

FESTIVAL OF SPORT

6-19 JUNE 2011



Free taster sessions,
live demonstrations &
competitions for everyone!



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WELCOME TO THE FESTIVAL OF SPORT 2011!

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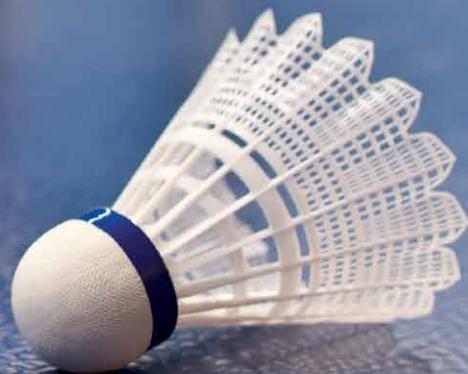


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When you see this symbol, please book in advance.

Unless otherwise stated turn up on the day.



This year's festival goes regional, so we have a huge programme of sports and activities you can enjoy across the Lothian's, Borders and Fife!

Everyone can easily become more physically active for a happy, healthier lifestyle. Find an activity near to home or work, that suits YOU and most of them are FREE to try!

The Festival of Sport has been granted the prestigious London 2012 Inspire mark, the badge of the London 2012 Inspire programme which recognises exceptional and innovative projects inspired by the 2012 Games. The Inspire programme is run by the London Organising Committee of the Olympic and Paralympic Games. It is an opportunity for everyone to be a part of the London 2012 Games - a broad participation programme spanning sport participation, education, sustainability, volunteering, and business opportunities & skills. New opportunities are being created to inspire young people and encourage the whole of the UK to join in.

The full festival programme is listed on a daily basis but we strongly recommend you phone the contact details to confirm exact times, costs and venues.

National School Sports Week

Coinciding with the Festival of Sport the Bank of Scotland National School Sport Week takes place from 6-10 June 2011. During the week, schools across Scotland will take part in Britain's celebration of school sport. The week is delivered in partnership with sportscotland - the national agency for sport, through the Active Schools network. To find out more visit:

www.schoolsportweekscotland.org

EAST LOTHIAN

There's a wide variety of activities on offer in East Lothian through the Festival of Sport. Whether you are young or old, want to give it a try for the first time or dust off your old kit and get back involved in a sport then there is a great opportunity to get involved by going along to one of the taster sessions advertised in this section.

So pick up a racket or club, throw on your trainers or jump on a surf board! There is something there for you.

For more information about other activities and sports in East Lothian, go to:

www.eastlothian.gov.uk

Various Dates 6 - 13 June

TASTER SESSIONS IN SQUASH AND RACQUET BALL

Mon, Fri, Sat 6, 10 and 13 June | 7.00pm - 9.00pm
Tyne District Squash Club, Mill Wynd, Haddington

Taster sessions in squash and racquet ball at Club courts - racquets and balls provided - just bring loose clothing and non-marking footwear.

Tel: 07775 407495

FESTIVAL OF HOCKEY

Sat/Sun 11 and 12 June | 10.00am - 5.00pm
North Berwick High School, North Berwick

On sat there will be an adult mixed 8 a side tournament. On the sun there will be U10, U12 & U14 tournaments, all of these will be mixed.

Tel: 01620893320 ☺

Monday 6 June

JUNIOR ATHLETICS TASTER SESSION

6.30pm - 7.30pm
Knox Academy Playing Fields, Haddington

Come and join the club for a night and try out a great range of athletics activities which will include running, hurdles, shot putt, discus, long jump and relays. You'll be with friendly young athletes of your own age. Open to 7 to 16 year olds. Free.

Tel: 01875 853021

Tuesday 7 June

FREE GOLF LESSON FOR TEENAGERS

6.00pm - 7.00pm | 14- 17 years
Fisherrow Links Pitch and Putt, Montjoy Terrace, Musselburgh

Clubgolf East Lothian and PGA Pro Jane Connachan invite you to come and give golf a go with a free lesson. Aimed at teenage and adult beginners. Book in advance to avoid disappointment

Tel: 01875 619071 ☺

Wednesday 8 June

10KM, 4 MILE AND 2 MILE RUNS.

6.30pm - 7.30pm
Railway Path, Haddington

A series of out and back races, along the old railway track between Haddington and Longniddry, run on an easy to follow route with no roads. Run out to the appropriate distance (5km, 2miles or 1 mile) then turn and run back. Suits all abilities. Entry Fee TBC.

Tel: 01875 853021

Thursday 9 June

TABLE TENNIS

6.00pm - 8.00pm
The Corn Exchange, Haddington

An introduction to table tennis for beginners as well as an opportunity for experienced players to hone their skills. Coaching will be offered.

Tel: 01620 725979

Friday 10 June

FREE JUNIOR GOLF LESSONS

3 - 4pm (5-10 Years), 4 - 5pm (11-15)
Gullane Golf Club, Driving Range, Gullane

The team at Alasdair Good Professional Shop invite you to come and try out our taster golf lessons. Aimed at juniors of all ages and ability. Book in advance to avoid disappointment.

Tel: 01620 843111 ☺

ATHLETICS CLUB FOR YOUNG PEOPLE WITH A DISABILITY

3.00PM - 4.00PM | 5-10 YEARS
4.00PM - 5.00PM | 11-15 YEARS
Dalkeith Campus, Cousland Road, Dalkeith

Come and join the club for a night and try out a great range of athletics activities. You'll be with a friendly group of young athletes with a variety of disabilities. Open to 7 to 16 year olds, all you need to bring is your enthusiasm. Free.

Tel: 01875 853021

Saturday 11 June

FAMILY SURF MORNING

10.00am

Belhaven Beach, Dunbar

This is a free beginners session starting at 10am and consists of a 2 hour surf lesson with all equipment provided. Maximum numbers of 20 and all offers are based on a max of one adult and child per family, subject to surf on the day and participants being able to swim 50m.

Tel: 07971 990361 ☺

GENTS GOLF OPEN

7.00am - 4.00pm

Royal Musselburgh Golf Club, EH32 9RP

18 holes strokeplay

Gents Open Handicap Competition 6-18 max

Tel: 01875 819000 ☺

Monday 13 June

FREE GOLF LESSON FOR TEENAGERS

6.00pm - 7.00pm | 18 years +

Fisherrow Links Pitch and Putt,
Montjoy Terrace, Musselburgh

Clubgolf East Lothian and PGA Pro Jane Connachan invite you to come and give golf a go with a free lesson. Aimed at teenage and adult beginners. Book in advance to avoid disappointment

Tel: 01876 619071 ☺

Thursday 16 June

ATHLETICS ACTIVITY FOR ADULTS WITH DISABILITY

10.30am - 11.30am | £1.50

Meadowmill Sports Centre, Prestonpans

Come and join a Disability Athletics Group from local day centres. You'll be with people with a range of disabilities from across East Lothian and will take part in a range of physical activities. Open to over 16 year olds.

Tel: 01875 853021

GALA FAMILY FUN RUN

5.30pm - 7.00pm | 50p

Dean Road, Longniddry

A run for all the family! We will set up 3 cross country courses and you can choose a one-miler, a 2.5 miler or a 5 miler. Follow the link to the Gala Website from www.helprunningclub.org.uk. Come dressed for the weather.

Tel: 01875 853021

Saturday 18 June

ADULTS HOCKEY MIXED SEVENS TOURNAMENT

12 noon | £30 team of 10

Hallhill Healthy Living Centre, Dunbar

Teams of 10 players to include at least 3 ladies playing in each team. Not serious. Focus on fun.

Tel: 01368 864700

JKA KARATE EAST LOTHIAN OPEN DAY

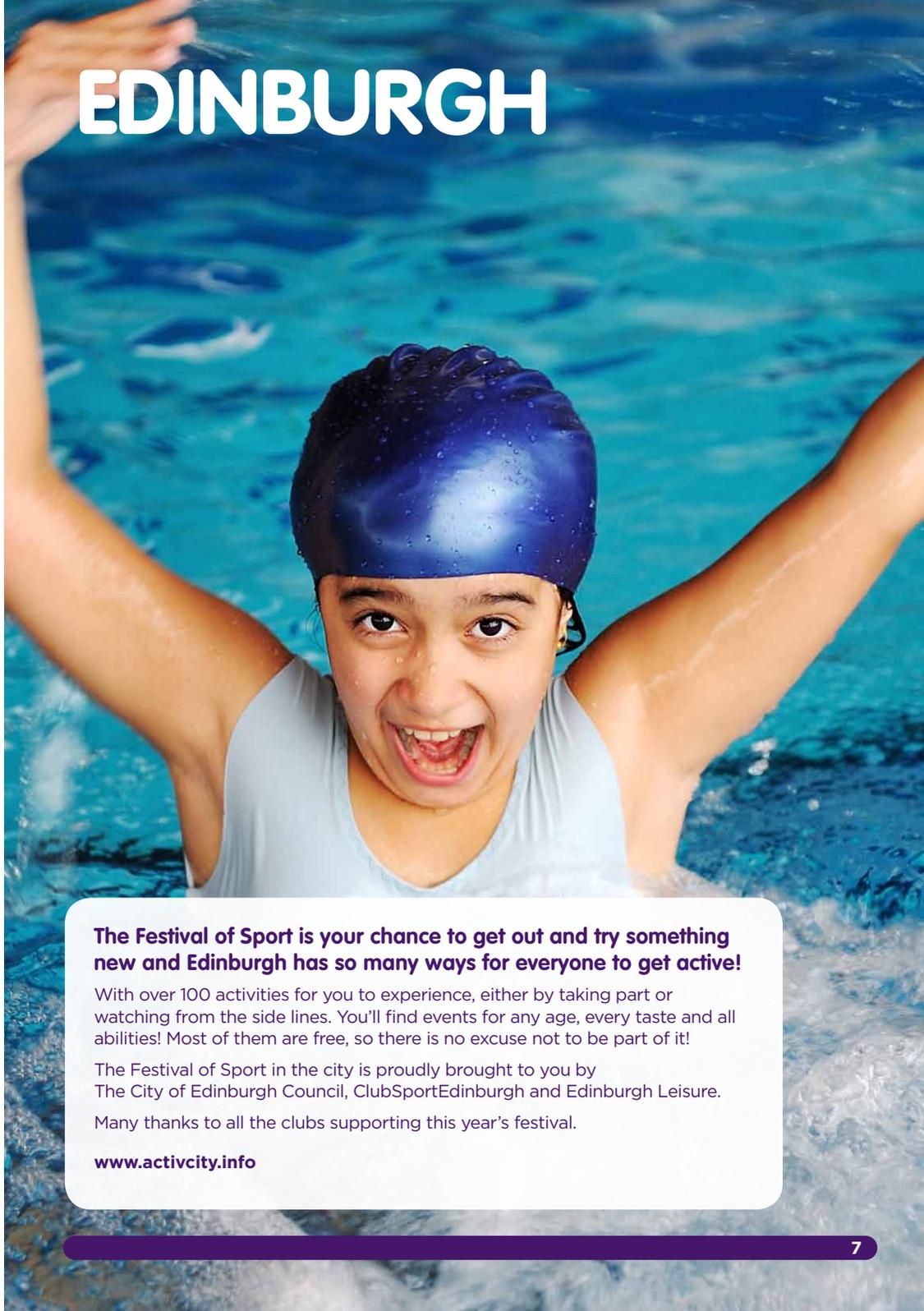
11.00am - 3.00pm

Stoneyhill Community Centre

Demonstrations and an opportunity for the public to come and try.

Tel: 07863 135269

EDINBURGH



The Festival of Sport is your chance to get out and try something new and Edinburgh has so many ways for everyone to get active!

With over 100 activities for you to experience, either by taking part or watching from the side lines. You'll find events for any age, every taste and all abilities! Most of them are free, so there is no excuse not to be part of it!

The Festival of Sport in the city is proudly brought to you by The City of Edinburgh Council, ClubSportEdinburgh and Edinburgh Leisure.

Many thanks to all the clubs supporting this year's festival.

www.activcity.info

Sunday 5 June

“PRE-FESTIVAL” TENNIS OPEN DAY

2.00pm - 5.00pm

Meadows Tennis Centre

Tennis Open Day for all the family. Free courts, coaching tips and fun games for all.

