



Ready, Steady, Kick • Minikickers • Ready, Steady, Go!
Ready, Steady, Roll! • Athletics - Run, Jump & Throw
Badminton • Basketball • Hockey • Tennis
Football • Gymnastics • Adult Activities



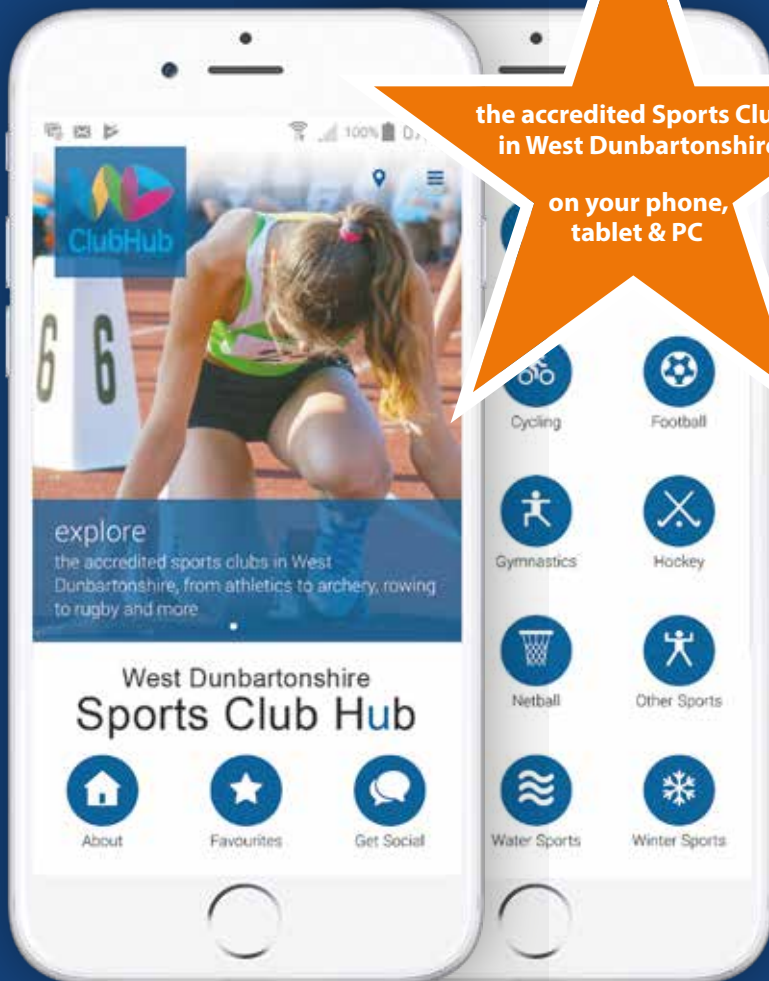
COMMUNITY SPORTS PROGRAMME

APR - JUN 2019



Find us on:
facebook®

West Dunbartonshire Sports Club Hub



WestDunbartonshireSportsClubHub.com

COMMUNITY SPORTS PROGRAMME

April - June 2019

Welcome to the Sports Development Community Sports Programme.

We have lots of fun sport activities for children, young people and adults to enjoy this term. In this brochure you will find information on athletics, badminton, basketball, football, gymnastics, and pre-school activities that take place in venues throughout West Dunbartonshire.

All Sports Development programmes are delivered by quality coaches who make participation fun for everyone, no matter their current level of ability. In addition, all coaches have been Disclosure Scotland checked by West Dunbartonshire Council.

Sports Development provides all sports equipment at the sessions, but it is important for parents to ensure that their child is dressed appropriately to take part in sporting activity. Parents should also ensure that they accompany their child to and from the venue as Sports Development coaches are only responsible for the participants during the session times.

Class dates, times, venues and prices can be subject to change, so we would recommend that you call in advance if you are attending for the first time.

Please note: Sessions will not run during the school holidays.

Enrolment Information

Consent & medical forms can be found at the back of this booklet. This form is required to be completed prior to your child taking part in the chosen activity.

To download additional consent & medical forms log onto;
www.wdleisure.net and click on Sports Development tab

Or contact Sports Development at;
sportsdevelopment@west-dunbarton.gov.uk
Sports Development office: **01389 757806**

How to Book and Pay

Online Book and Pay

Online book and pay is now available!

To access this facility you must register.

To register, log onto www.wdleisure.net and click on the join online tab, then complete the online form with your children's details, click next and then click the "pay as you go" box to register.

