



**BOOST YOUR ENERGY:
GET ACTIVE!**



OPPORTUNITIES TO GET ACTIVE

In this booklet you will find information on local sports clubs who are welcoming new participants as part of the 'Boost your energy: Get Active' programme.

Some taster sessions will be held in the first couple of weeks of term and others may be starting later.

There is something for everyone so keep reading to find out what is happening near you!



Sports Club Opportunities - Pages 3-8

If you have any questions about programmes that will be running in your area, please [contact your Active Schools Coordinator](#)

The Sport and Outdoor Learning Unit run a variety of programmes across the city. If you want to find out more, click on the logos below.



PENTLAND TRIATHLETES JUNIORS

Come and Try Triathlon (Swim, Bike and Run) for those aged 8-18 years

Venue: Forrester High School. Additional optional weekday sessions including closed road cycling, mountain biking and open water swimming

Dates/Times: Sundays 1515-1715 and midweek adhoc sessions



Email: pentlandjunior@gmail.com



Website: <https://www.pentlandtriathletejuniors.org>

EDINBURGH #3 TRIATHLON

Edinburgh #3 are a friendly club set up to allow everyone to train together. Adults and children get the benefit of coached training sessions at the same time. Whether you want to keep f it or compete you'll find the right level of session available that will allow you to achieve your goal.

Club Sessions: Saturday 2 . 30-4 .30pm –
Swim, Gym and Run session (ever y 5th week the run is replaced with a bike session)

To get involved visit



Website: www.edinburgh3.com



Twitter: @Edinburgh3Tri



WARRENDER BATHS CLUB

Warrender Baths Club is Scotland's leading and most successful Age Group and Youth swimming programme. As well as consistently finishing in the Top 3 at the Scottish National Age Group Championships over the last ten year period, the Club has a history of placing youth swimmers onto National teams (British and Scottish). The Club has 12 competitive squads ranging f rom entry level at around 8 years through to National Performance level. We also have a non competitive Junior Masters squad for swimmers to maintain fitness, and an adult Masters division training 5 times a week. To arrange a trial contact:



Email joinwarrenderbc@gmail.com



WEST EDINBURGH NETBALL

West Edinburgh Netball club would like to welcome any new netball players aged 10 -21years old who are interested in playing club netball.

Training: Tuesdays at Forrester High School. Matches are on Sundays (times vary) Trials Under 13s **Tuesday 24th August.**

If you are interested in trialling for West Edinburgh Netball Club please email or fill out the form below:



Email: westedinburghnetballclub@gmail.com

[Complete form for Trials](#)



FORRESTER RUGBY CLUB

Forrester Rugby Open Day – **Saturday 21st of August**

Day of training and games across all sections of the rugby club. Mini (Primary School age) training starts at 11 with Wolves (High School age) starting at 12:00. Training is held on the rugby pitch next to school and is on grass. Training is free for all and on top of training there will be a Bouncy Castle, BBQ and games along with the opportunity to watch our Senior Team play in their first home game of the season which kicks off at 3pm.



Mini Training

This is held every Sunday on the same pitch area and starts at 10:00 and lasts for an hour. At the same time we have our Teeny Weeny Greenies which is for toddlers. For the school year 2021-22 this will remain free for all kids.

Wolves Training

This is every Monday and Wednesday, however, until schools go back fully it is only a Wednesday night just now. Training on a Wednesday is at Union Park and starts at 18:30 and finishes before 20:00.



Email alanpanther32@hotmail.com



ENERGIZE GYM

TEEN TIME 3-6pm

FREE access to the gymnasium with special classes plus Fitness professionals there to help them on weekdays 3-6pm. This is for all teenagers regardless of ability.



In addition, we have Free toddler and parent Gymsters - mini gymnastics movers classes on Fridays at 10am, and 4-5 year old classes too at 11am Fridays.

We also have a lot more going on for older adults.. Also, we have just built Scotland's 1st Street Gym outdoors, with FREE access to the community through Energize Health & Fitness



Email: admin@energizegym.co.uk

<http://>



Website: <https://www.energizegym.co.uk/>



Find us at: 3 Lochside Place, Edinburgh Park, EH12 9DF

UNITED SK8

At United SK8S, we are committed to keeping Kids and Young people active and have seen first-hand the benefits of Roller Skating with young people in a huge variety of community settings throughout Scotland.

Beginners new skater classes and information can be found at the links below and will be held at: Broughton High School, 29 East Fettes Avenue, Edinburgh, EH4 1EG

<http://>



Website: <https://www.unitedsk8s.com/event/junior-sk8ercise-new-skater-intake-20-08-2021/>



Facebook link

<https://fb.me/e/1HNCkuWea>



YouTube link

<https://youtu.be/SI6SM0UPwMk>



CITY OF EDINBURGH GYMNASTICS

Whatever level of gymnastics, City of Edinburgh Gymnastics Club is proud to offer your child a safe, fun and friendly environment to learn gymnastics and progress through our gymnastics pathway from Recreational gymnastics through to Competitive Gymnastics. We hold beginner classes in 2 venues: Broughton High School and James Gillespie's High School.