Tel: 0131 444 1969

RUN/WALK FOR SCOTLAND

9.30am | £10 entry fee

Holyrood Park

Walk, run or toddle for Scotland at Holyrood Park.

See www.challengescotland.com for details ☺

Monday 6 June

FREE TASTER SESSIONS

Various times

Ainslie Park Leisure Centre

Ainslie Park will offer free taster sessions to allow customers to try new activities.

Tel: 0131 551 2400 ☺

VOLLEYBALL OPEN CLUB TRAINING SESSION

4.00pm - 6.00pm

Queensferry High School

Open club training session for 13-16 year old boys. All abilities are welcome so come along to try your hand at volleyball.

Tel: 07946 531617

SWORD-FENCING FOR JUNIORS - OPEN CLASS

4.15pm

Carrickvale Community Centre

Unleash your inner Zorro at our free taster session for primary school-age children.

Tel: 07970 069250

SWORD-FENCING

JUNIORS AND FAMILIES OPEN EVENING

6.15pm - 9.15pm

Ratho Community Centre

Unleash your inner Zorro at our free taster sessions:

6.15pm - 7.15pm, primary school children

7.15pm - 8.15pm, families

8.15pm - 9.15pm, sparring and bouting.

Tel: 07970 069250

MASTERS SWIMMING TASTER SESSIONS

6.00pm - 8.00pm

Glenogle Swim Centre

High intensity coach led session. This will work on your strengths and endurance, while fine tuning your swim technique.

Tel: 0131 343 6376

GYM SESSIONS FOR OLDER ADULTS

10.00am and 11.00am

Glenogle Swim Centre

An opportunity for the older adults to enjoy using the gym equipment at their own pace in a safe, friendly environment.

Tel: 0131 343 6376

GIRLS BASKETBALL COACHING

6.15pm - 7.30pm

Boroughmuir High School, Viewforth

Polonia Phoenix Basketball offer free coaching and games for girls aged 10 to 13 years.

Tel: 07719 714932 ☺

Tuesday 7 June

ACTIVE SCHOOLS GYMNASTICS CLUB

4.45pm - 5.45pm

Tynecastle High School

Gymnastics coaching for P6-7 pupils from the Tynecastle area. All abilities are catered for in a fun and friendly environment.

Tel: 07884 142774 ☺

ACTIVE SCHOOLS TABLE TENNIS CLUB

6.00pm - 7.30pm

Church of the Good Shepherd, Murrayfield Avenue

Table tennis coaching in conjunction with Murrayfield Table Tennis club for P5-7 pupils from the Tynecastle and Craigmount areas.

Tel: 07825 843159 ☺

AGEING WELL HEALTH WALK

10.00am

Meet London Road, near Elm Row, first bus stop going out of town.

The walk will range from 2-3 miles in length. Bring suitable outdoor clothing and flat comfortable footwear.

Tel: 0131 458 2183

AGEING WELL HEALTH WALKS

7.00pm

Meet outside the Post Office at foot of Morningside Road

Ageing Well aims to encourage physical activity in those aged over 50 years. Bring suitable outdoor clothing and comfortable footwear.

Tel: 0131 458 2183

GIRLS VOLLEYBALL TRAINING

6.00pm - 7.30pm

Queensferry High School

Open club training session for 13-16 year old girls. All abilities are welcome so come along to try your hand at volleyball.

Tel: 07946 531617

KARATE BEGINNERS EVENT

6.00pm - 7.00pm

Gorgie Mill Bowling Club

Taster of karate and fitness for families.

Tel: 07789 460614

KORFBALL DEMONSTRATION

7.00pm

The Meadows

A chance for anyone interested to watch korfball in action and try it themselves.

Tel: 07800 599003

MASTERS SWIM SESSION

6.30am - 8.00am

Portobello Swim Centre

High intensity coach led session. This will work on your strengths and endurance, while fine tuning your swim technique.

Tel: 0131 669 6888 ☺

MASTERS SWIMMING (SKILLS & DRILLS)

11.10am - 12.00pm

Portobello Swim Centre

Free coached led swim session working on all the skills and drills needed for a masters session.

Tel: 0131 669 6888 ☺

JUNIOR CRICKET COACHING

6.00pm - 7.00pm

Royal High School (Playing Fields)

Cricket coaching, led by fully qualified RHC coaching team, for kids aged 5 - 17 years. All beginners and experienced welcome.

Tel: 07923 393886

Wednesday 8 June

ACTIVE SCHOOLS MULTI-SPORT CLUB

6.00pm - 7.00pm

Gorgie Dalry Community Association, McLeod Street.

Coaching in a range of different physical activities and sports for P5-7 pupils from the Tynecastle area.

Tel: 07884 142774 ☺

AQUAFIT

10.00am

Ainslie Park Leisure Centre

Come and try our AquaFit, a workout in the water for adults.

Tel: 0131 551 2400 ☺

GIRLS VOLLEYBALL TRAINING

4.00pm - 6.00pm

Queensferry High School

Open club training session for 13-16 year old girls. All abilities are welcome so come along to try your hand at volleyball.

Tel: 07946 531617

ADULT AND CHILD WATER CLASSES

2.30pm - 3.00pm

Drumbrae Leisure Centre

Come along to our Adult and Child classes. This fun introduction to the water will include games, songs and water confidence for your child.

Tel: 0131 312 7957 ☺

TRIATHLON TRAINING SESSION

7.30pm

Stewart's Melville School

A gentle introduction to triathlon. A short easy run, followed by a coached swim session. All abilities catered for.

Tel: 0131 553 3090 ☺

FENCING IS FUN OPEN CLASS

3.30pm - 4.30pm

St. Michaels Parish Church Hall, 1 Slateford Road

Unleash your inner Zorro at our free taster session for primary school age children.

Tel: 07970 069250 ☺

GYM SESSIONS FOR OLDER ADULTS

10am and 11am
Glenogle Swim Centre

An opportunity for the older adults to enjoy using the gym equipment at your own pace in a safe, friendly environment.

Tel: 0131 343 6376

UNDER 5'S FUN SESSION

1.30pm - 2.30pm
Portobello Swim Centre

A fun session for parents and children in your own dedicated pool.

Tel: 0131 669 6888

CAAC 5 ROAD RACE AND FUN RUN

7.30pm
Turnhouse Road

The CAAC 5 Road Race is an accurately measured five mile loop round the Cammo Estate.

Tel: 07739 344527

Thursday 9 June

ACTIVE SCHOOLS FOOTBALL

4.30pm - 6.00pm
Saughton Sports Complex

Football coaching for P4-7 pupils from the Tynecastle area. All abilities are catered for in a fun and friendly environment.

Tel: 07884 142774 ☺

ACTIVE SCHOOLS GIRLS' FOOTBALL

5.30pm - 7.00pm
Liberton High School

Girls' football coaching for P4-7 girls from the Liberton area. All abilities are welcome.

Tel: 07884 210647 ☺

ACTIVE SCHOOLS HOCKEY CLUB

4.00pm - 5.00pm
Peffermill Hockey Pitches

Hockey coaching for P4-7 pupils from the Liberton, Gracemount, James Gillespie and Boroughmuir High School areas. All abilities are welcome.

Tel: 07884 210647 ☺

AGEING WELL HEALTH WALKS

1.30pm
Meet London Road, first bus stop going out of town

The walk will range from 2-3 miles in length. Bring suitable outdoor clothing and flat comfortable footwear.

Tel: 0131 458 2183

AGEING WELL HEALTH WALKS

10.00am
Meet at Cameron Toll Shopping Centre, outside Sainsburys

Ageing Well aims to encourage physical activity in those aged over 50 years. Bring suitable outdoor clothing and comfortable footwear.

Tel: 0131 458 2183

MASTERS SWIMMING TASTER SESSIONS

7.00am
Glenogle Swim Centre

High intensity coach led session. This will work on your strengths and endurance, while fine tuning your swim technique.

Tel: 0131 343 6376 ☺

MASTERS SWIM SESSIONS

7.10am and 8.10am
Glenogle Swim Centre

Club style swimming for adults. From casual fitness swimming to highly organised competitive swimming.

Tel: 0131 343 6376

TRY SAILING, TRY CANOEING

5.30pm
Port Edgar Sailing School, South Queensferry

A great opportunity to get hooked on watersports under the expert guidance of our qualified instructors.

Tel: 0131 331 3330 ☺

ADULT SWIMMING LESSON

11.10am
Portobello Swim Centre

Come and try our adult swim lessons for complete beginners or people who just need some tips and advice.

Tel: 0131 669 6888 ☺

TAEKWON-DO OPEN DAY

5.00pm - 6.30pm
Craigroyston Community High School

Free trials for Taekwon-do for all ages.

Tel: 07815 940152

ADULT CRICKET COACHING

7.00pm - 9.00pm
Royal High School (Playing Fields)

Adult cricket coaching for players of all abilities and experience, led by RHC Head Coach.

Tel: 07924 393886

Friday 10 June

ACTIVE SCHOOLS SHINTY CLUB

1.30pm - 2.30pm
Liberton High School

Introduction to shinty for primary and high school aged pupils of all abilities.

Tel: 07884 210647 ☺

ACTIVE SCHOOLS GIRLS' FOOTBALL

1.30pm - 2.30pm
Portobello High School.

Football club for P5-7 girls from the Portobello area. All abilities catered for in a fun and friendly environment.

Tel: 07884 216213 ☺

ACTIVE SCHOOLS FENCING CLUB

1.30pm - 2.30pm
Corstorphine Primary School

Fencing for P5-7 pupils from the Corstorphine area. All abilities are catered for in a fun and friendly environment.

Tel: 07825 843159 ☺

ACTIVE SCHOOLS RUGBY

1.30pm - 3.00pm
Liberton High School

Rugby coaching for P4-7 pupils from the Liberton areas. All abilities are catered for in a fun and friendly environment.

Tel: 07884 210647 ☺

ACTIVE SCHOOLS ATHLETICS CLUB

12.30pm - 1.15pm
Bruntsfield Links

Athletics coaching for P3-7 pupils from the Boroughmuir and James Gillespie's areas. All abilities are catered for.

Tel: 07799 861473 ☺

ACTIVE SCHOOLS TENNIS CLUB

1.00pm - 2.00pm
Meadows Tennis Centre

Tennis coaching for P5-7 pupils from the Boroughmuir and James Gillespie's areas. All abilities are catered for.

Tel: 07799 861473 ☺

ACTIVE SCHOOLS RUGBY CLUB

2.30pm - 3.30pm
Meggetland Sports Complex

Rugby coaching, in partnership with Boroughmuir RFC, for P5-7 pupils from the Boroughmuir and James Gillespie High School areas.

Tel: 07799 861473 ☺

ACTIVE SCHOOLS HOCKEY CLUB

1.30pm - 2.30pm
Meadowbank Sports Centre

Hockey coaching for P5-7 pupils from the Portobello and Holyrood High School areas. All abilities are catered for.

Tel: 07884 216213 ☺

JUNIOR CRICKET COACHING

6.30pm - 8.30pm
Roseburn Park

Murrayfield DAFS Cricket Club are running taster sessions for 7 - 14 year olds.

Tel: 07730 074174 ☺

VOLLEYBALL TRAINING BOYS AND GIRLS

1.30pm - 3.00pm
Queensferry High School

U13 mixed volleyball training and opportunity to come and try.

Tel: 07946 531617

FREE GOLF LESSON

4.30pm - 5.30pm
Craigentinny Golf Course

Free one hour lessons for beginners with a PGA professional golfer advanced booking required.

Tel: 0131 458 2100 ☺

SOUTH SIDE SPORTSFEST

2.00pm - 6.00pm

Inch Park Community Sports Hub

Free taster sessions in all activities such as football, rugby, dance, taekwan-do, tennis, gymnastics, golf and much, much more!

Tel: 07884 210647

COME AND TRY WATER POLO SKILLS SESSION

8.00pm - 9.30pm

Warrender Swim Centre

Small skill practices and fun games.

Tel: 07534 915041

ACTIVE SCHOOLS BASKETBALL

1.15pm - 2.30pm

Tynecastle High School

Basketball coaching for P6-7 pupils from the Tynecastle area in partnership with Blaze Basketball Club. All abilities welcome.

Tel: 07884 142774

GIRLS' AND WOMEN'S CRICKET

6.30pm - 9.00pm

Royal High School Playing Fields

Fun and friendly female-only cricket run by RHC coaching team. Girls' and women of all ages and abilities welcome.

