

WE DO Sport

JAN-MAR 20

Athletics

BASKETBALL

FOOTBALL

HOCKEY

GYMNASTICS

BADMINTON

TENNIS

PRE-SCHOOL



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Sport Club Hub App

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WE DO SPORT

January - March 2020

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

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

01419514321

Mon, Tue & Thu: 7am – 8pm

Wed: 10am – 8pm

Fri: 7am – 9pm

Sat: 9am – 7pm

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.

Monday 6th January – Sunday 5th April

READY, STEADY KICK

A parent and child programme for 18months – 3 years, focusing on basic football skills. Sessions are designed to develop motor and social skills.

VENUE	DAY	TIME	AGE GROUP	COST PER BLOCK	
Concord Community Centre	Thurs	3.30 - 4.15pm	1.5-3	£37.05	
Alexandria Community Centre	Fri	10 – 10.45am		£34.20	
Vale of Leven Academy	Sat	9 – 9.45am			
Hub Community Centre	Sun	9.30 – 10.15am			
Dumbarton Academy					

Please note all sessions are for parent and child. **Excluding 7th, 8th & 9th February**

MINIKICKERS

This programme provides a fun introduction to 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.

VENUE	DAY	TIME	AGE GROUP	COST PER BLOCK
Alexandria Community Centre	Wed	4 – 5pm	3-4	£34.20
Dumbarton Academy		5 – 6pm		
Alexandria Community Centre	Fri	11 – 12pm		
Vale of Leven Academy	Sat	10 – 11am		
		11 – 12pm		
		9 – 10am		
Hub Community Centre	Sun	10.30 – 11.30am		
Dumbarton Academy		11.30 – 12.30pm		

Excluding 7th, 8th, 9th, 10th, 11th & 12th February

Ready, Steady, Run, Jump & Throw

The programme is all about fun. Our experienced coaches will deliver a wide range of athletic based activities to develop co-ordination, agility, fitness, team work and social skills. They'll have a ball. Parents / guardians are required to stay at these sessions.

VENUE	DAY	TIME	AGE GROUP	COST PER BLOCK
 Alexandria Community Centre	Mon	4 – 5pm	3 - 6	£34.20
	Tues	1.30 – 2.15pm	18 mnth to 3*	
 Clydebank Leisure Centre		5 – 6pm	3 - 4	£37.05
Meadow Sports Centre	Thu	6 – 7pm		

* NEW Parent and child session

Excluding 10th & 11th February

Ready, Steady, Play

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

VENUE	DAY	TIME	AGE GROUP	COST PER BLOCK
Dumbarton Gymnastics Centre	Mon	1.30 – 2.30pm	Crawling - 4	£24 (£3.70 pay weekly)
	Fri	11 – 12pm		

Excluding 7th & 10th February

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.

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 1.5 – 4 years.

VENUE	DAY	TIME	AGE GROUP	COST
Dumbarton Gymnastics Centre	Tue	10 – 10.40am	1.5 – 3*	£44.40
		10.50 – 11.35am	3 – 4	
Clydebank Leisure Centre	Wed 	1 – 1.40pm	1.5 – 3*	
		1.45 – 2.30pm	3 – 4	
Dumbarton Gymnastics Centre	Thurs	10 – 10.40am	1.5 – 3*	£48.10
		10.50 – 11.35am		
	Fri 	12.30 – 1.10pm	1.5 – 3*	£44.40
		1.15 – 2pm	3 – 4	

* these classes are for parent & child
Excluding 7th, 10th, 11th & 12th February

PreGym

An introduction to gymnastics for 4 year olds to prepare them for the transition to a more structured class.

VENUE	DAY	TIME	AGE GROUP	COST PER BLOCK
Dumbarton Gymnastics Centre	Thurs	4 – 5pm	4	£52

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

READY STEADY SPLISH

This is the first step of introducing your child to the aquatic environment where the parent will learn techniques on supporting the child in the water and building the child's confidence before they join the learn to swim scheme on their own.

