

COMMUNITY SPORTS PROGRAMME



August – December 2015



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COMMUNITY SPORTS PROGRAMME

August – December 2015

Welcome to the Sports Development Community Sports Programme.

We have lots of fun sport activities for young people to enjoy this term. In this brochure you will find information on badminton, basketball, football, athletics, gymnastics, Ready Steady Go and Going for Gold (multi-sport sessions) 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 756384**

Description of Activities

Badminton

These 'smashing' sessions develop the essential skills used in the very fast and exciting sport of badminton. Sessions are currently available for 8–16 year olds.

Basketball

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 8–11 year olds.

Football

Ready, Steady, Kick

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

Minikickers

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.

Football Centres

These highly popular sessions are designed to improve and develop young people's skills through quality coaching, skill practices and small sided games. Sessions are available for 5 – 9 year olds.

Futsal (no block booking required)

An exciting small sided indoor game, played with a ball with a reduced bounce. A great game allowing children to develop their skills and understanding of the game.

Goal keeping

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.

Disability (no block booking required)

In partnership with WDC Children Disabilities Team, these sessions offer quality football specific training sessions for disabled people. The sessions are open to 7–19 year olds.

Gymnastics

These extremely popular sessions provide a high quality introduction to gymnastics for 5–14 year olds. Some of the classes have waiting lists. Please phone **01389 753557** for more information.

Going for Gold

Basketball - Racquet sports – Football – Dodgeball – Rugby – Fun games and more...

These popular fun based sports coaching sessions are designed to coach children the fundamental skills, movements and challenges involved in various sports. Sessions are currently available for 5–8 year olds.

Athletics – Run, Jump & Throw

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.

Ready, Steady, Go!

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!

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 18 months – 5 years.

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 '**Online registration**' tab, then add children's details and submit. You will receive a reply email and personal PIN.

By phone

(credit/debit card payments)

Contact WD Leisure Sports Development (9am – 4pm) on **01389 756384** 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)

The Play Drome (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

The Play Drome – 0141 951 4321

Mon & Thu: 7am – 9.30pm

Tue & Fri: 9am – 9.30pm

Wed: 10am – 9.30pm

Sat & Sun: 9am – 4.30pm

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

Term 1
24th August – 11th October

Term 2
19th October – 13th December

Ready, Steady, Kick

Course	Venue	Day	Time	Age	Term 1	Term 2
RSK1	Alexandria Community Centre	Fri	10 – 11am	1.5 - 3	£14.40	£19.20

Please note sessions are for parent and child.
(Excluding 25th Sept)

Minikickers

Course	Venue	Day	Time	Age	Term 1	Term 2
MK1	Brucehill Activity Centre	Mon	4 – 5pm	3 – 4	£14.40	£19.20
MK2	Alexandria Community Centre	Wed	3.30 – 4.30pm		£16.80	£19.20
MK3	Alexandria Community Centre	Fri	11 – 12pm		£14.40	£19.20
MK4	Dalmuir Community Centre	Fri	3.30 – 4.30pm		£14.40	£19.20
MK5	Dumbarton Academy	Sat	10 – 11am		£14.40	£19.20
MK6	Playdrome	Sat	9 – 10am		£14.40	£19.20
MK7	Antonine Sports Centre	Sun	10.30 – 11.30am		£14.40	£19.20

(Excluding 25th, 26th, 27th, 28th Sept)



Term 1
24th August – 11th October

Term 2
19th October – 13th December

Ready, Steady, Go!

Course	Venue	Day	Time	Age	Term 1	Term 2
RSR1	Alexandria Community Centre	Tues	1.30 – 2.30pm	3 - 4	£16.80	£19.20

Ready, Steady, Roll!

These classes aim to help develop gross motor skills such as jumping, climbing and balancing along with fine motor skills through exciting hand apparatus.