Tel: 07925 393886

Saturday 11 June

AULD REEKIE ROLLER GIRLS VS

LONDON ROLLER GIRLS

2.00pm

Meadowbank Sports Centre

Action packed, full contact, all female sport on roller skates!

Tel: 0131 661 5351

TENNIS OPEN AFTERNOON

2.00pm - 4.00pm

Barnton Park LTC

Let's get you in the mood for Wimbledon! Come along and try out tennis!

Tel: 07515 713909

PORTOBELLO BEACH VOLLEYBALL TOURNAMENT

9.30am - 5.00pm

Portobello Beach

This event offers a fabulous opportunity for people to play beach volleyball.

Tel: 07817 631334

FOOTBALL FUN DAY AND COMPETITION

10am - 4.00pm

The Jewel Playing Fields

A football fun day with sport coaching being offered to kids in football, rugby, and boxing.

Tel: 07863 104344

FREE ROUND OF GOLF

6.00pm

Braid Hills Golf Course, Craigenfinny Golf Course, Carrick Knowe Golf Course, Silverknowes Golf Course.

Free round of golf at any of Edinburgh Leisure's 18 hole courses after 6pm. Booking is recommended and can be done up to 14 days in advance.

Tel: 0131 458 2100

OPEN RACKETS DAY

11.00am - 5.00pm

Edinburgh Sports Club

An introduction to racketball, tennis, squash and table tennis fully supervised by qualified coaching staff.

Tel: 0131 539 7071

MASTERS SWIMMING TASTER SESSIONS

8.00am

Glenogle Swim Centre

Masters sessions are aimed at building fitness in the pool with stamina sets and also work on stroke technique.

Tel: 0131 343 6376

CAN YOU DEFY GRAVITY?

10.00am - 4.00pm

Glenogle Swim Centre

Capable of performing up to 200 different exercises, this new equipment provides a full body workout.

Tel: 0131 343 6376

AQUAFIT

11.10am and 12.00pm

Glenogle Swim Centre

Fun water based fitness class.

Tel: 0131 343 6376

VOLLEYBALL TOURNAMENT & COME AND TRY

12.00pm - 4.00pm

Meadows - bottom of Meadows Place and Marchmont Road

Volleyball tournament in the meadows and come and try sessions.

Tel: 07719 280169

LGBT COMMUNITY SPORTS DAY

12pm - 4.00pm

King George V Park

A family friendly sports day and picnic with teams competing in an array of activities and games throughout the afternoon.

Tel: 0131 523 1100

PORTOBELLO ASC: SWIM & WATER POLO

COME & TRY

14.45pm - 16.45pm

Portobello Swim Centre

Introduction to swimming club and the sport of water polo.

Tel: 07711 283998

FREE ROUND OF GOLF

After 6.00pm

Braid Hills Golf Course, Craigenfinny Golf Course, Carrick Knowe Golf Course, Silverknowes Golf Course.

Free round of golf at any Edinburgh Leisure 18-hole courses after 6pm. Booking is recommended and can be done up to 14 days in advance.

Tel: 0131 458 2100

THE GRAND PRIX OF EDINBURGH

Meadowbank Velodrome

Top UK and International cyclists in action at this high level event.

Tel: 0131 441 2814 | Spectator only

EDINBURGH MOONWALK

10.00pm | Entry fee applies

Inverleith Park

Raise lots of money for vital breast cancer causes in Scotland, and be part of an amazing night.

See www.walkthewalk.org for entry costs and online application.

Sunday 12 June

THE GRAND PRIX OF EDINBURGH

Meadowbank Velodrome

Top UK and International cyclists in action at this high level event.

Tel: 0131 441 2814 | Spectator only

BOYS VOLLEYBALL TRAINING

10.00am - 12.00pm

Queensferry High School

Boys aged 13 - 16 years volleyball training and open day.

Tel: 07946 531617

CRAIGLOCKHART CLUB TENNIS CHAMPIONSHIPS

12.30pm - 5.30pm

Craiglockhart Tennis Centre

Junior tournaments divided into different ages and levels from 5-16 years.

Tel: 0131 444 1969

LOTHIAN AND BORDERS ATHLETICS MATCH

1.00pm

Meadowbank

Sprints and long jump competitions for boys and girls 9 years upwards.

Tel: 0131 339 1713

EDINBURGH EAGLES BASEBALL OPEN DAY

3.00pm

Warrison Playing Fields

Baseball open day for ages 15 and younger. Try your luck hitting a home run.

Tel: 07921 713615

TAEKWON-DO

3.00pm - 4.00pm

Drumbrae Leisure Centre

Come and try Taekwon-do, a great way to build confidence whilst learning a new skill and keeping fit.

Tel: 07546 418 8337

CAN YOU DEFY GRAVITY?

10.00am - 4.00pm

Glenogle Swim Centre

Capable of performing up to 200 different exercises, this new equipment provides a full body workout.

Tel: 0131 343 6376

GOLF OPEN DAY
10.00am - 3.00pm
Gogarburn Golf Club

There will be various golf skills competitions, a free round of golf and light lunch provided for all.

Tel: 0131 333 3496 ☺

SWIMMING CLUB OPEN DAY
4.00pm - 6.00pm
Drumbrae Leisure Centre

Opportunity for young swimmers to be assessed by a professional swimming coach with a view to joining our swimming club.

Tel: 07948 374331

MASTERS SWIMMING OPEN SESSION
6.00pm - 7.00pm
Drumbrae Leisure Centre

An opportunity for swimmers aged 16 and over to come along and try swimming with our masters section.

Tel: 07952 524856

GIRLS FOOTBALL FESTIVAL
10.00am - 1.00pm
Saughton Sports Complex

Outdoor six-a-side. Teams can be clubs, street or school teams. All players must be at primary school.

Tel: 07793 315997 ☺

BOWLS FOR BEGINNERS
12.00pm - 2.00pm
Portobello Indoor Bowls and Leisure Centre

Free introduction to the game of indoor bowls for absolute beginners. Qualified coaching staff on hand to give basic instruction.

Tel: 0131 669 0878

FOOTBALL OPEN TRAINING SESSION FOR BEGINNERS AND ABOVE
2pm - 4pm
Holyrood Park

Open football skills and fitness training session for all men and women.

Tel: 07808 26317

Monday 13 June

CROQUET COME AND TRY IT EVENING
6.30pm - 8.30pm
Meadows Croquet Club

A free croquet taster session. Please wear flat-soled shoes, such as trainers.

Tel: 0845 250 4394

Tuesday 14 June

AGEING WELL HEALTH WALKS
10.00am

Meet London Road, first bus stop going out of town

Ageing Well aims to encourage physical activity in those aged over 50 years. Bring suitable outdoor clothing and comfortable footwear.

Tel: 0131 458 2183

AGEING WELL HEALTH WALKS
7.00pm

Meet in cafe at Craiglockhart Tennis Centre, Colinton Road

Ageing Well aims to encourage physical activity in those aged over 50 years. Bring suitable outdoor clothing and comfortable footwear.

Tel: 0131 458 2183

TABLE TENNIS TASTER

Juniors 6.00pm / Adults 7.30pm

Church of the Good Shepherd Hall, Murrayfield Avenue

Taster session where players of any standard can come along and have a hit and chat with club members.

Tel: 07739 912812

MASTERS SWIM SESSION

6.30am to 8.00am

Portobello Swim Centre

High intensity coach led session. This will work on your strengths and endurance while fine tuning your swim technique.

Tel: 0131 669 6888 ☺

MASTERS SWIM (SKILLS & DRILLS)

11.00am

Portobello Swim Centre

Free and coached led swim session working on all the skills and drills needed for a masters session.

Tel: 0131 669 6888 ☺

JUNIOR CRICKET COACHING

6.00pm - 7.00pm

Royal High School (Playing Fields)

Cricket coaching, led by fully qualified RHC coaching team, for kids aged 5 - 17 years. All beginners and experienced welcome.

Tel: 07926 393886

Wednesday 15 June

5-A-SIDE FOOTBALL GAMES

7.00pm - 8.00pm

Gracemount Sports Centre

Tel: 0131 523 1104

GYM SESSIONS FOR OLDER ADULTS

10am and 11am

Glenogle Swim Centre

We will work with you to enjoy using the gym equipment at your own pace in a safe, friendly environment.

Tel: 0131 343 6376

UNDER 5'S FUN SESSION

1.30pm - 2.30pm

Portobello Swim Centre

A fun session for parents and children in your own dedicated pool.

Tel: 0131 669 6888

Thursday 16 June

AGEING WELL HEALTH WALKS

1.30pm

Meet London Road, first bus stop going out of town.

Ageing Well aims to encourage physical activity in those aged over 50 years. Bring suitable outdoor clothing and comfortable footwear.

Tel: 0131 458 2183

AGEING WELL HEALTH WALKS

10.00am

Meet at Saughton Winter Gardens, Balgreen Road

Ageing Well aims to encourage physical activity in those aged over 50 years. Bring suitable outdoor clothing and comfortable footwear.

Tel: 0131 458 2183

AQUAFIT

8pm - 8.50pm

Drumbrae Leisure Centre

Come and join our fitness class in the water. This class is great for everyone.

Tel: 0131 312 7957 ☺

BASEBALL OPEN TRAINING

6.00pm

Warriston Playing Fields

Learn the basics of baseball at our training session. All abilities welcome.

Tel: 07921 713615

MASTERS SWIM SESSIONS

7.10am - 8.10am

Glenogle Swim Centre

Club style swimming for adults with the guidance and support of qualified instructors.

Tel: 0131 343 6376

AQUAFIT

11.10am - 12.00pm

Glenogle Swim Centre

Fun water based fitness class.

Tel: 0131 343 6376 ☺

AQUAFIT

7.00pm - 7.30pm

Glenogle Swim Centre

Fun water based fitness class.

Tel: 0131 343 6376 ☺

TRY SAILING, TRY CANOEING

5.30pm

Port Edgar Sailing School

These introductory sessions are a great opportunity to get hooked on watersports under the expert guidance of our qualified instructors.

Tel: 0131 331 3330 ☺

ADULT SWIMMING LESSON

11.10am

Portobello Swim Centre

Come and try our adult swim lessons for complete beginners and people who just need some tips and advice.

Tel: 0131 669 6888 ☺

ADULT CRICKET COACHING

7.00pm - 9.00pm

Royal High School (Playing Fields)

Adult cricket coaching for players of all abilities and experience led by RHC Head Coach.

Tel: 07927 393886

Friday 17 June

JOIN IN

1.00pm - 4.00pm

Meadows East

Edinburgh Leisure's End-of-Term Energize Party. This great event will include loads of sports and physical activity for young people to try. P6-7 and secondary school age young people welcome.

Tel: 0131 458 2100

GIRLS' AND WOMEN'S CRICKET

6.30pm - 9.00pm

Royal High School (Playing Fields)

Fun and friendly female-only cricket run by RHC coaching team. Girls' and women of all ages and abilities welcome.

Tel: 07928 393886

Saturday 18 June

EDINBURGH JITSU YOUTH TASTER SESSION

11.00am

St Stephen's Centre

Taster sessions for young people aged 11-18 years in the art of ju-jitsu.

Tel: 0131 242 9161

INVERLEITH FAMILY TENNIS

OPEN AFTERNOON

2.00pm - 5.00pm

Inverleith Park

Open afternoon for all the family - coaching tips, fun games and challenges.

Tel: 07919 377027

SWORD FIGHTING INTERSCHOOLS

AND INTERCLUB

MATCHDAY

10.30am - 4.00pm

Kirkliston Leisure Centre

Come and compete for trophies, medals, certificates and prizes, against children from all over Edinburgh and Central Scotland.

Tel: 07970 069250 ☺

COME AND TRY ORIENTEERING

2.00pm - 3.00pm

Bonaly Country Park

An orienteering event with courses suitable for children and adults, complete beginners and more experienced orienteers.

Tel: 0131 667 9907

CAN YOU DEFY GRAVITY?

10.00am - 4.00pm

Glenogle Swim Centre

Capable of performing up to 200 different exercises, this new equipment provides a full body workout.

Tel: 0131 343 6376 ☺

SOCCER CAMP TASTER

9.00am and 12.00pm

Gracemount Leisure Centre

Soccer Camp is open to all 5-12 year olds regardless of ability.