To view our timetable and to add your child to one of our class lists/waiting list please follow the link below and select 'Beginner Membership' from the drop down menu.

<https://app.loveadmin.com/Registration/DFEC83C355B0B5979903D1A60556A85C.htm>.

Or head to our website, click on recreational classes, book classes and select 'Beginner Membership' from the drop down menu to view our timetable.



Email enquiries@edinburghgymnastics.org



Website: www.edinburghgymnastics.org



MEADOWBANK GYMNASTICS



Meadowbank Gymnastics Club

Classes 7 days a week

Times – various times depending on class required

Venue – Own Facility at Unit 23F Mayfield Industrial Estate, Mayfield EH22 4AD

Age groups - from Pre-School to teen



Email: mgc.club.newmembers@gmail.com

INVERLEITH SWIFTS

INVERLEITH SWIFTS JUNIOR NETBALL CLUB ANNUAL TRIALS

Do you want to play competitive netball at a friendly club, passionate about developing young netballers? Come along to our trials! **Thursday August 19th, 2021** at 6 PM for 9-12 year olds and 7PM for 13-16 year olds at Broughton High School, EH4 1EG

For more details and to sign up for the trials please contact us



Email: inverleithswiftsjuniors@gmail.com

REALLYGREATSITE.COM



BOROUGHMUIR CRICKET

FREE Fun Cricket taster sessions: for P5 to S4

Monday 30th August and Thursday 2nd September from 5.30pm to 6.30pm at Meggetland Sports Complex.

 Book online

Website: <https://www.joininedinburgh.org/> and use Booking Code BOR-200



CARLTON CRICKET CLUB

Free Fun Cricket Sessions for P3 to S2

- Tuesdays 24th and 31st August from 4.30pm to 5.30pm
- Fridays 27th August and 3rd September from 2.30pm to 3.30pm

All sessions at Carlton Cricket Club, 180 Grange Loan, Edinburgh, EH9 2EE.

 Book online

Please go to <https://www.joininedinburgh.org/> and use Booking Code BOR-202 (Tuesdays) and BOR-203 (Fridays)



NUVOC

Fun Taster Sessions - Come and Try Volleyball at the Meadows!

FREE sessions for Aged 8-17 years olds.



Monday 23rd August - 4pm - 5.20pm
<https://www.myclubhouse.co.uk/NuvocVolleyball/Events/Calendar/View?id=1128>

Wednesday 25th August - 4pm - 5.20pm
<https://www.myclubhouse.co.uk/NuvocVolleyball/Events/Calendar/View?id=1127>

Monday 30th August - 4pm - 5.20pm
<https://www.myclubhouse.co.uk/NuvocVolleyball/Events/Calendar/View?id=1129>

Wednesday 1st September - 4pm - 5.20pm
<https://www.myclubhouse.co.uk/NuvocVolleyball/Events/Calendar/View?id=1130>



MEADOWS TENNIS

Free Taster Sessions - Come and Try Tennis at the Meadows!

We would particularly like to encourage pupils who have not tried tennis before including those with Additional Support Needs, low income families, girls and ethnic minorities from P6-S6.

Tue 24th and Tue 31st August 2021 4-5pm or 5-6pm sessions.



Email: Alexharkins29@yahoo.co.uk

Post taster sessions – Meadows Tennis Club

Pupils who enjoyed the previous taster session and want to pursue tennis
Tuesdays 7,14,21,28 Sept and 5, 12th October.

4-5pm or 5-6pm sessions.

OR

Fridays 10,17,24 Sept 1,8 and 15th October 4-5.30pm



BATON TWIRLING CLUB



Fun Taster Sessions - Come and Try Baton Twirling!

From P3 upwards. Everyone welcome. FREE taster

Wednesday and Thursday 25 & 26 August and 1 & 2 September 5-6pm at
St Thomas High School



Email joanne.ritchie@ea.edin.sch.uk

TOUCHDOWN UK

American Football Sessions are every week at the following venues:

- Kirkliston Leisure Centre – Saturdays from 10.00am to 12noon, starting on 21st August
- Holy Rood High School – Tuesdays from 4.00pm to 5.00pm (start date TBC)
- Meggetland – Wednesdays from 4.00pm to 5.30pm, starting on 25th August

Sessions are initially non-contact and all safety equipment is provided by the coaches. Age Group: P5 to S4



Email: info@touchdownuk.org

REALLYGREATSITE.COM