Course	Venue	Day	Time	Age	Term 1	Term 2
RSR1*	Meadow Centre	Tues	10.30 – 11.10am*	1.5 – 3*	£21	£24
RSR2			11.15 – 12pm	3 - 5		
RSR3	Play Drome	Wed	1.30 – 2.15pm	3 - 5	£18	£24
RSR4*	Alexandria Community Centre	Thurs	1 – 1.40pm*	1.5 – 3*	£21	£24
RSR5			1.45 – 2.30pm	3 - 5		
RSR6	Meadow Centre	Thurs	5 – 5.45pm	3 - 5	£21	£24
RSR7*	Meadow Centre	Fri	12.30 – 1.10pm*	1.5 – 3*	£18	£24
RSR8			1.15 – 2pm	3 - 5		

*Please note these classes are for parent & child
(Excluding 25th & 30th Sept)



Term 1
24th August – 11th October

Term 2
19th October – 13th December

Athletics - Run, Jump & Throw

Course	Venue	Day	Time	Age	Term 1	Term 2
RJT1	Play Drome	Wed	6 – 7pm	5 - 11	£14.40	£19.20
RJT2	Meadow Sports Centre	Thurs			£16.80	£19.20

(Excluding 30th Sept 14th & 15th Oct)

Badminton

Course	Venue	Day	Time	Age	Term 1	Term 2
BAD1	Dumbarton Academy	Tues	5 – 6pm	5 - 7	£16.80	£19.20
BAD2			6 – 7pm	8 - 11		
BAD3			7 – 8pm	12 - 16		
BAD4	Alexandria Community Centre	Fri	6 – 7pm	8 - 11	£14.40	£19.20

(Excluding 25th Sept, 13th& 16th Oct)

Basketball

Course	Venue	Day	Time	Age	Term 1	Term 2
BAS1	Vale of Leven Academy	Mon	6 – 7pm	8 - 11	£14.40	£19.20

(Excluding 28th Sept, 12th Oct)



Term 1
24th August – 11th October

Term 2
19th October – 13th December

Football

Course	Venue	Day	Time	Age	Term 1	Term 2
FC1	Alexandria Community Centre	Tues	4 – 5pm	7 - 8	£16.80	£19.20
FC2			5 – 6pm	9 - 10		
FC3	Alexandria Community Centre	Wed	4.30 – 5.30pm	5 - 6	£16.80	£19.20
FC4			5.30 – 6.30pm	6 - 7		
FC5	Alexandria Community Centre	Thurs	3.30 – 4.30pm	5 - 6	£16.80	£19.20
FC6	Our Lady & St. Patrick's High School	Fri	4.30 – 5.30pm	5 - 6	£14.40	£19.20
FC7			5.30 – 6.30pm	7 - 9		
FC8	Dalmuir Community Centre	Fri	4.30 – 5.30pm	5 - 6	£14.40	£19.20
FC9			5.30 – 6.30pm	7 - 9		
FC10	Dumbarton Academy	Sat	11am – 12pm	5 - 6	£14.40	£19.20
FC11	Play Drome	Sat	10 – 11am	5 - 7	£14.40	£19.20
FC12			11am– 12pm	8 - 10		
FC13	Antonine Sports Centre	Sun	11.30am – 12.30pm	5 – 6	£14.40	£19.20

(Excluding 25th, 26th & 27th Sept, 13th, 14th, 15th, 16th, 17th & 18th Oct)



Term 1
24th August – 11th October

Term 2
19th October – 13th December

Games Only

Course	Venue	Day	Time	Age	Cost
PP1	Brucehill Activity Centre	Mon	5 – 6pm	5 - 8	£2 per session
PP2	Playdrome	Tues			

Please note booking is not required for these sessions.