Tel: 0131 658 1940 ☺

TRAMPOLINE CAMP TASTER

9.00am and 12.00pm

Gracemount Leisure Centre

Trampoline Camps are open to all 5-12 year olds.

Tel: 0131 658 1940 ☺

ACTIVATOR CAMP TASTER

9.00am and 12.00pm

Gracemount Leisure Centre

Our Activator Camp, open to 5 - 12 year olds, gives participants the chance to try a range of sports, activities and games.

Tel: 0131 658 1940 ☺

TENNIS OPEN DAY - COME ALONG AND PLAY

2.00pm

Murrayfield Lawn Tennis Club

Open afternoon for trying out tennis or playing a game (over 16 year olds only).

Tel: 0131 339 8078

FREE GOLF LESSON

4.30pm and 5.30pm

Craigentiny Golf Course

Free one hour lessons for beginners with a PGA professional golfer at Craigentiny Golf Course.

Tel: 0131 458 2100 ☺

FREE ROUND OF GOLF

After 6.00pm

Braid Hills golf course, Craigentiny golf course, Carrick Knowe golf course, Silverknowes golf course.

Free round of golf at any of our 18 hole courses after 6pm. Booking is recommended and can be done up to 14 days in advance.

Tel: 0131 458 2100 ☺

VOLLEYBALL TOURNAMENT

COME AND TRY

12.00pm - 4.00pm

Meadows - bottom of Meadows Place / Marchmont Road

Volleyball tournament in the meadows and come and try sessions.

Tel: 07719 280169

Sunday 19 June

BRAIDS UNITED FESTIVAL OF SPORT

TEXAS SCRAMBLE

11.00am

Braid Hills Golf Course

An open golf competition for teams of four with prizes. Club open day with a bbq.

Tel: 0131 466 5204 ☺

EDINBURGH DIAMOND DEVILS VS

EDINBURGH CANNONS

1.00pm - 6.00pm

Warriston Playing Fields

Watch the two top baseball teams in Scotland battle it out in a classic derby match up.

Tel: 07921 713615

CAN YOU DEFY GRAVITY?

10.00am and 4.00pm

Glenogle Swim Centre

Capable of performing up to 200 different exercises, this new equipment provides a full body workout.

Tel: 0131 343 6376 ☺

HOTSCOTS CHALLENGE MATCH

2.00pm - 4.00pm

Fettes Police HQ Football Field

HotScots FC, Scotland's 1st LGBT football team, will take on a local team in a challenge 11-a-side game.

Tel: 07808 263173 Spectator only ☺

TENNIS OPEN AFTERNOON ALL WELCOME

2.30pm

Merchiston Tennis & Bowling Club

Open social tennis event, children's games, and barbeque.

Tel: 0131 228 6447

TENNIS OPEN AFTERNOON ALL WELCOME

2.30pm

Merchiston Tennis & Bowling Club

Open social tennis event, children's games, and barbeque.

Tel: 0131 228 6447

BOWLS FOR BEGINNERS

12.00 - 2.00

Portobello Indoor Bowls & Leisure Centre

Free introduction to the game of indoor bowls for absolute beginners. Qualified coaching staff on hand to give basic instruction.

Tel: 0131 669 0878

RACE FOR LIFE

10.00am | £14.99 entry fee

Holyrood Park

Women's 5k and 10k fundraising event for Cancer Research UK. Spectators are welcome to come along and cheer for free.

Tel: 0871 641 1111 ☺



There's a huge variety of services and places to go for sporting, recreation and leisure activities in Fife that can help you lead an active lifestyle.

There's a lot of help and support out there to get you, your family and friends active. The Active Fife team includes Sports Development Officers, Physical Activity Coordinators, Active Schools Coordinators, Disability Sports Fife Officers and Bums Off Seats Walking Co-ordinators - all aiming to help you make being active a way of life!

For more information on how you can be active, what facilities are available in the area and advice on keeping a healthy lifestyle, visit:

www.fifedirect.org.uk/activefife

Various Dates June

AQUAEROBICS

Mon - Fri 6 - 19 June | 9.30am - 10.00am

Fife Sports Institute, Viewfield Road, Glenrothes, KY6 2RB

Book in advance. Free aquaerobics class 50+ age groups

Tel: 01592 583 305 ☎

SECONDARY SCHOOL FITNESS SESSIONS

Mon - Fri 6 to 19 June | 12.30pm - 1.30pm

Fife Sports Institute, Viewfield Road, Glenrothes, KY6 2RB

FIPRE instructors will provide a fitness taster session for S4-6 pupils in a variety of fitness based activities. The opportunity to participate further in all activities will be provided.

Tel: 01592 583 305

SPIN CLASS

Mon - Fri 6 to 19 June | 7.15am - 7.45am

Fife Sports Institute, Viewfield Road, Glenrothes, KY6 2RB

Free Spin Class

Tel: 01592 583 305 ☎

CHAPEL ROLLER HOCKEY CLUB

Wed 8 and 15 June | 8.30pm

Kirkcaldy High School

Chapel Roller Hockey Club, Inline Roller Hockey, Torbain Tigers Training Sessions

Fun club training for Under 16s and under 14s. Give Trish a call and arrange to pop along to one of the sessions to spectate.

Tel: 07708 524992 / 01592 206 021

Wed 8 and 15 June | 6.00pm

Chapel Roller Hockey Club, Inline Roller Hockey, Torbain Tigers Training Sessions

Fun club training for 12 and unders Give Trish a call and arrange to pop along to one of the sessions to spectate.

Tel: 07708 524992 / 01592 206 021

Tue 7 and 14 June | 9.30 pm

Fife Sports Institute, Viewfield Road, Glenrothes, KY6 2RB

Chapel Roller Hockey Club, Inline Roller Hockey, Torbain Tigers Training Sessions

Fun club training for over 16s to seniors Give Trish a call and arrange to pop along to one of the sessions to spectate.

Tel: 07708 524992 / 01592 206 021

Tue 7 and 14 June | 5.30 PM - 7.00 PM | £2

Queen Anne High School, Bothwell Street, Dunfermline, KY12 0PQ

Youth hockey coaching session with coaches from Dunfermline Carnegie Hockey Club and run in partnership with Dunfermline and West Fife Sports Council. Outdoor on synthetic turf. Sticks supplied for use. Participants bring usual outdoor sportswear and rainproof wear plus shinpads if possible.

Wed 8 and 15 June | 8.30pm

Tue 7 and 14 June | 6.30pm

Cowdenbeath Leisure Centre

Chapel Roller Hockey Club, Inline Roller Hockey, Torbain Tigers Training Sessions

Fun club training for 16 and unders. Give Trish a call and arrange to pop along to one of the sessions to spectate.

Tel: 07708 524992 / 01383 602351 ☎

SQUASH AND RACKETBALL OPEN NIGHT

Tue 7 to 14 June | 7.00 PM - 9.00 PM

Kirkcaldy Squash Club
63 Bennoch Road, Kirkcaldy, KY2 5QU

Drop by with your indoor sports shoes to try squash and/or racketball. Find out about Kirkcaldy Squash Club and get some free tuition on the mysteries of how to play the game, how to hit the ball and how to hit it harder!

Tel: 07766 797008

DUNNIKIER CRICKET CLUB

Tue 7 to 14 June 2011 | 6.30 PM - 8.30 PM

Dunnikier Park, Dunnikier Way, Kirkcaldy, KY1 3LP

Dunnikier Cricket Club. Come and try cricket for youngsters and adults

This will be hands on coaching. Come along and give cricket a try!

Tel: 01592 202343

BADMINTON

Wed 8 and 15 June | £2.60

Beath Community Use, Foulford Road,
Cowdenbeath, KY4 9BH

Fun basketball session P4&P5 5.45-6.30pm
P6&P7 6.30 - 7.15

5.45 PM - 6.30 PM for P4 & P5, 6.30 PM -7.15 PM
for P6 & P7

Tel: 01383 602 346

BASKETBALL

Sat 11 to 18 June | 10.30am - 11.30am | £2.60

Fun basketball session for P5- P7 children.
Beath Community Use, Foulford Road,
Cowdenbeath, KY4 9BH

Tel: 01383 602 346

SILKY SOCCER SKILLS

Fri to Sat 10/11 & 17/18 June 2011 | £2.60

Beath Community Use, Foulford Road,
Cowdenbeath, KY4 9BH

Friday - 5.15 pm to 6 PM for 6/7yrs and Saturday
- 9.30am to 10.15 am for 3-5 yrs and 10.15am to
11am for 6-7 yrs.

Tel: 01383 602 346

TAE KWON DO

Tue 7 and 14 June 2011 | 6PM to 7PM | 4-7 yrs

Beath Community Use, Foulford Road,
Cowdenbeath, KY4 9BH

Fun martial arts and fitness training class of the
highest standard for children of all abilities.

Tel: 07948 273654 ☺

CARNEGIE SWIMMING CLUB BEGINNERS SWIMMING LESSONS AND COME AND TRY IT CLUB SWIMMING FOR JUNIORS

Wed 8 and 15 June | 6.00pm -7.00pm

Sat 11 and 18 June | 6.30pm -7.30pm

Cowdenbeath Leisure Centre, 7 Pit Road,
Cowdenbeath, KY4 9NN

Free 30 minute lesson for beginners. Classes
organised by ability from 'water confident' to
'swimming short distances unaided'. OR try
club swimming for 1 hour for free with our
junior squads - for those able to swim lengths
confidently. Please phone in advance to allow us
to gauge which group to join.

Tel: 01383 729818 ☺

DUNFERMLINE FENCING CLUB. COME AND TRY FENCING

Wed 8 June | 7.00pm - 9.00pm

Masterton Primary School, Aberdour Road,
Dunfermline, KY11 8HY

Come along and try fencing. All kit will be
supplied and coaches will be on hand. All ages
welcome from 7 to 70!

Tel: 01383 731 854

DUNFERMLINE TENNIS CLUB. COME AND TRY TENNIS

**Wed 8 and 15 June | 4.00pm - 5.00pm for P1-P4
and 5.00pm - 6.00pm for P5 to P7**

Dunfermline Tennis Club, Bothwell Street,
Dunfermline, KY11 3AF

Primary school children are invited to Come and
Try Tennis. These sessions are FREE and run by
the Club Coaches.

Follow-on opportunities include an Open Day on
25th June and Summer Camps or consider joining
the Club to experience more tennis activities.

Come along and have a go!

Tel: 07525 166460

DUNFERMLINE CARNEGIE HOCKEY CLUB, YOUTH 8 TO 14 YEARS HOCKEY COACHING SESSION

Tue 7 and 14 June | 5.30pm - 7.00pm | £2

Queen Anne High School, Bothwell Street,
Dunfermline, KY12 0PQ

Youth hockey coaching session with coaches
from Dunfermline Carnegie Hockey Club and run
in partnership with Dunfermline and West Fife
Sports Council. Outdoor on synthetic turf. Sticks
supplied for use. Participants bring usual outdoor
sportswear and rainproof wear plus shinpads if
possible.

Tel: 01383 738 663

DUNFERMLINE CARNEGIE HOCKEY CLUB, YOUTH 8 TO 14 YEARS HOCKEY COACHING SESSION

Thurs 9 and 16 June 2011 | 5.30pm - 6.45pm | £2

Woodmill High School, Shields Road, Dunfermline,
KY11 4ER

Youth hockey coaching session with coaches
from Dunfermline Carnegie Hockey Club and run
in partnership with Dunfermline and West
Fife Sports Council. Indoor in games hall &
sticks supplied. Participants bring usual indoor
sportswear and if possible shin pads.

Tel: 01383 738 663

DUNFERMLINE LADIES CURLING CLUB.

Sat 11 and 18 June | 10.00pm - 4.00pm

Dunfermline Curling Club, Introduction to Curling
Aberdour Marquee or Glen Pavilion

With use of 'indoor curling stones' demonstrate
the delivery method and various skills involved
in the game. Continuous running video/DVD of
Olympics event + training videos/DVD's available
from Royal Caledonian Curling Club. Dunfermline
Club members supporting the event along with
representation from Dunfermline Ladies Curling
Club.