By phone

(credit/debit card payments)

Contact WD Leisure Sports Development (9am – 4pm) on **01389 757806** or one of the **Sports Centres** (see opening times below)

Book and pay in person

(cash, cheque, credit/debit card) at either:

Vale of Leven Swimming Pool (Alexandria)

Meadow Centre (Dumbarton)

Clydebank Leisure Centre (Clydebank)

IMPORTANT: Please note that cash payments **cannot** be accepted at any other venues

Facility opening times for booking/payment

Vale of Leven Swimming Pool

01389 756931

Mon & Wed – Fri: 9am – 8pm

Tue: 10am – 8pm

Sat & Sun: 9am – 3.30pm

Meadow Centre – 01389 734094

Mon & Wed: 9am – 9pm

Tue & Fri: 7am – 9pm

Thu: 10am – 9pm

Sat: 9am – 7pm

Sun: 9am – 5pm

Clydebank Leisure Centre

0141 951 4321

Mon, Tue & Thu: 7am – 8pm

Wed: 10am – 8pm

Fri: 7am – 9pm

Sat: 9am – 7pm

Sun: 9am – 5pm

Parental Consent:

Once you have booked and paid, please ensure that you bring a parental consent form to your first session (available online and in community programme booklet). Additional copies of the consent form will be available at your chosen activity.

Pre-school Sport

Ready, Steady, Kick (Page 6)

A parent and child programme for 18 months - 3 years, focusing on basic football skills. Sessions will include technical and physical development.

Minikickers (Page 6)

This programme provides a FUN introduction into football for 3-4 year olds. Sessions are designed to develop motor, social and football skills. Parents/guardians are required to stay at these sessions.

Ready, Steady, Run, Jump & Throw (Page 7)

Aimed at children aged 3-4 years of age, the programme is all about FUN. Our experienced coaches will deliver a wide range of activities to develop co-ordination, agility, fitness, team work and social skills. They'll have a ball! Parent/Guardians are required to stay at these sessions.

Ready, Steady, Roll! (Page 8)

These classes aim to help develop gross motor skills such as jumping, climbing and balancing along with fine motor skills through exciting hand apparatus. Sessions are available for children aged crawling - 4 years.

Pre Gym (Page 8)

An introduction to gymnastics for 4 year olds to prepare them for the transition to a more structured class. Preferably, children will have attended a block of 3 - 4yrs Ready Steady Roll before booking this class.

Ready Steady Play (Page 7)

Weekly drop in sessions for children aged crawling to 4 years to play with their grown-ups in a gymnastics setting. Children can explore, climb, jump and swing using all of the gymnastics equipment and fun hand apparatus.



Term 1
Mon 15th April – Sun 23rd June

Pre-school Sport

Ready, Steady, Kick

Venue	Day	Time	Age	Cost Per Block
Alexandria Community Centre	Wed	1.45 - 2.30pm	1.5 - 3	£28.50
Alexandria Community Centre	Fri	10 – 10.45am		£22.80
Vale of Leven Academy	Sat	9 – 9.45am		£22.80
Hub Community Centre	Sun	9.30 - 10.15am		£22.80
Dumbarton Academy	Sun	9.30 - 10.15am		£22.80

* Please note all sessions are for parent and child.
 (Excluding 19th, 20th, 21st & 22nd Apr, 24th, 25th & 26th May)

Minikickers

Venue	Day	Time	Age	Cost Per Block
Alexandria Community Centre	Wed	4 – 5pm	3 – 4	£28.50
Dumbarton Academy	Wed	5 – 6pm		£28.50
Alexandria Community Centre	Fri	11 – 12pm		£22.80
Vale of Leven Academy	Sat	10 – 11am		£22.80
Clydebank Leisure Centre	Sat	9 – 10am		£22.80
Hub Community Centre	Sun	10.30 – 11.30am		£22.80
Dumbarton Academy	Sun	10.30 – 11.30am		£22.80
		11.30 – 12.30pm	£22.80	

(Excluding 19th, 20th, 21st & 22nd April & 24th, 25th & 26th May)



Term 1
Mon 15th April – Sun 23rd June

Pre-school Sport

Ready, Steady, Run, Jump & Throw

Venue	Day	Time	Age	Cost Per Block
Alexandria Community Centre	Tue	1.30 – 2.30pm	3 – 4	£28.50
St Peter the Apostle	Tue	6 - 7pm		
Meadow Sports Centre	Thu	6 - 7pm		£25.65

(Excluding – Thursday 23rd May)

Pre-school Sport

Ready, Steady, Play

Venue	Day	Time	Age	Cost per Session
Dumbarton Gymnastics Centre	Mon	1.30 - 2.30pm	Crawling 4	£3.70

(Excluding 22nd Apr, 6th & 27th May)

Please note there is a maximum of two adults per child allowed in the sessions. Sessions must be booked in advance – no payment can be taken at the venue.

