

GLASGOW SPORT

# Summer Holiday ACTIVITY PROGRAMME

27 June - 14 August 2016

Looking for something to do over the holidays? Why not come along and try a sport at Emirates Arena?

For full information, including session times and how to book, go to  
[www.emiratesarena.co.uk/news](http://www.emiratesarena.co.uk/news)  
call 0141 287 7000 or pop into reception, where one of our team will be happy to help.

Children under 8 must be accompanied by an adult at all times.



## Balanceability Level 1

These progressive week-long courses are a great way for wee ones to learn about the balance, stability and co-ordination needed to ride a bike in a fun environment.

**Week 2 (Mon 4 July – Fri 8 July)**

**Week 4 (Mon 18 July – Fri 22 July)**

**When** Mon - Fri 1pm – 1.45pm

**Ages** 3-4 years

**Cost** £16.50 per week

**Book** Book in advance over the phone or in person at reception. Full payment required at time of booking



## Club 5-11 Multi-Sport

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

**Weeks 1-6 (Mon 27 June – Fri 5 Aug)**

**When** Mon - Fri 10am – 12 noon

**Ages** 5-11 years

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

**Book** Pay As You Go Sessions. Pay at reception on the day. No pre-booking. First-come-first-serve. Please note numbers are limited.

## Athletics

If your child is an experienced athlete or just wanting to find out more, then come along to our athletics camp!

**Week 4 (18 July – 22**

**July) &**

**Week 6 (1 Aug – 5 Aug)**

**When** Tue - Thu 9.30am – 4.30pm  
(10am-5pm on Thursday)

**Ages** 12-17 years

**Cost** £80 per athlete, Glasgow based Athletics Club members £70

**Book** Prebooking essential. Contact [glasgowathleticsassociation@gmail.com](mailto:glasgowathleticsassociation@gmail.com)



## Basketball

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 over 3 hours of basketball coaching at the Rocks home court, Emirates Arena.

**Week 4 (Mon 18 – Fri 22 July)**

**When** Wed 12 noon – 3pm

**Ages** 7-17 years

**Cost** £20 per participant. Additional Basketball game tickets to any 2016/17 Rocks fixtures £12 adult & £6 child

**Book** Advanced booking required. Please call 0141 556 3231 or book online via the Rocks Shop <http://shop.glasgowrocks.co.uk/>. Please note spaces are limited and subject to availability.



# Disability Kids Camp

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. Session includes: **Judo a form of Wrestling, teaching throws, pins, lots of fun and some Japanese words. Kabaddi originating from India, this is a fun game of evasion, similar to "Tig" with a twist.**

**Week 1 (Mon 27 June – Fri 1 July) &**

**Week 4 (Mon 18 – Fri 22 July)**

**When** Mon - Fri 1pm – 3pm

**Ages** 5-16 years

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

**Book** Advanced bookings open on Monday 6 June for weekly sessions. Please contact the Disability Team on 0141 287 9802 for further information and booking details. Limited spaces are available for other children in the family within kids club and football sessions; however places are allocated on a first come-first served basis.

## Football

**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. It's designed to give children the chance to play as much as possible ... creating the next superstar.

**Week 4 (Mon 18 July – Fri 22 July)**

**Mini Kickers**

**When** Mon - Fri 10am – 12 noon & 1pm – 3pm

**Ages** 3-5 years

**Football Camp**

**When** Mon - Fri 10am – 3pm

**Ages** 6-12 years

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

**Book** Advanced bookings open on Monday 6

June. Daily 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. Please ensure your child is suitably dressed for indoor and outdoor activities (e.g. suncream etc).

**Mini Kickers** An adult must remain in the building during Mini Kickers sessions. \*am & pm sessions are available.

**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.

## Gymnastics

**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 27 June – Fri 1 July) &**

**Week 5 (Mon 25 – Fri 29 July)**

**When** Mon - Fri 9.30am – 3.30pm\*

\*Thu 10am – 4pm

**Ages** 5-16 years

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

**Book** Advanced bookings open on Monday 6 June for both weekly and daily sessions. Children will have a supervised lunch break each day, please provide your child with a packed lunch and extra water for during the activity.

## Tennis

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

**Weeks 1 – 7 (27 June – Fri 12 August)**

**When** Tues 12 noon – 1.30pm **Ages** 5-8 years

**When** Tues 1.30pm – 3pm **Ages** 9-11 years

**Cost** £2.60 per session

**Book** Pay As You Go Sessions. Pay at reception on the day. No pre-booking. First-come-first-serve. Please note numbers are limited.



## Track Camp

**Beginners** 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, learn some fundamental skills of track cycling, have the opportunity to ride on the track and set the fastest lap of the day.

**Intermediate** Aimed at riders who have a minimum Level 2 Accreditation. Riders will develop skills in preparation for Accreditation Levels 3 and 4. Please note that there is no opportunity to gain accreditation at these sessions.

**Advanced** For fully accredited riders. At these sessions, riders will develop advanced skills and race-craft and will involve off-track activities and controlled racing.

**Week 1 (Mon 27 June – Fri 1 July), Week 3 (Mon 11 – Fri 15 July) & Week 5 (Mon 25 – Fri 29 July)**

### Beginners Bootcamp

**When** Tue 9am – 12 noon **Ages** 8-12 years

**Week 2 (Mon 4 – Fri 8 July), Week 4 (Mon 18 – Fri 22 July) & Week 6 (Mon 1 – Fri 5 Aug)**

### Beginners Bootcamp

**When** Tue 9am – 12 noon **Ages** 13-15 years

**Weeks 1-6 (Mon 27 June – Fri 5 Aug)**

### Intermediate Bootcamp

**When** Wed 9am – 12 noon **Ages** 8-15 years

**Weeks 1-6 (Mon 27 June – Fri 5 Aug)**

### Advanced Bootcamp

**When** Fri 9am – 12 noon **Ages** 8-15 years

**Cost** £10.30 per session

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

**Bootcamp Intermediate & Advanced** Book online at <http://gcbookings.glasgowcitycouncil.co.uk/>. Please note that you will be required to have proof of accreditation to book these sessions.

## Bike Health Check

Bring your bike along and our techs will visually inspect your bike and give some pointers on maintenance. Topics covered will include: Puncture repair, gear and brake adjustment, adjusting your bike, Cleaning and lubrication, safe locking techniques, quick release adjustment, choosing tyres and accessories.

**Week 1 (Mon 27 June – Fri 1 July), Week 3 (Mon 11 – Fri 15 July), Week 4 (Mon 18 – Fri 22 July) & Week 6 (Mon 1 – Fri 5 Aug)**

**When** Fri 12 noon - 1pm

**Week 2 (Mon 4 – Fri 8 July) & Week 5 (Mon 25 – Fri 29 July)**

**When** Fri 3.30pm-4.30pm  
**Ages** All ages

**Cost** £3 per bike

**Book** Book in advance over the phone on 0141 287 7000 or in person at reception. Numbers are limited and are allocated on a first-come first served basis.

Emirates  
Arena  
1000 London Rd  
Glasgow  
G40 3HG

For more information:

[www.glasgowlife.org.uk/sport/HolidayActivityProgramme](http://www.glasgowlife.org.uk/sport/HolidayActivityProgramme)

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