Tel: 01383 850 517

FIFE SOUTHERN RUGBY CLUB COME AND TRY RUGBY

Sun 12 and 19 June | 10.00am - 4.00pm

Fife Southern RFC, Harley Street, Rosyth,
KY11 2NE

Free fun rugby taster sessions for boys and girls,
from school age P4-S4.

Tel: 07872 423825

DUNFERMLINE KNIGHTS COLTS CRICKET CLUB, CLUB COACHING AND MATCH

Mon & Wed 6/8 and 13/15 June | 6.15pm - 8.15pm

McKane Park, Limekilns Road, Dunfermline

Coaching sessions with ECB qualified coaches
will take place for Girls, U11, U13 and U15 squads.
There will be a match for our U13 and U15 teams
on two of the dates.

Tel: 01383 839 697

CARNEGIE SWIMMING CLUB, BEGINNERS SWIMMING LESSONS AND COME AND TRY IT CLUB SWIMMING FOR JUNIORS

WED & SAT 8/11 AND 15/18 JUNE |

8 AND 15 | 6.00PM -7.00PM

11 AND 18 | 6.30PM - 7.30PM

Cowdenbeath Leisure Centre, 7 Pit Road,
Cowdenbeath KY4 9NN

Free 30 minute lesson for beginners. Classes
organised by ability from 'water confident' to
'swimming short distances unaided'. OR try
club swimming for 1 hour for free with our
junior squads - for those able to swim lengths
confidently.

Tel: 01383 729 818 ☺

DUNFERMLINE WATERPOLO COME AND TRY

SUNDAY 12 JUNE | 7.00PM -8.30PM

THURSDAYS 9 AND 16 | 9.00PM -10.00PM

Cowdenbeath Leisure Centre, 7 Pit Road,
Cowdenbeath, KY4 9NN

Come and try opportunities at all our sessions
throughout the festival period.

We are also intending to hold a mini tournament
during this period to display the fun and
excitement of waterpolo. Details are still being
finalised

E-mail: secretary@dunfermline-wpc.co.uk

ABERDOUR SHINTY CLUB PRIMARY AGED TRAINING SESSIONS

Fri 10 and 17 June | 5.00pm (P1-P3) 6.00pm

(P4-P7) 6.00pm (P1-P3) 7.30pm (P4-P7)

Silversands Shinty Pitch

Come and try shinty! The club is celebrating
its 10th year this year and is always looking for
new players. Beginners and experienced players
welcome.

Come along and have a go, all equipment
provided.

Tel: 01383 861 252

ABERDOUR SHINTY CLUB UNDER 14 AND GIRLS/WOMENS TRAINING SESSION

Tue 7 and 14 June | 5.45pm - 7.00pm

Silversands Shinty Pitch

Come and try shinty! The club is celebrating
its 10th year this year and is always looking for
new players. Beginners and experienced players
welcome.

Come along and have a go, all equipment
provided.

Tel: 01383 861 252

ABERDOUR SHINTY CLUB UNDER 14 AND GIRLS/WOMENS TRAINING SESSION

Thurs 9 and 16 June | 5.45pm - 7.00pm

Silversands Shinty Pitch

Come and try shinty! The club is celebrating
its 10th year this year and is always looking for
new players. Beginners and experienced players
welcome.

Come along and have a go, all equipment
provided.

Tel: 01383 861 252

ABERDOUR SHINTY CLUB UNDER 17 AND SENIOR TRAINING SESSIONS

Tues 7 and 14 June | 7.00pm - 9.00pm
Silversands Shinty Pitch

Come and try shinty! The club is celebrating its 10th year this year and is always looking for new players. Beginners and experienced players welcome.

Come along and have a go, all equipment provided.

Tel: 01383 861 252

ABERDOUR SHINTY CLUB UNDER 17 AND SENIOR TRAINING SESSIONS

Thurs 9 and 16 June | 7.00pm - 9.00pm
Silversands Shinty Pitch

Come and try shinty! The club is celebrating its 10th year this year and is always looking for new players. Beginners and experienced players welcome.

Come along and have a go, all equipment provided.

Tel: 01383 861 252

DISABILITY SPORT FIFE, SWIMMING COACHING SESSION

Mon 6 and 13 June | 4.00pm - 5.00pm | £1.80 - £3.40

Cupar Sports Centre
Carslogie Road Cupar

Open to swimmers with a physical, sensory or learning disability aged 14 and over. Swimmers must register prior to event

Tel: 08451 555555 ext 444989 ☎

DISABILITY SPORT FIFE, TABLE TENNIS COACHING SESSION

Mon 6 and 13 June | 7.00pm - 8.00pm | £1.80 - £3.40

Fife Sports Institute, Veiwfield Road, Glenrothes

Open to players with a physical disability aged 12 and over. Players must register prior to event

Tel: 08451 555555 ext 444989 ☎

DISABILITY SPORT FIFE, BADMINTON COACHING SESSION

Mon 6 and 13 June | £1.80 - £3.40

Veiwfield Road Glenrothes

open to players with a physical, sensory or learning disability aged 14 and over. Must register prior to event

Fife Sports Institute

Tel: 08451 555555 ext 444989 ☎

DISABILITY SPORT FIFE, BOACCIA COACHING SESSION

Wed 8 and 15 June | 4.15pm - 5.15pm | £1.80 - £3.40

Fife Sports Institute, Veiwfield Road Glenrothes

Open to players with a physical disability aged 10 years and over. Players must register prior to event

Tel: 08451 555555 ext 444989 ☎

LOCHGELLY COMMUNITY USE SCHOOL - JUNIOR GYMNASTICS CLUB

Wed 8 and 15 June | 5.45pm - 7.45pm | £2.70

Lochgelly Community Use School, Station Road, Lochgelly, KY5 8LZ

Come along and give gymnastics a try - 5 years and over

Tel: 01592 583 493 ☎

LOCHGELLY COMMUNITY USE SCHOOL - SPORTS CLUB FOR PEOPLE WITH LEARNING DISABILITY

Thurs 9 and 16 June | open to all ages | 7.00pm - 9.00pm | £3.80

Lochgelly Community Use School, Station Road, Lochgelly, KY5 8LZ

Tel: 01592 583 493 ☎

LOCHGELLY COMMUNITY USE SCHOOL - MINI AND MAXI KICKERS

Fri & Sat | 10 and 17 June | 5.00pm - 7.00pm | £2.70

Lochgelly Community Use School, Station Road, Lochgelly, KY5 8LZ

Come along and give football a try for 3-5 year olds and 7 years upwards

Tel: 01592 583 493 ☎

LOCHGELLY COMMUNITY USE SCHOOL - MINI AND MAXI KICKERS

Sat 11 and 18 June | 11.00am - 1.00pm | £2.70

Lochgelly Community Use School, Station Road, Lochgelly, KY5 8LZ

Come along and give football a try for 3-5 year olds and 7 years upwards

Tel: 01592 583 493 ☎

Tuesday 7 June

GIVE IT A GO SESSION

6.00pm - 7.00pm

Beath High School, Foulford Road, Cowdenbeath, KY4 9BH

Tae Kwon Do class giving participants the chance to take part and have a go. Will include basic kicking and punching skills and a chance to hit the pads!! Session will also include instructor and black belt demonstrations.

Tel: 0794 8273654

Wednesday 8 June

JOG SCOTLAND - COME AND TRY

6.45pm

Dell Farquharson Centre, Netherton Broad Street, Dunfermline

Jog Scotland's aim is to help people adopt a healthier and more active lifestyle and is based on the principles of making fitness fun and accessible. Jog Scotland caters for both beginners and joggers with a little experience.

Tel: 01383 623 519

Thursday 9 June

DUNFERMLINE RUGBY CLUB, COME AND TRY TOUCH RUGBY

7.00pm

McKane Park, Limekilns Road, Dunfermline

Touch Rugby is for anyone aged 16 years plus and is for all abilities. It is an opportunity to meet new people make new friends and be a part of a team. A great opportunity to keep fit while having fun! Give Rugby a TRY!!!

Tel: 07825 084683

Friday 10 June

TAE KWON DO ACADEMY, TAE KWON DO DEMONSTRATION AND GIVE IT A GO SESSION

4.00pm - 5.00pm

Touch Community Leisure Centre,
30 Mercer Place, Dunfermline, KY11 4UG

Tae Kwon Do class giving participants the chance to take part and have a go.

Will include basic kicking and punching skills and a chance to hit the pads!! Session will also include instructor and black belt demonstrations.

Tel: 07948 273654

KINGDOM OF FIFE ORIENTEERS, TRY ORIENTEERING IN DUNFERMLINE

3.30pm - 6.00pm

Calais Muir Wood by Duloch Community Centre

A low key orienteering event for all abilities, especially for beginners, using open grass fields and woodland. Coaching will be given between 3:30pm and 4:15pm after which you can try one of our easy courses. Remember to wear sturdy footwear and full cover clothing.

The adventure sport for all!

Tel: 01383 412 274

Saturday 11 June

CHAPEL ROLLER HOCKEY CLUB

12.00pm-4.00pm

Kirkcaldy High School

Chapel Roller Hockey Club, Inline Roller Hockey, Torbain Tigers Training Sessions

Fun club training for all ages. Give trish a call and arrange to pop along to one of the sessions to spectate.

Tel: 07708 524 992 / 01592 206 021

CHAPEL ROLLER HOCKEY CLUB

12.00pm-4.00pm

Kirkcaldy High School

Chapel Roller Hockey Club, Inline Roller Hockey, Torbain Tigers Training Sessions

Fun club training for all ages. Give trish a call and arrange to pop along to one of the sessions to spectate.

Tel: 07708 524 992 / 01592 206 021

DALGETY BAY BOWLING CLUB COME AND TRY BOWLS FUNDAY

10.00am-4.00pm

Dalgety Bay Bowling Club, 27 Lt Sales Avenue, Dalgety Bay, KY11 9GB

All ages welcome to try (but must be at least 8 years old to join)

Tel: 01383 823 706

DUNFERMLINE WATERPOLO COME AND TRY
5.30pm - 7.00pm

Kirkcaldy Leisure Centre

Come and try opportunities at all our sessions throughout the festival period.

We are also intending to hold a mini tournament during this period to display the fun and excitement of waterpolo. Details are still being finalised

E-mail: secetary@dunfermline-wpc.co.uk

Sunday 12 June

NETHERTON BOWLING CLUB OPEN
AFTERNOON
2.00pm

Nethertown Bowling Club
5 Nethertown, Broad Street
KY12 7ZD

Why not bring the whole family to our OPEN DAY where you can try out Bowls for yourselves. We also have Air Hockey and Pool Tables, Indoor carpet bowls, darts, Dominoes and cards. Enjoy a BBQ around the green in a friendly atmosphere, meet new people and have a fun day out.

Tel: 01383 728 342

LOCHGELLY COMMUNITY USE SCHOOL -
ACTIVE KIDS

1.30pm - 2.30pm | £2.70

Lochgelly Community Use School, Station Road,
Lochgelly, KY5 8LZ

Fun packed active games session for 3-5 year olds

Tel: 01592 583 493 

RUGBY FORCE COME AND TRY
12.00pm - 2.00pm

Duffus Park, Cupar

A chance to play touch rugby or join in with the regular training teams, learn new skills and meet new friends

Tel: 01334 652 819

Monday 13 June

PRIMARY SCHOOL MULTI SPORTS DAY
10.00am - 12.00pm | £0

Fife Sports Institute, Viewfield Road, Glenrothes,
KY6 2RB

Local clubs and facility coaches will provide primary school children the opportunity to participate in a number of sports including Football, Cricket, Rugby, Netball and Golf. The opportunity to participate further in all activities will be provided.

Tel: 01592 583 305 

Thursday 16 June

DISABILITY SPORT FIFE ATHLETICS
CHAMPIONSHIPS

11.00am - 3.00pm | £0

Fife Sports Institute, Viewfield Road, Glenrothes,
KY6 2RB

Open to athletes with a disability aged 15 years and over. Athletes must complete an entry form to enter the event.

Tel: 0845 155 5555 ext 444989 

Friday 17 June

A TASTE OF TAE KWON DO
(45 MIN SESSIONS)

10.00am - 4.00pm | £0

Lochgelly Town Hall, 71 Bank Street, Lochgelly,
KY5 9QN

Come and try classes and demonstrations - Book in advance/Turn up on the Day

Tel: 07838 363 550

Saturday 18 June

DUNFERMLINE CITY HOCKEY CLUB.
HOCKEY MATCH

11.00am

Queen Anne High School, Bothwell Street,
Dunfermline, KY12 0PQ

Dunfermline City HC will play a friendly match against a local team allowing members of the public to come along and watch to see what the club is all about and they can also participate in the match.