Please note – Buggies cannot be taken into the gymnastics hall at Dumbarton Gymnastics Centre.

Term 1
Mon 15th April – Sun 23rd June

Ready, Steady, Roll!

Venue	Day	Time	Age	Cost Per Block
Dumbarton Gymnastics Centre	Mon	9.30 – 10.10am*	1.5 – 3*	£25.90
		10.20 – 11am*	Crawling – 1.5*	
	Tue	10 – 10.40am*	1.5 – 3*	£37
		10.50 – 11.35am	3 – 4	
Clydebank Leisure Centre	Wed	1.45 – 2.30pm	3 – 4	£37
Dumbarton Gymnastics Centre	Thu	10 – 10.40am*	1.5 – 3*	£33.30
		10.50 – 11.35am	3 – 4	
	Fri	1.15 – 2pm	3 – 4	£29.60
		2.10 – 2.50pm*	1.5 – 3*	

*Please note these classes are for parent & child
 (Excluding 19th & 22nd Apr, 6th, 23rd, 24th & 27th May)

Please note - Due to health & safety, only children enrolled in classes are permitted on the apparatus.

Pre Gym

Venue	Day	Time	Age	Cost Per Block
Dumbarton Gymnastics Centre	Thu	4 - 5pm	4	£36

Excluding 23rd May

Attendance at the class does not automatically secure your child a space in the 5yrs+ gymnastics programme.

Please note – Buggies cannot be taken into the gymnastics hall at Dumbarton Gymnastics Centre.





SPORTS DEVELOPMENT HOLIDAY CAMPS **2019**



VISIT THE WEBSITE FOR FULL DETAILS
WWW.WDLEISURE.NET



Primary and Secondary Sport

Athletics – Run, Jump & Throw (Page 11)

These sessions provide a highly enjoyable way for young people aged 5–11 years to try running, jumping and throwing activities as their first steps into athletics.

Badminton (Page 11)

These ‘smashing’ sessions develop the essential skills used in the very fast and exciting sport of badminton. Sessions are currently available for 5–12 year olds.

Basketball (Page 11)

Could you be the next Michael Jordan? Come and learn how to do lay-ups, dribble, pass and work as a team in these popular sessions. Sessions are currently available for 8–14 year olds.

Hockey (Page 12)

More than a game. Hockey develops skills that promotes confidence, focus, teamwork and responsibility. With an emphasis on fun, hockey is a game to be played and enjoyed for life. We will supply sticks and balls for this session.

Tennis (Page 12)

With smaller courts, nets and rackets and lower bouncing balls, Mini Tennis offers the perfect introduction to the sport, with all the fun and energy of the real thing.

Football (Page 13)

These sessions are designed to improve and develop young people’s skills through quality coaching, skill practices and small sided games.

Goal keeping (Page 14)

These sessions are designed to improve goalkeeper’s basic techniques such as handling, positioning, movement and shape, crossing distribution and dealing with the pass back.

Gymnastics (Page 15)

These extremely popular sessions provide a high quality introduction to gymnastics for 5–15 year olds.

Term 1
Mon 15th April – Sun 23rd June

Primary and Secondary Sport

Athletics - Run, Jump & Throw

Venue	Day	Time	Age	Cost Per Block
Alexandria Community Centre	Mon	5 - 6pm	5 - 11	£19.95
St Peter The Apostle	Tue	6 - 7pm	5 - 11	£28.50
Meadow Centre	Thu	6 - 7pm	5 - 11	£25.65

(Excluding 22nd April, 6th, 23rd & 27th May)

Badminton

Venue	Day	Time	Age	Cost Per Block
Dumbarton Academy	Tue	6 - 7pm	5 - 12	£28.50

Basketball

Venue	Day	Time	Age	Cost Per Block
Alexandria Community Centre	Mon	6 - 7pm	8 - 14	£19.95

(Excluding 22nd Apr, 6th & 27th May)