(Excluding 28th Sept, 12th & 13th Oct)

Player Development

For players currently training with a club

Course	Venue	Day	Time	Age	Term 1	Term 2
PD1	Vale of Leven Academy	Mon	4.30 – 6pm	9 - 14	£18	£24

(Excluding 28th September, 12th Oct)

Please note, training is on the 3G pitch

Futsal

Course	Venue	Day	Time	Age	Cost
FS1	Alexandria Community Centre	Tues	6 - 7pm	9 - 13	£2 per session
FS2	Meadow Centre	Wed	7 – 8pm		
FS3	Dalmuir Community Centre	Fri	6.30 - 7.30pm		

Please note booking is not required for these sessions.

(Excluding 25th Sept, 13th, 14th & 16th Oct)



Term 1
24th August – 11th October

Term 2
19th October – 13th December

Girls only Football

Course	Venue	Day	Time	Age	Cost
G01	Concord Community Centre	Thurs	3.30 – 4.30pm	5 – 7	£2 per session
G02			4.30 – 5.30pm	8 – 12	

(Excluding 15th Oct)

Goal Keeping

Course	Venue	Day	Time	Age	Term 1	Term 2
GK1	Our Lady & St. Patrick's High School	Mon	7 - 7.50pm	8 - 11	£14.40	£19.20
GK2			8 - 8.50pm	12 - 18		

Please note the goal keeping sessions are outdoors.

Goal keeping gloves are required for these sessions.

(Excluding 28th Sept, 12th Oct)

Disability Football

Venue	Day	Time	Age	Cost
Dumbarton Academy	Wed	6 - 7pm	7 - 12	Free
	Thurs	8 - 9pm	13 - 19	

Please note no booking is required for these sessions.

(Excluding 14th & 15th Oct)



Term 1
24th August – 11th October

Term 2
19th October – 13th December

Gymnastics

Course	Venue	Day	Time	Age	Term 1	Term 2
VOL1	Vale of Leven Academy	Mon	5 - 6pm	5 - 7	£20.10	£26.80
VOL2			6 - 7pm	5 - 7		
VOL3			7 - 8pm	8 - 10		
OLSP1	Our Lady & St. Patrick's High School	Tues	5 - 6pm	5 - 7	£23.45	£26.80
OLSP2			6 - 7pm	8 - 10		
ANT1	Antonine Sports Centre	Wed	3.15 - 4.15pm	5 - 7	£23.45	£26.80
ANT2			4.15 - 5.15pm	5 - 7		
ANT3			5.15 - 6.15pm	8 - 10		



Term 1
24th August – 11th October

Term 2
19th October – 13th December

Gymnastics

Course	Venue	Day	Time	Age	Term 1	Term 2
VOL4	Vale of Leven Academy	Thurs	5 - 6pm	5 - 7	£23.45	£26.80
VOL5			6 - 7pm	5 - 7		
VOL6			7 - 8pm	8 - 10		
MC1	Meadow Sports Centre	Thurs	6 - 7pm	*5 - 10	£23.45	£26.80
MC2			7 - 8pm	11 - 14		
MC3		Fri	4 - 5pm	5 - 7	£20.10	£26.80

*Boys only

(Excluding the Friday 25th & Monday 28th Sept)



Term 1
24th August – 11th October

Term 2
19th October – 13th December

Going for Gold

Basketball - racquet sports – football – dodgeball – rugby – fun games & more...

Course	Venue	Day	Time	Age	Term 1	Term 2
GFG1	Alexandria Community Centre	Mon	4 – 5pm	5 - 8	£14.40	£19.20

(Excluding 28th Sept, 12th Oct)

Netball

Course	Venue	Day	Time	Age	Term 1	Term 2
NET1	Alexandria Community Centre	Thurs	4.30 – 5.30pm	8 - 11	£16.80	£19.20