Tel: 07810 123064 

ABERDOUR SHINTY CLUB 10TH YEAR
CELEBRATION DAY

10.00am - 4.00pm

Silversands Shinty Pitch

A day to celebrate 10 years of Shinty at Aberdour Shinty Club. The day will be made up of a variety of events including demonstration games from youth and womens teams in the morning. The afternoon event will showcase a game between Aberdour Seniors and Kyles Athletic Shinty Club where the club roots lie. BBQ and stalls will run all day.

Tel: 01383 861 252

TWO CAPITALS CYCLE DRIDE FROM
DUNFERMLINE TO EDINBURGH

12.30pm

Dunfermline Glen

A non-competitive, all-age, all-abilities event that aims to promote cycling for all.

Visit: www.twocapitals.org for more information.

MIDLOTHIAN



With everything from athletics to trampolining, judo to scuba diving, hockey to skiing, the Festival of Sport really does have something for everyone in Midlothian. Whether you want to see what your local club has to offer, get back into a sport or try something new, then the taster sessions in this section are an ideal opportunity to get involved.

There are over 50 different sessions in Midlothian as part of the Festival of Sport. Join in at your local leisure centre, swimming pool or sports club. Events also take place at locations around the county including the Midlothian Snowsports Centre.

Get active with the Festival of Sport and find the right activity for you. There are different activities for all ages and many are FREE so you can try one or maybe a few.

For more information visit www.midlothian.gov.uk

Various Dates 6 - 19 June

TAEKWON-DO BEGINNERS TASTER SESSIONS

Various 6 to 19 June 2011 | Various Various | £0.00 throughout Midlothian

UKTC Taekwon-do (ITF) offers Free taster sessions to new beginners.

email: uktkdcentres@yahoo.co.uk

Tel: 01314 451 759 ☺

SPORT/ACTIVITIES TASTER SESSIONS

Various 6 to 10 June 2011 | Various Times

Penicuik Centre, Carlops Road, Penicuik, EH26 9EP

Penicuik Centre invites you to try badminton, adult swimfit, mini water polo, dance, junior football, plus a variety of other activities.

Tel: 01968 664 066 - Quote "Offer 1" ☺

SPORT/ACTIVITIES TASTER SESSIONS

Various Times

Loanhead Leisure Centre, George Avenue, Loanhead, EH20 9LA

Loanhead Leisure Centre invites you to try gymteds, junior football, adult swimfit plus a variety of other activities.

Tel: 01314 404 516 - Quote "Offer 2" ☺

SPORT/ACTIVITIES TASTER SESSIONS

Various Times

Bonnyrigg Leisure Centre, King George V Park, Bonnyrigg, EH19 2AD

Bonnyrigg Leisure Centre invites you to try mini kickers, junior football and a variety of other activities.

Tel: 01316 637 579 - Quote "Offer 3" ☺

SPORT/ACTIVITIES TASTER SESSIONS

Various Times

Mayfield Leisure Centre, 10 Mayfield Place, Mayfield, EH22 5JG

Mayfield Leisure Centre invites you to try mini kickers, junior football, gymteds, athletics, badminton plus a variety of other activities.

Tel: 0131 663 2219 - Quote "Offer 4" ☺

SPORT/ACTIVITIES TASTER SESSIONS

Various Times

Gorebridge Leisure Centre, Hunterfield Road, Gorebridge, EH23 4TX

Gorebridge Leisure Centre invites you to try mini kickers, junior football, badminton, basketball carpet bowls plus a variety of other activities.

Tel: 01875 821739 Quote "Offer 5" ☺

Monday 6 - Sunday 19 June

GET FIT FOR SPORT

Various 6 to 19 June | 9am-8pm | £4.30

Tonezone invites all 16 years + to try a sports specific training programme at any of our centres listed below.

Penicuik Centre, Carlops Road, Penicuik, EH26 9EP

Tel: 01968 664066 ☺

Loanhead Leisure Centre, George Avenue, Loanhead, EH20 9LA

Tel: 0131 440 4516 ☺

Bonnyrigg Leisure Centre, King George V Park, Bonnyrigg, EH19 2AD

Tel: 0131 663 7579 ☺

Newtongrange Leisure Centre, 115 Main Street Newtongrange, EH22 2LY

Tel: 0131 663 4276 ☺

Gorebridge Leisure Centre, Hunterfield Road, Gorebridge, EH23 4TX

Tel: 01875 821 739 ☺

Mayfield Leisure Centre, 10 Mayfield Place, Mayfield, EH22 5JG

Tel: 0131 663 2219 ☺

Danderhall Community Centre, Newton Church Road, Danderhall, EH22 1LU

Tel: 0131 663 9280 ☺

Monday 6 June

JUST JUDO

6.00pm - 9.30pm

Vogrie Hall, Vogrie Road, Gorebridge, EH23 4HH

Come & try judo 1 hour free taster session.

Tel: 07976 182568 **E-mail:** gill@just-judo.com ☺

BASKETBALL FOR YOUNG PEOPLE WITH A DISABILITY

6.30pm - 7.30pm

Mayfield Leisure Centre, 10 Mayfield Place, Mayfield, EH22 5JG

Basketball for young people with additional support needs.

Tel: 0131 663 2219

BOXING GIVE IT A TRY

7.00pm - 8.30pm

Danderhall Community Centre, Newton Church Road, Danderhall, EH22 1LU

Midlothian ABC invite you to 'Give Boxing a Try' anyone wishing to participate at their regular training session.

Tel: 07531 665336

Tuesday 7 June

HOCKEY TASTER SESSION

7.00pm - 8.00pm

Beeslack Community High School, Edinburgh Road, Penicuik, EH26 0QF

Eskvale Hockey Club invites all ages & abilities to a free taster session.

Tel: 01968 664083

Wednesday 8 June

GILLESPIE MACANDREW EASTERN PROMISE ROAD RACE

7.00pm

Rosewell, Midlothian

45 mile cycling road race from Rosewell around the Moorfoots.

Tel: 07762 888009 

Thursday 9 June

SWIMFIT

5.15pm - 6.00pm

Loanhead Leisure Centre, George Avenue, Loanhead, EH20 9LA

Improve swim technique and get fitter with swimfit, free taster session for 16 years +. All participants must be able to swim one length of the pool.

Tel: 0131 440 4516 

SCUBA DIVING

8.30pm - 9.30pm

Newbattle Simming Pool, 113 Main Street, Newtongrange, EH22 2LY

Midlothian Sub-Aqua Club, try dive for beginners in a safe environment 16+ in good medical condition & confident in water.

Tel: 07841 565328

E-mail: Andrew.kelly47@btinternet.com 

SCUBA DIVING TRY DIVE 2011

8.00pm - 9.00pm | £3.00

Loanhead Leisure Centre | George Avenue, Loanhead | EH20 9LA

Pentland Sub-Aqua Club invite you to try diving in a safe environment with Instruction from fully qualified instructor.

Tel: 0131 666 0160

Email: chair@pentlandsubaquaclub.co.uk 

SWIMMING CLUB TASTER SESSIONS

6.00pm - 7.30pm

Beeslack Community High School, Edinburgh Road, Penicuik, EH26 0QF

Midlothian Swimming Club invites you along, find out what the club is about and join free swim taster session.

Tel: 01968 674076

E-mail: kayegray@talktalk.net 

Friday 10 June

JUST JUDO

3.30pm - 5.30pm

Loanhead Leisure Centre, George Avenue, Loanhead, EH20 9LA

Come & try judo 1 hour free taster session.

Tel: 07976 182568

E-mail: gill@just-judo.com 

ATHLETICS CLUB FOR YOUNG PEOPLE WITH A DISABILITY

6.00pm - 7.30pm

Dalkeith Campus, Cousland Road, Dalkeith, EH22 2PS

Come & Try a great range of athletics activities 7-16 years all abilities.

Tel: 01875 853021

Saturday 11 June

JUST JUDO

9.30am - 11.30am

Bonnyrigg Leisure Centre, King George V Park, Bonnyrigg, EH19 2AD

Come & try judo one hour free taster session.

Tel: 07976 182568 

BEGINNERS SKI CLASSES

10.00am, 12.15pm, 2.30pm | 12.00pm, 2.15pm, 4.30pm | £21.90 adult £19.30 Junior

Midlothian Snowsports Centre, Biggar Road, Hillend, EH10 7DU

Come & try a 2 hour beginners skiing lesson adults & children.

Tel: 0131 445 4433 

BEGINNERS SNOWBOARDING

10.00am, 12.15pm - 12.00pm 2.15pm | £30.85 Adult £20.90 Junior

Midlothian Snowsports Centre, Biggar Road, Hillend, EH10 7DU

Come & try a 2 hour beginners snowboarding lesson adults & children.

Tel: 0131 445 4433 

MELVILLE GOLF FAMILY OPEN DAY

1.00pm - 4.00pm

Melville Golf Centre, Lasswade, EH18 1AN

Melville Golf Centre welcomes all ages to compete in putting and fun short game competitions. Free advice from PGA professionals.

Tel: 01316 638038

Sunday 12 June

MIDLOTHIAN OLYMPICS FUN FAMILY SPORTS DAY (FREE ENTRY)

11.00am - 4.00pm

King George V Park, Bonnyrigg, EH19 2AD

Fun competition, challenges & displays great day out for all the family. Donations raised will go to charity.

Tel: 01968 664083

TWIN PEAKS' SKI RACE

9.00am - 4.00pm | £2.20

Midlothian Snowsports Centre, Biggar Road, Hillend, EH10 7DU

Midlothian Snowsports centre invite you along to see this exciting ski race event.

Tel: 0131 445 4433

LEARN TO PLAY CRICKET

11.30am - 2.00pm

Penicuik Cricket Club, Kirkhill Road, Penicuik, EH26 8JB

Coaching in cricket skills followed by games of kwik cricket.

Tel: 01968 676901

E-mail: stephen.green@penicuikcricket.net 

TRY TRAMPOLINING & DMT (DOUBLE MINI-TRAMPOLINE)

12.00pm - 4.30pm

Lasswade High School Centre Eskdale Drive, Bonnyrigg, EH19 2LA

City of Edinburgh Trampoline Club will hold 4 x 1 hour sessions for those wishing to try trampolining and DMT with demonstrations from Club members.

Tel: 07591 641200

E-mail: laj06@hotmail.co.uk 

MULTI SPORTS FOR YOUNG PEOPLE WITH SUPPORT NEEDS

1.00pm - 3.00pm

Beeslack Community High School | Edinburgh Road, Penicuik | EH26 0QF

Beeslack All Stars invites children with disabilities and their siblings to come and try a variety of sports.

E-mail: Lynne_sturg@hotmail.com

WOMENS ARTISTIC GYMNASTICS

2.30pm - 5.15pm

Midlothian School of Gymnastics, Lasswade High School Centre, EH19 2LA

2 Gymnastics taster sessions for girls 5-11yrs, Short demo by club followed by taster ending with fun session and information on gymnastic opportunities.

Tel: 0131 660 1933

E-mail: info@lasswadegymnastics.co.uk 

COME & TRY BOCCIA

3.00 pm - 4.30pm

Beeslack Community High School, Edinburgh Road, Penicuik, EH26 0QF

Boccia club invites all young people with a disability to try this exciting game for all disabilities/abilities.

E-mail: Lynne_sturg@hotmail.com

COME AND TRY TRAMPOLINING!

4.30pm - 4.30pm

Lasswade High School

Open training day to anyone interested in the sport to come along and have a try at trampolining.

Tel: 07591 641200 ☺

Monday 13 June

JUST JUDO

6.00pm - 7.30pm

Penicuik Centre, Carllops Road, Penicuik, EH26 9EP

Come & try judo 1 hour free taster session.

Tel: 07976 182568

Tuesday 14 June

JUST JUDO

4.30pm - 6.30pm

Kingspark Primary School, 20 Croft Street, Dalkeith, EH22 3BA

Come & try judo 1 hour free taster session.