Term 1
Mon 15th April – Sun 23rd June

Primary and Secondary Sport

Hockey

Venue	Day	Time	Age	Cost Per Block
Meadow Sports Centre	Wed	6 - 7pm	5 - 12	£28.50

Tennis

Venue	Day	Time	Age	Cost Per Block
Dumbarton Academy	Tue	6 - 7pm	5 - 12	£28.50



Term 1
Mon 15th April – Sun 23rd June

Primary and Secondary Sport

Football

Venue	Day	Time	Age	Cost Per Block
Argyle Park *	Mon	4.30 – 6pm	7 - 14	£25.20
Alexandria Community Centre	Tue	5 - 6pm	7 - 9	£28.50
		6 - 7pm	10 - 14	
Clydebank Leisure Centre	Tue	5 - 6pm	5 - 9	£28.50
Alexandria Com. Centre	Wed	5 - 6pm	5 - 6	£28.50
Concord Community Centre	Thu	5.30pm - 6.30pm	5 - 6	£25.65
		6.30pm - 7.30pm	7 - 9	
St. Peter the Apostle HS	Fri	3.45 - 5.15pm	7 - 14	£28.80
Vale of Leven Academy	Sat	11 - 12pm	5 - 6	£22.80
Clydebank Leisure Centre	Sat	10 - 11am	5 - 7	£22.80
		11 - 12pm	8 - 10	
Hub Community Centre	Sun	11.30 - 12.30pm	5 - 6	£22.80

*Outdoor facility
 (Excluding 19th, 20th, 21st & 22nd Apr, 6th, 23rd, 24th, 25th, 26th & 27th May)



Term 1
Mon 15th April – Sun 23rd June

Primary and Secondary Sport

Goal Keeping

Venue	Day	Time	Age	Cost Per Block
Argyle Park	Mon	7 - 8pm	7 - 11	£19.95
		8 - 9pm	12 - 16	

(Excluding 22nd Apr, 6th & 27th May)

Please note the goal keeping sessions are outdoors.

Goal keeping gloves are required for these sessions.

Girls Football

Venue	Day	Time	Age	Cost Per Block
Clydebank Leisure Centre	Tue	6 - 7pm	5 - 12	£28.50
Alexandria Community Centre	Wed	6 - 7pm	5 - 12	£28.50
Concord Community Centre	Thu	3.30 - 4.30pm	5 - 7	£25.65
		4.30 - 5.30pm	8 - 12	

(Excluding 23rd May)

Disability Football

Venue	Day	Time	Age	Cost Per Block
Dumbarton Academy	Wed	6 - 7pm	5 - 12	£28.50
		7 - 8pm	13 - 19	£28.50

Active Schools Classes

Active Schools support club sessions and run a range of fun pay and play classes for pupils in the Dumbarton and Clydebank area that include basketball, netball, dodgeball and kids clubs.

For more information please call 0141 562 2485,
 visit <http://www.wdleisure.net> or email <mailto:active.schools@west-dunbarton.gov.uk>

Term 1
Mon 15th April – Sun 23rd June

Primary and Secondary Sport

Gymnastics

Venue	Day	Time	Age	Monthly Direct Debit
Vale of Leven Academy	Mon	5 - 6pm	5 - 7	£13.60
		6 - 7pm	5 - 7	
		7 - 8pm	8 - 10	
Dumbarton Gymnastics Centre	Tue	4 - 5pm	5 - 7	£14.80
		5 - 6pm	5 - 7	
		6 - 7pm	8 - 10	
Clydebank Leisure Centre	Wed	3.30 - 4.30pm	5 - 7	£14.80
		4.30 - 5.30pm	5 - 7	
		5.30 - 6.30pm	8 - 10	
Dumbarton Gymnastics Centre	Thu	5 - 6pm	5 - 7	£14.80
		6 - 7pm*	5 - 10*	
		6 - 7pm	8 - 10	
		7.15 - 8.15pm	8 - 10	
	7.15 - 8.15pm	11 - 15		
Fri	4 - 5pm	5 - 7	£13.60	

*Boys only
 (Excluding 19th & 22nd April, 6th, 23rd, 24th & 27th May)

Adult Activities

Badminton (Page 17)

Social pay and play weekly drop-in sessions, ideal for casual players of all abilities led by a welcoming session coordinator.

Jogscotland (Page 17)

This is a progressive jogging programme suited for beginners, intermediate and advanced. The sessions are delivered by qualified jog leaders, they will plan a safe jogging route depending on season.

Netball (Page 17)

Social pay and play weekly drop-in sessions, ideal for casual players of all abilities led by a welcoming session coordinator.

Swimming (Page 18)

These classes are suited for beginner and improver swimmers. Classes are delivered at all three of our leisure centres by a qualified swimming instructor who will cater the class structure by each individual's needs.

Walking Football (Page 18)

A slower version of a beautiful game.