Adult Activities

Ladies Football

All abilities welcome

Venue	Day	Time	Age	Cost
Alexandria Community	Wed	8 – 9pm	16+	£1 per session

Jog Scotland

For full details please contact 01389 753557

Venue	Day	Time	Age	Cost
Concord Community Centre	Tues	6.30pm	16+	£18
Alexandria Community Centre	Wed	6.30pm		
Dalmuir Community Centre	Thurs	6.30pm		

jogscotland



Term 1

24th August – 11th October

Term 2

19th October – 13th December

Jogscotland Programme – Week 1

Beginners 1	10 x 30 sec jog, 30 sec walk
Beginners 2	6min jog, 3 min walk, 5 min jog
Intermediate 1	5 min jog, 3 min walk, 15 min jog
Intermediate 1½	25 min jog, 3 min walk, 5 min jog
Intermediate 2	5 min jog, 3 min walk, 40 min jog

Advanced 50 min jog

All sessions start and finish with a minimum 5 minute walk

Active Schools Community Programme

Clydebank Basketball Club

Venue	Day	Dates	Time	Age group	Cost
Clydebank High School	Thurs	27th Aug – 8th Oct 22nd Oct – 10th Dec	5 – 6pm	P4 - P7	£2 per session

Clydebank Dodgeball Club

Venue	Day	Dates	Time	Age group	Cost
St. Peter's the Apostle High School	Fri	28th Aug – 9th Oct 23rd Oct – 11th Dec	5 – 6pm	P4 - P7	£2 per session

For information on the above please contact
Louise Morrison on Louise.Morrison@west-dunbarton.gov.uk



Additional Information

Specific Contact Details

Sports Development - 01389 756384

Venue Details

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

Antonine Sports Centre, Roman Road, Duntocher, G81 6BT

Bucehill Activity Centre, 73 Ardoch, Bucehill, Dumbarton, G82 4EN

Burgh Hall, 17 Castle Street, Dumbarton, G82 1QL

Christie Park Primary, Middleton Street, Alexandria, G83 0DF

Clydebank High School, Janetta Street, Clydebank, G81 3EJ

Concord Community Centre, St Mary's Way, Dumbarton, G82 1LQ

Dalmuir Community Centre, Duntocher Road, Clydebank, G81 4RQ

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

Meadow Centre, Meadow Road, Dumbarton, G82 2AA

Our Lady & St Patrick's HS, Hawthornhill Road, Dumbarton, G82 5JN

The Play Drome, 2 Abbotsford Road, Clydebank, G81 1PA

St Peter the Apostle HS, Kirkoswald Drive, Clydebank, G81 2DB

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

West Bridgend Community Centre, West Bridgend, Dumbarton, G82 4AB

Enrolment Conditions

Photographs

It is possible that photographs may be taken for promotional purposes. If you have any objections to your child being photographed, please inform us by writing or emailing us at Alexandria Community Centre 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. All fees must be paid in full prior to the participant starting the programme.
3. 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.
4. Any request to cancel a booking must be made at least 24 hours in advance of the block. WD Leisure will not be responsible for any refund after this time.
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:

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.

If children have additional support needs please let us know.



DATA PROTECTION Any information given will be treated as confidential and shall be accessible only within West Dunbartonshire Leisure.



Consent & Medical Form

Name:	Male / Female:
Address:	
Postcode:	
Date of Birth:	Age:
Tel No:	Mobile No:
Email:	
Does the named participant suffer from any medical conditions, or have additional support needs of which we should be aware of? (please tick) Yes <input type="checkbox"/> No <input type="checkbox"/> If YES please give details below.	
Course Code:	
Football participants information provided on this form will be shared with the Scottish FA for the purposes of counting and monitoring participation in football and will not be used for any commercial purpose or shared with any third party organisation. If you do not want this information shared please tick this box <input type="checkbox"/>	
<p style="text-align: center;"><u>I have read and understood the enrolment conditions in the community programme booklet.</u></p>	
Parent/Guardians signature:	
Date:	



West Dunbartonshire Leisure

“ Inspiring Active
&
Healthier
Communities ”



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G83 0NU

Tel: **01389 757806**

www.wdleisure.net



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