Tel: 07976 182568 ☺

HOCKEY TASTER SESSION

7.00pm - 8.00pm

Bonnyrigg Leisure Centre, King George V Park, Bonnyrigg, EH19 2AD

Eskvale Hockey Club invites all ages & all abilities along to a free taster session.

Tel: 01968 664 083

Wednesday 15 June

DIVING

1.00pm - 4.00pm

Newbattle Simming Pool, 113 Main Street, Newtongrange, EH22 2LY

Free 1 hour taster sessions for children aged 8-16 years.

Tel: 0131 663 4485 ☺

Thursday 16 June

CYCLE RUN FOR 50+

10.00am

Penicuik Town Hall, 33 High Street, Penicuik, EH26 8HS

Local cycle run on easy terrain on the old railway path, suitable for all levels.

Tel: 01968 664 088

Email: vivian.wallace@midlothian.gov.uk ☺

SWIMFIT

5.15pm - 6.00pm

Loanhead Leisure Centre, George Avenue, Loanhead, EH20 9LA

Improve swim technique and get fitter with swimfit, free taster session for 16yrs +.

Tel: 0131 440 4516 ☺

SCUBA DIVING

8.30pm - 9.30pm

Newbattle Simming Pool, 113 Main Street, Newtongrange, EH22 2LY

Midlothian Sub-Aqua Club, try dive for beginners in a safe environment 16+ years in good medical condition & confident in water.

Tel: 0784 156 5328

E-mail: Andrew.kelly47@btinternet.com ☺

SCUBA DIVING TRY DIVE 2011

8.00pm - 9.00pm | £3.00

Loanhead Leisure Centre, George Avenue, Loanhead, EH20 9LA

Pentland Sub-Aqua Club invite you to try diving in a safe environment with Instruction from fully qualified instructor.

Tel: 0131 666 0160

E-mail: chair@pentlandsubaquaclub.co.uk ☺

Friday 17 June

SWIMMING CLUB TASTER SESSIONS

5.00pm - 7.00pm

Loanhead Leisure Centre, George Avenue, Loanhead, EH20 9LA

Midlothian Swimming Club invites you along, find out what the club is about and join free swim taster session. All participants must be able to swim one length of the pool.

Tel: 01968 674076

E-mail: kayegray@talktalk.net ☺

Saturday 18 June

BEGINNERS SKIING

10.00am - 12 noon | 12.15pm - 2.15pm

£21.90 adult £19.30 Junior

Midlothian Snowsports Centre, Biggar Road, Hillend, EH10 7DU

Come & try a 2 hour beginners skiing lesson adults & children.

Tel: 0131 445 4433 ☺

BEGINNERS SNOWBOARDING

10.00am - 12 noon | 12.15pm - 2.15pm

£30.85 adult £20.90 Junior

Midlothian Snowsports Centre, Biggar Road, Hillend, EH10 7DU

Come & try a 2 hour beginners snowboarding lesson adults & children.

Tel: 0131 445 4433 ☺

SKIING

9.00am - 7.00pm

Midlothian Snowsports Centre, Biggar Road, Hillend, EH10 7DU

10% discount off practice skiing & snowboarding must be competent skiers & snowboarders.

Tel: 0131 445 4433

COME & TRY GYMNASTICS

3.15pm - 4.15pm

Beeslack Community High School, Edinburgh Road, Penicuik, EH26 0QF

Beeslack Gymnastic Club invites all children aged 5 years + to take part in fun gymnastics with qualified coaches.

Tel: 07974 706841

Sunday 19 June

SKIING

9.00am - 7.00pm | £10.80 adult £7.20 junior

Midlothian Snowsports Centre, Biggar Road, Hillend, EH10 7DU

10% discount off practice skiing prices today.

Tel: 0131 445 4433

COME & TRY BASKETBALL

11.30am - 12.30pm

Beeslack Community High School, Edinburgh Road, Penicuik, EH26 0QF

Beeslack Basketball Club invites everyone interested in playing basketball along for fast & fun games spectators & families welcome.

Tel: 01968 673893

SWIMMING CLUB TASTER SESSIONS

12.30pm - 2.15pm

Newbattle Simming Pool 113 Main Street, Newtongrange, EH22 2LY

Midlothian Swimming Club invites you along, find out what the club is about and join free swim taster session.

Tel: 01968 674076

E-mail: kayegray@talktalk.net ☺

SWIMMING CLUB TASTER SESSIONS

12.30pm - 2.15pm

Newbattle Simming Pool 113 Main Street, Newtongrange, EH22 2LY

Midlothian Swimming Club invites you along, find out what the club is about and join free swim taster session.

Tel: 01968 674076

E-mail: kayegray@talktalk.net ☺

COME & TRY BOCCIA

3.00pm - 4.30pm | 3pm - 4.30pm

Beeslack Community High School, Edinburgh Road, Penicuik, EH26 0QF

Boccia club invites all young people with a disability to try this exciting game for all disabilities/abilities.

E-mail: Lynne_sturg@hotmail.com

MULTI SPORTS FOR YOUNG PEOPLE WITH SUPPORT NEEDS

1.00pm - 3.00pm

Beeslack Community High School, Edinburgh Road, Penicuik, EH26 0QF

Beeslack All Stars invites children with disabilities and their siblings to come and try a variety of sports.

E-mail: Lynne_sturg@hotmail.com

LOTHIAN GYMNASTIC CLUB ANNUAL COMPETITION

9.30am

Ladywood Leisure Centre, 14a Yarrow Court, Penicuik, EH26 8HD

Come along and watch our young talented gymnasts compete at our annual competition.

Tel: 07724 703215 **E-mail:** lothiangc@tesco.net

COME & TRY FOOTBALL

2.00pm - 3.00pm

Beeslack Community High School, Edinburgh Road, Penicuik, EH26 0QF

Beeslack Thistle invite Girls & Boys 6-9yrs for a fun filled session with short training session and small game.

Tel: 07966 303291

ATHLETICS FOR ALL

3.15pm - 4.00pm

Beeslack Community High School, Edinburgh Road, Penicuik, EH26 0QF

Opportunity to come and try and join in this fun athletics session.

Tel: 01968 673893

SCOTTISH BORDERS

We are delighted to be involved in this year's event for the first time. The Borders has always had a tradition of strong sports clubs which reach the heart of the Borders Community, so we hope that everybody, both residents and visitors, will support the clubs involved in the Festival.

There is something for everybody, and the huge majority of the opportunities are FREE to try. Whether it be exercise classes at local leisure centres or come and try events within local clubs, there are opportunities for adults and children to experience new activities that will be enjoyable, social, and increase physical activity.

Read on to see which clubs/organisations are involved in the Scottish Borders. Many of the opportunities have a turn up on the day policy but we strongly recommend you phone the contact details to confirm exact times, costs and venues.

For more information visit www.sportborders.org.uk

Various Dates 6 - 19 June

BOWLING OPEN EVENING

Mon 6 & 13 | 6.30pm

Gala Bowling Club, Scott Crescent, Gala

Gala bowling club will have additional members at these sessions to assist anybody who wishes to try bowling.

Tel: 01896 750601

RUG-IKET - RUGBY AND CRICKET; FAMILY TOUCH RUGBY

Various | Please contact Youth development officer at Netherdale for more information

Gala Rugby Football Club Gala

Rug-iket: touch rugby and non stop cricket fun sessions for ages P5-S2. Family touch rugby for male, female, young and old, players and non-players.

Tel: 01896 755 145

CRICKET COACHING

Mon 6 & 13 | 6.00pm - 8.30pm

Kelso Cricket Club, Kelso

Come and join in our coaching sessions for under 15s.

Tel: 07767 332359

CRICKET COACHING

Tue 7 & 14 | 6.00pm - 8.30pm

Kelso Cricket Club, Kelso

Come and join in our coaching sessions for over 15s.

Tel: 07767 332359

RUNDUNS (JOGSCOTLAND NETWORK)

Tue 7 & 14 | 7.00pm - 8.00pm

Duns Rugby Club, Newtown St, Duns

RunDuns will offer 3 sessions to run concurrently: 1 for complete beginners, 1 for lapsed runners, 1 for experienced runners who will be able to train with either the RunDuns intermediate or advanced group.

Tel: 01890 818 416

FOCUS JUDO -

INTRO TO "GENTLE WAY" OF JUDO

Mon 6 & 13 | 7.30pm

Focus Centre, Livingstone Place, Galashiels

Beginners are welcome to come along and try Judo. We cater for most ages (5-60). Individual instruction will be provided to new-starts by one of our qualified coaches. Participants will learn throws, holds and general judo. See you on the mat!

Tel: 07722 432054

JUNIOR AND SENIOR TENNIS CLUB NIGHT

Mon 6 & 13 | Juniors: 5.30pm - 6.30pm |

Seniors: 6.30pm

St Bothwells Tennis Club

St Bothwells Tennis Club are leading open nights for new members. Please get in touch for more details.

Tel: 01383 830 382

RUSTY RACKETS

Wed/ Thur 8 & 9 / 15 & 16/ 9.30am - 11.00am

St Bothwells Tennis Club

St Bothwells Tennis Club are leading open nights at their Rusty Rackets session. Please get in touch for more details.

Tel: 01383 830 382

QUEENS LEISURE CENTRE FITNESS CLASSES

Mon 6 - Sat 12 June | Times to be confirmed

Melrose Road, Galashiels

Free fitness classes to non-members between 6 - 11 June. Come along and try Body Combat, Body Balance, Boxercise, Zumba and Kettlebell classes.

Tel: 01896 752 233 

SPORTIF COME & TRY JUDO CLASSES

Children can book in for come & try sessions at a venue of their choice. They will participate in a 45 minute judo session. Judo jackets will be provided so just turn up in jogging bottoms, t shirt and water bottle.

Mon 6 June

4.15pm - 5.00pm for 5 - 6 years

5.00pm - 5.45pm for 5 - 6 years

5.45pm - 6.30pm for 7 - 8 years

6.30pm - 7.15pm for 9 - 10 years

Ednam Village Hall, Stichhill Rd, Ednam, TD5 7PW

Tue 7 June

4.00pm - 4.45pm 5 - 6 years

4.45pm - 5.30pm 7 - 8 years

5.30pm - 6.15pm 9 - 13 years

Darnick Village Hall, Abbotsford Road, Near Melrose

Wed 8 June

4.45pm - 5.30pm 5 - 6 years

5.30pm - 6.15pm 7 - 8 years

6.15pm - 7.00pm 9 - 12 years

Law Primary School, North Berwick, EH39 4QZ

Thurs 9 June

3.15pm - 4pm 6 - 10 years

Earlston Primary School, Earlston

Friday 10 June

4pm - 4.45pm 5 - 6 years

4.45pm - 5.30pm 7 - 8 years

5.30pm - 6.30pm 9 - 10 years

Loch Centre, Well Wynd, Tranent, EH33 2JX

Tel: 01578 730 452 ☎

BOWLING COACHING FOR BEGINNERS

Mon 6-19 June 2011

Broughton and District Bowling Club, Upper Tweed Area of Scottish Borders, M112 6HQ

Trained club coaches are available throughout the season by appointment at no charge, to give basic coaching to beginners. Please bring flat shoes with no tread. Suggested group size of 4 and visiting players welcome at a cost of £2 by arrangement.

Tel: 01899 830 330 ☎

Monday 6 June

HAT NIGHT, GALA WAVERLEY BOWLING CLUB

6.45pm

Gala Waverley Bowling Club, Kirkbrae, Galashiels

A regular event where members come along and play in an organised fun game of bowls. Bowls and shoes will be provided.

Tel: 01896 755 520

COME & TRY HAWICK CYCLING CLUB

7.00pm

Hawick

Open evening at Hawick Cycling Club to show the public the "year round" training facilities of the club and the types of cycling available in this area, from leisure to competition, road to off-road.

Tel: 01450 374 966

BEGINNERS TRY GOLF

5.30pm

Lauder Golf Club, Galashiels Road, TD2 6RS

Basic coaching and supervision on how to play golf.

BEGINNERS TRY GOLF

5:30pm

Lauder Golf Club, Galashiels Road, TD2 6RS

Basic coaching and supervision on how to play golf.

Wednesday 8 June

ROXBURGH REIVERS SUMMER SERIES 5

5.00pm - 6.30pm

Bowhill Estate, Near Selkirk

Several orienteering courses will be available for newcomers to the sport. Family groups and anyone interested in running or navigation. Bowhill is a lovely estate with plenty of handrails to make sure nobody gets too lost! Come with clothes/shoes suitable for the woods.