Adult Activities

Badminton

Venue	Day	Time	Age Group	Cost Per Session
Meadow Centre	Wed	8 - 9pm	16 +	£3

Jogscotland

Venue	Day	Time	Age Group	Cost Per Session
Goldenhill Primary School	Tue	5pm	16 +	£22
Concord Community Centre	Tue	6.30pm		
Alexandria Community Centre	Thur	6.30pm		

Netball

Venue	Day	Time	Age Group	Cost Per Session
Meadow Centre	Wed	7 - 8pm	16 +	£3



Adult Activities

Swimming

Venue	Day	Time	Cost Per Session
Clydebank Leisure Centre	Tue	12.15 - 1pm	£5.25 £2.70*
		6.45 - 7.30pm	
Vale of Leven Swimming Pool	Wed	8 – 8.45pm	

*Concession price

Walking Football

Venue	Day	Time	Age Group	Cost Per Session
Concord Community Centre	Mon	6 - 7pm	40 +	£3
Alexandria Community Centre*	Tue	3 - 4pm	18 +	
Alexandria Community Centre	Thu	7.30 - 8.30pm	40 +	

* This session is for adults with additional support needs



RUN LOCH LOMOND



LOCH LOMOND 10K & FUN RUN
— MOSS O' BALLOCH —
BALLOCH, WEST DUNBARTONSHIRE
22 // JUNE // 2019

WWW.WDLEISURE-10K.NET



Venue Details

Alexandria Community Centre, Main Street, Alexandria, G83 0NU

Argyle Park, Alexandria, G83 0SE

Dumbarton Gymnastics Centre, 73 Ardoch Crescent, Dumbarton, G82 4EN

Clydebank Leisure Centre, Queens Quay, Clydebank, G81 1BF

Dumbarton Academy, Crosslet Road, G82 2AJ

Goldenhill Primary School, 23 Stewart Dr, Clydebank G81 6AF

Hub Community Centre, 405 Kilbowie Road, Clydebank, G81 2TX

Meadow Centre, Meadow Road, Dumbarton, G82 2AA

St. Peter the Apostle High School, Kirkoswald Drive, Clydebank, G81 2DB

Vale of Leven Academy, Main Street, Alexandria, G83 0BH

Vale of Leven Swimming Pool, North Main Street, Alexandria, G83 0UE



Enrolment Conditions

Photographs/Social Media

It is possible that photographs/videos may be taken for promotional purposes. If you have any objections to your child being photographed/filmed, please inform us before the start of the programme.

Conditions

1. For reasons of safety, places are restricted and applications will be accepted on a first come, first served basis. It should be noted that a block will be cancelled if there are insufficient applications 7 days prior to commencement of the block.
2. Any request to cancel a booking must be made at least 24 hours in advance of the block commencing. A 50% refund will be given if you cancel prior to the commencement of your third lesson. WD Leisure will not be responsible for any refunds after this time.
3. All fees must be paid in full prior to the participant starting the programme.
4. The Officer/Coaches reserve the right to cancel or amend the arrangements for the programme. In the event of cancellation, participants will be issued with a full refund, and West Dunbartonshire Leisure will not be responsible for any further compensation.
5. Insurance cover will be provided, although this will not extend to damage or loss of a club member's property.
6. The participant agrees to abide by the rules laid down by the Sports Development Officer and Coaches.
7. Parents/Guardians should accompany their children into the venue and are responsible for their safety before and after the sessions.

Requirements:

If children have additional support needs please let us know.

All children are asked to bring a non-fizzy drink and appropriate clothing for the activity.

Please Note: There are a limited number of places at the venue, so please ensure that you book well in advance of the start of the course to avoid disappointment.



DATA PROTECTION This short form Privacy Notice is provided for the purposes of the General Data Protection Regulation (GDPR) and is provided for all West Dunbartonshire Leisure Trust services.

We will use your personal details (known as Personal Data) to provide you with the service(s) which you or someone else (with your consent) have asked us to provide as part of a contract or where we are under obligation to do so (public task or legal obligation). We will also use your personal details for purposes of crime prevention and crime detection and/or when required by law and will share it with other public bodies for that purpose.

For a fuller description of how we handle your data please visit www.wdleisure.net



ARE YOU 14-21? INTERESTED IN SPORTS AND COACHING?



- Develop into a skilled leader and coach
- Gain qualifications, training and experience
- Participate in sport
- Develop the local community by staging activities for children
- Promote fun through sport



Email: sportsyouthgroup@outlook.com

Tel: **07941 482525**

or find us on Facebook 



www.wdleisure.net

Head Office

Alexandria Community Centre, Main Street, Alexandria G83 0NU
Tel: **01389 757806**

Company No. SC413707 VAT Registration No. GB 129 7502 04 Charity No: SC042999
Delivering services on behalf of West Dunbartonshire Council