VENUE	DAY	TIME	AGE GROUP	COST
Vale of Leven Swimming Pool	Mon	10 – 10.30am	3 months - 18 months	£45.50
Meadow Centre	Tue	11 – 11.30am		
Clydebank Leisure Centre	Tue	10 – 10.30am		
Meadow Centre	Thu	10.30–11am		
Clydebank Leisure Centre	Fri	9.30 – 10am		
Vale of Leven Swimming Pool	Fri	11 – 11.30am		

READY STEADY SPLASH

VENUE	DAY	TIME	AGE GROUP	COST
Vale of Leven Swimming Pool	Mon	10.30 - 11am	18 months - 36 months	£45.50
Meadow Centre	Tue	11.30 – 12pm		
Clydebank Leisure Centre	Tue	10.30–11am		
Meadow Centre	Thu	11 – 11.30am		
Clydebank Leisure Centre	Fri	10 – 10.30am		
Vale of Leven Swimming Pool	Fri	11.30 – 12pm		



Monday 6th January – Sunday 5th April

WE DO Athletics - Run, Jump & Throw

These sessions provide a highly enjoyable way for young people aged 3 – 11 years to try running, jumping and throwing activities as their first steps into athletics.

	VENUE	DAY	TIME	AGE GROUP	COST PER BLOCK
NEW	Alexandria Community Centre	Mon	4 – 5pm	3 - 6	£34.20
	Alexandria Community Centre		5 – 6pm	5 - 11	
NEW	Clydebank Leisure Centre	Tue			
	Meadow Sports Centre	Thurs	6 – 7pm		£37.05

Excluding 10th - 11th February



WE DO Badminton

These “smashing” sessions develop the essential skills used in the very fast and exciting sport of badminton.

	VENUE	DAY	TIME	AGE GROUP	COST PER BLOCK
	Dumbarton Academy	Thurs	6 – 7pm	7 - 12	£37.05
NEW	Hub Community Centre	Wed	4 – 5pm		£24*

*special offer for new session

Excluding 12th February

WE DO 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.

	VENUE	DAY	TIME	AGE GROUP	COST PER BLOCK
	Alexandria Community Centre	Mon	6 – 7pm	8 - 11	£34.20

Excluding 10th February

WE DO HOCKEY

More than a game. Hockey develops skills that promote confidence, focus, teamwork and responsibility. With an emphasis on fun, hockey is a game to be played and enjoyed for life.

VENUE	DAY	TIME	AGE GROUP	COST PER BLOCK
Meadow Sports Centre	Wed	6 – 7pm	5 – 12	£34.20

Excluding 12th February

WEDOTENNIS

With smaller courts, nets, rackets and lower bouncing balls.

Mini tennis offers the perfect introduction to the sport, with all the fun and energy of the real thing.

VENUE	DAY	TIME	AGE GROUP	COST PER BLOCK
Dumbarton Academy	Tue	6 – 7pm	5 – 12	£34.20

Excluding 11th February



WE DO FOOTBALL

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

VENUE	DAY	TIME	AGE GROUP	COST
Argyle Park *	Mon	4.30 – 6pm	7 – 14	£43.20
Alexandria Community Centre	Tue	4 – 5pm	5 - 6	£34.20
		5 – 6pm	7 - 9	
		6 – 7pm	10-14	
Clydebank Leisure Centre	Tue	5 – 6pm	5 – 9	£34.20
Alexandria Community Centre	Wed		5 – 6	
Concord Community Centre	Thurs	5.30 – 6.30pm	5 – 7	£37.05
		6.30 – 7.30pm	8 – 12	
St. Peter the Apostle HS	Fri	3.45 – 5.15pm	7 – 14	£43.20
Clydebank Leisure Centre	Sat	10 – 11am	5 – 7	£34.20
		11 – 12pm	8 – 10	
Hub Community Centre	Sun	11.30 – 12.30pm	5 – 9	£34.20

***Outdoor facility**

Excluding 7th, 8th, 9th, 10th, 11th & 12th February

WE DO Striker - Position Specific

Specifically designed sessions tailored to improving aspects of forward play including finishing, movement, timing of runs and link-up play.