Tel: 01450 377383

Thursday 9 June

INTRODUCTION TO BOWLING

6.30pm - 9.30pm

Ettrick Forest Bowling Club, Scotts Place, Selkirk

Free coaching for anyone who is interested!

Tel: 0175022267

Friday 10 June

JEDBURGH BOWLING CLUB OPEN EVENING

Jedburgh Bowling Club

For more information visit

www.jedburghbowlingclub.co.uk or contact:

Tel: 01835 863 655

E-mail jedbowlingclub@btinternet.com ☎

SWIMMING CLUB - COME AND TRY

Peebles swimming pool, Peebles

A chance for young swimmers to come and try out with our club, with a view to joining us. Improve your swimming techniques and keep fit!

Tel: 01896 833 914

OPEN EVENING, MELROSE WAVERLEY TENNIS CLUB

7.00pm - 9.00pm

Melrose Waverley Tennis Club, Gibson Park, Melrose

Come along and enjoy an evening of tennis on the 3 all weather courts. Meet with and enjoy some tennis with our members in this inclusive and social club, which caters for all ages and standards. Coaching at all levels is available.

Tel: 01835 823 924

Saturday 11 June

ARCHERY COME AND TRY

10.00am - 2.00pm

Volunteer Hall, Duns Duns

An archery come-and-try, primarily using modern take-down (Olympic) recurves, although other equipment may be available on the day for those capable or interested. E.g. (English) Longbow, (American) Flat Bow, Horse Bow.

Tel: 07989 698 425

REID OPEN TRIPLES BOWLING TOURNAMENT

9.00am

Broughton and District Bowling Club, Upper Tweed Area of Scottish Borders, M112 6HQ

An open triples tournament limited to the first 24 entries and is running on a round robin basis, with a semi-final taking place. Early entries requested and a reserve list is operated. Food is available during the day.

Tel: 01899 830 330 ☎

Sunday 12 June

OPEN DAY AT ABBOTSFORD BOWLING CLUB TBC

Abbotsford Bowling Club, Eastlands Rd, Galashiels

Open day for non-bowlers young and old (aged 8 upwards). Bowls will be provided by the club. Flat soled shoes to be worn. Club members/coaches will be on hand to give tuition.

Tel: 01896 755316

Monday 13 June

GALA HARRIERS COME AND TRY

6.00pm

Queens Centre, Galashiels

An open evening to join the training night session.

Tel: 01896 750096

Tuesday 14 June

FUN NIGHT/REGISTRATION -

GALA FAIRYDEAN

7.00pm

Netherdale Playing Fields, Galashiels

Warm up in age groups. Play fun games and register players for next season!

Tel: 07814 974 458

VAULTING DISPLAY AND DEMONSTRATION - AND HAVE A GO!

6.30pm - 8.30pm

Mon Teviot, Ancrum, Jedburgh

Demonstration of equestrian vaulting from Scottish Borders Vaulters - all ages, stages & abilities!

Tel: 01835 830 422

Wednesday 15 June

TEVIOTDALE HARRIERS - FREE DISTANCE RUNNING SESSION

6.00pm - 7.00pm

Clubrooms, Hawick, 15a High St, Haick

An opportunity to sample a typical training session with Teviotdale Harriers within Wilton Lodge Park, Hawick. 9years and upwards welcome. All abilities welcome.

Tel: 01450 376 995/ 01450 371 281

DANCE TO FIGHT POVERTY

7.00pm

Kelso Tait Hall, Kelso

Michelle Douglas School of Dance present their 5th annual showcase in Kelso. An evening of upbeat, feel good music and energetic hip hop performances from dancers aged 4-16. All proceeds will be donated to Bombolulu School of Promise (Kenya).

Tel: 07724 748131

Thursday 16 June

DANCE TO FIGHT POVERTY

7.00pm

Galashiels Volunteer Hall, Galashiels

Michelle Douglas School of Dance present their 5th annual showcase in Kelso. An evening of upbeat, feel good music and energetic hip hop performances from dancers aged 4-16. All proceeds will be donated to Bombolulu School of Promise (Kenya).

Tel: 07724 748131

GALA HARRIERS COME AND TRY

6.30pm

Tweedbank Track, Glashiels

An open evening to join the training night session.

Tel: 01896 750 096

JUNIOR TRAINING & FUN NIGHT

4.00pm - 8.00pm

Kelso Orchard Tennis Club, Poynder Place, Kelso

Kelso Orchard tennis club have a free evening for all juniors with some coaching & games with our coaches. Under 10's 4-6pm, Over 10's 6-8pm.

Tel: 01573 224 202

Sunday 19 June

PEEBLES TENNIS TASTER

Peebles LTC, Glen Rd, Peebles

Peebles tennis club are inviting participants to group or individual sessions. Separate sessions for juniors and adults. Please phone to arrange times.

Tel: 01721 724 526 ☎

WEST LOTHIAN



West Lothian is proud to be part of the Festival of Sport, supporting local sports clubs and providing both residents and visitors a great opportunity to become active! The West Lothian Clubs are part of the Council's Club Accreditation Scheme which allows the public to recognise safe, effective and child friendly club environments.

For more information visit www.westlothian.gov.uk

Various Dates 6 - 19 June

GYMNASTICS TASTER SESSIONS

Mon, Tues, Wed, Thurs | 6, 7, 8, 9, 13, 14, 15, 16 June | 4.00pm - 5.00pm

Craigswillow Centre, Craigshill, Livingston

During the duration of the Festival of Sport all our classes will be open for free taster sessions. Children can enjoy jumping, swinging, rolling using fully gymnastics apparatus including Sprung floor, Beams, Bars, Vaults and Rings.

Tel: 07941 386965 ☎

WEST LOTHIAN WOLVES U16'S

Mon 6, 13 June | 6.00pm - 8.00pm

Armadale Academy, West Main Street, EH48 3LY

Open session for young people under the age of 16 to give basketball a try with one of the most successful basketball clubs in the East of Scotland.

Tel: 01506 774 745 ☎

GYMNASTICS TASTER SESSIONS

Tue 7, 14 June | 5.00pm - 6.00pm

Craigswillow Centre, Craigshill, Livingston

During the duration of the Festival of Sport all our classes will be open for free taster sessions. Children can enjoy jumping, swinging, rolling using fully gymnastics apparatus including Sprung floor, Beams, Bars, Vaults and Rings.

Tel: 07941 386965 ☎

WEST LOTHIAN WOLVES U16'S

Wed 8, 15 June | 5.30pm - 7.00pm

Simpsons PS, Leyland Road, EH48 2SG

Open session for young people under the age of 16 to give basketball a try with one of the most successful basketball clubs in the East of Scotland.

Tel: 01506 774 745 ☎

THE LOTHIAN PHOENIX WHEELCHAIR BASKETBALL CLUB

Thurs 9, 16 June | 7.00pm - 9.30pm

Bathgate Academy, Edinburgh Road, EH48 1LF

Come along to try Wheelchair Basketball in a fun and friendly environment with the best Wheelchair Basketball Club in Scotland!

Tel: 07888 754994 ☎

TAEKWON-DO FREE TASTER SESSION

Mon 9 & Thurs 16 June | 4.00pm - 6.00pm

The Dojang, 2A South Street, Armadale

The club will hold a free fun taster session for all ages to come along and try out Taekwon-do in our brand new training hall

Tel: 01501 732 469

WEST LOTHIAN WOLVES U12 & U14'S

Friday 10, 17 June | 2.00pm - 4.00pm

Deans CHS, Eastwood Park, EH54 8PS

Open session for young people under the age of 14 and 12 to give basketball a try with one of the most successful basketball clubs in the East of Scotland

Tel: 01506 774 745 ☎

FREE TASTER SESSION

Thurs 10 June & 17 June | 4.15pm - 6.15pm

Bathgate Sports Centre, Torphichen Road, EH48 4 LA

The club will hold a free fun taster session for all ages to come along and try out Taekwon-do in our brand new training hall

Tel: 01501 732 469 No

GYMNASTICS TASTER SESSIONS

Sat 11, 18 June | 10.00am - 12.00pm

Craigswillow Centre, Craigshill, Livingston

During the duration of the Festival of Sport all our classes will be open for free taster sessions. Children can enjoy jumping, swinging, rolling using fully gymnastics apparatus including Sprung floor, Beams, Bars, Vaults and Rings.

Tel: 07941 386965 ☎

PUMPHERSTON UNITED OPEN DAY

Sat, Sun 11 & 12, 18 & 19 June | 10.00am - 5.00pm

Recreation Park, Pumpherston, West Lothian

Our open day will include football coaching sessions open to the public plus exhibition matches involving our soccer 7 and 11 a-side teams

07982 718277 ☎

Tuesday 7 June

BATHGATE SKI CLUB OPEN EVENING

7.30pm - 10.00pm

Kirkton Bowling Club, Edinburgh Road, Bathgate

Bathgate Ski club founded in 1977 are the only ski club in West Lothian. Members are tutored by qualified instructors. Lessons are provided to school children in our annual ski programme. The club has a wide range of ski equipment for hire. Trips to the Scottish Hills are planned every week throughout the season. A foreign trip to the Alpes is planned on a yearly basis.

Tel: 01506 630 222

Saturday 11 June

WTF TAEKWONDO TRAINING AND DEMONSTRATION

11.00am - 1.00pm

Inveralmond Community High School, Willowbank, EH54 6HW

Taekwondo training open day: This will be open to the general public to take part. Taekwondo Demonstration: This will include all aspect of Taekwondo. Self Defence, Olympic Style Competition Sparring, Advanced Kicking and training drills

Tel: 07736 846457 or 07518 664 960

Sunday 12 June

CRICKET OPEN DAY

9.30am - 11.30am

Boghall Cricket Ground, Linlithgow, EH49 6AB

An open day for children under 15 will be held to introduce Cricket.

Tel: 0131 331 2185 ☎

Tuesday 14 June

BADMINTON OPEN EVENING

6.30pm - 7.30pm

Bathgate Sports Hall (Bathgate Academy), Edinburgh Road, EH48 1LF

West Lothian JABS will be holding an Open Evening for anyone between the ages of 4 and 12 years old who is currently playing or is interested in playing Badminton in an elite squad environment where players benefit from coaching from our fully qualified coaches.

☎

Wednesday 15 June

WEST LOTHIAN CLARION KIDS CYCLING FUN NIGHT

6.30pm - 8.30pm

Linlithgow Leisure Centre, McGinley Way, EH49 6SQ

West Lothian Clarion Kids Cycling Club is held every Wednesday evening. We are inviting children to come along and experience the joys of cycling at our special open evening. We'll run fun cycling activities to help build confidence and skills on the bike in a traffic free environment. The sessions are planned and run by our level 2 coaching staff.

Tel: 07730 611638

TROJAN SWIMMING CLUB OPEN NIGHT

7.00pm - 8.00pm

Whitburn Swimming Pool, West Main Street, EH47 0QD

We will open up our normal coaching session to anyone who wants to come and give the club a try. Information will be available on the night of all our times and squads.

Tel: 07869 283744

Thursday 16 June

LADIES OPEN NIGHT

6.30pm - 8.30pm

Harburn Golf Club, West Calder, EH55 8RS

We would like to invite ladies to take up the game of golf and will offer coaching on putting, pitching, and full swing. Coaching will be done by our resident professional and will be carried out in our large practise area. No equipment will be needed. Meet up with some of our lady golfers. It is hoped that if the ladies shown interest that further coaching can be arranged. Meet up with and ask questions of our lady golfers afterwards in the comfort of our clubhouse.

Tel: 01506 871 616 ☎

Sunday 19 June

KWICK CRICKET FESTIVAL

9.30am - 11.30am

The festival is for children 8-10 years to play Kwick Cricket 8 players each side. Invitations will be sent to Junior Clubs in the area.

Boghall Cricket Ground, Linlithgow, EH49 6AB,

Tel: 0131 331 2185 ☎



HAPPY TO TRANSLATE

ترجمہ کیلئے حاضر ہر سہولت کو فراہم کرتے ہیں
MOŻEMY PRZETŁUMACZYĆ 我们很高兴为您提供翻译服务

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