	✓																		
GC Drumoyne		✓																	
GC Easterhouse		✓																	
GC Easterhouse Pool			✓																
GC Gorbals		✓	✓															✓	
GC Holyrood		✓		✓															
GC Kelvingrove																		✓	
GC Maryhill		✓													✓				
GC Milton		✓																	
GC Palace of Art												✓	✓						
GC Scotstoun		✓			✓	✓				✓		✓		✓	✓		✓		
GC Springburn		✓	✓																✓
GC Whitehill		✓							✓										
Emirates Arena	✓				✓		✓	✓	✓									✓	
Glasgow Green	✓																		
Hillhead High School								✓											
Hutchesons' Grammar					✓														
Lethamhill Golf Course											✓								
Queens Park Tennis																		✓	
Tollcross ISC		✓														✓			
Toryglen Football Centre									✓	✓									

For more information:

www.glasgowlife.org.uk/sport/HolidayActivityProgramme

WORKING TOGETHER TO TRANSFORM LIVES IN GLASGOW

PARTNER



SUPPORTERS

Sir Robert
McALPINE

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