VENUE	DAY	TIME	AGE GROUP	COST
Argyle Park *	Mon	8 – 9pm	9 – 16	£34.20

Please note striker sessions are outdoors.

Excluding 10th February

We do Goal Keeping - Position Specific

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

VENUE	DAY	TIME	AGE GROUP	COST
Argyle Park GK	Mon	7 – 8pm	7 – 16	£34.20

Goal keeping gloves are required for these sessions.
Please note goal keeper sessions are outdoors.
 Excluding 10th February

WE DO Girls Football

Football sessions specifically for girls. Sessions are designed to improve and develop skills through quality coaching.

VENUE	DAY	TIME	AGE GROUP	COST
Clydebank Leisure Centre	Tue	6 - 7pm	5 - 12	£34.20
Alexandria Community Centre	Wed			
Concord Community Centre	Thurs	4.30 – 5.30pm		£37.05

Excluding 11th & 12th February

WE DO Disability Football

Football sessions for children and youths with a disability, sessions are delivered by experienced coaches.

VENUE	DAY	TIME	AGE GROUP	COST
Dumbarton Academy	Wed	6 – 7pm	5 – 12	£34.20
		7 – 8pm	13 – 19	

Excluding 12th February

We do Gymnastics

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

VENUE	DAY	TIME	AGE GROUP	COST		
Vale of Leven Academy	Mon	5 - 6pm	5 - 7	£13.60		
		6 - 7pm				
		7 - 8pm	8 - 10			
Dumbarton Gymnastics Centre	Tue	4 – 5pm	5 - 7	£14.80		
		5 - 6pm				
		6 - 7pm	8 - 10			
Clydebank Leisure Centre	Wed	3.30 - 4.30pm	5 - 7		£14.80	
		4.30 – 5.30pm				
		5.30 – 6.30pm	8 - 10			
Dumbarton Gymnastics Centre	Thurs	5 - 6pm	5 - 7			£14.80
		6 – 7pm*	5 – 10*			
		6 – 7pm	8 - 10			
		7.15 – 8.15pm				
	Fri	4 – 5pm	5 - 7	£13.60		

***Boys only**

Excluding 7th, 10th, 11th & 12th February

Your Direct Debit must be paid each month or you risk losing your space.

WE DO GYMNASTICS

RUN LOCH LOMOND

5k and 10k

20TH JUNE 2020



REGISTER NOW:

www.runlochlomond.com

Monday 6th January – Sunday 5th April



We do Badminton

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

VENUE	DAY	TIME	AGE GROUP	COST PER SESSION
Meadow Centre	Wed	8 - 9pm	16+	£3

JOGSCOTLAND

Block 1 – 7th January to 12th March

Block 2 – 17th March to 21st May

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 the session.

VENUE	DAY	TIME	AGE GROUP	COST PER BLOCK
Concord Community Centre	Tue	6.30pm	16+	£22*
Clydebank Leisure Centre***	Wed			
Alexandria Community Centre	Thurs			

*Block payment allows you to attend all sessions listed

***Beginners Only

WE DO Netball

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

VENUE	DAY	TIME	AGE GROUP	COST PER SESSION
Meadow Centre	Wed	7 - 8pm	16+	£3

We do Swimming

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

VENUE	DAY	TIME	COST PER SESSION
Clydebank Leisure Centre	Tue	12.15 – 1pm	£5.25 £2.70*
		6.45 – 7.30pm	
Vale Pool	Wed	8 – 8.45pm	

***Concession price**

WE DO WALKING FOOTBALL

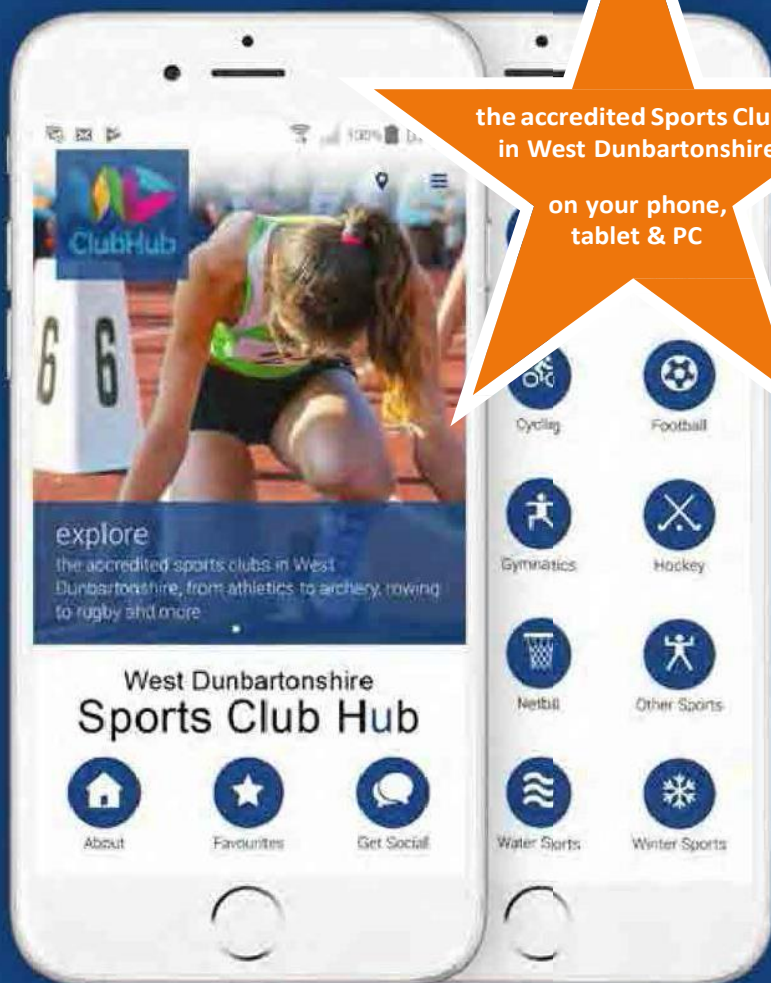
A slower version of a beautiful game. All abilities welcome.

VENUE	DAY	TIME	AGE GROUP	COST PER SESSION
Concord Community Centre	Mon	6 – 7pm	40+	£3
Alexandria Community Centre*	Tue	3 – 4pm	18+	

***This session is for adults with additional support needs.**



West Dunbartonshire Sports Club Hub



WestDunbartonshireSportsClubHub.com

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



West Dunbartonshire Leisure Quality Club Accreditation Scheme

Through the WDL Quality Club Accreditation Scheme and SFA Quality Mark Scheme,
WD Leisure supports the following clubs:

Dumbarton United FC	Dumbarton Riverside FC
Drumchapel Amateurs	Renton Craigandro FC
Clydebank FC	Vale of Leven FC
FC Argyll	West Dunbartonshire Amateur Swimming Club
Lomond Badminton Club	Vale of Leven Cricket Club
Clydebank Rugby Football Club	Loch Lomond Rugby Club
Dunbartonshire Disability Sports Club	Glasgow Gaels Gaelic Football Club
Kirktonhill Tennis Club	Harmony Row Netball Club
Drumchapel and Clydebank Kayak Club	Kokusai Karate Club
Loch Lomond Water ski Club	Glasgow Fever Basketball Club
Antonine Boxing Club	Osaka Kwai Judo Club
Titan Judo Club	West Dunbartonshire Athletics Club
West Dunbartonshire Gymnastics Club	Sporting Judo Club Alba

For a full list of clubs and supporting information, please visit

www.wdleisure.net

For further information on the scheme please visit

www.wdleisure.net or email sportsdevelopment@west-dunbarton.gov.uk

WE DO Sport

www.wdleisure.net

Head Office

Alexandria Community Centre, Main Street, Alexandria G83 ONU

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Delivering services to half of West of Scotland



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