



# Community Sports

## Programme at Craigholme

Day	Time	Activity
Monday	6.30pm-7.30pm	<b>FIT Club Circuits</b> Intermediate/ Advanced Exercisers Cost: Various payment options available. Open to staff, parents, pupils 14 years + and the local community.  For more information please contact Claire McDonald <a href="http://www.fitclubglasgow.co.uk">www.fitclubglasgow.co.uk</a> .
	7pm-8.30pm	<b>Pilates</b> Beginners/ Intermediate Block Dates: 9 <sup>th</sup> January - 30 <sup>th</sup> January. Cost: £30. Advanced booking required. Open to all staff, parents and the local community.  For more information and to book your place please contact Amanda Currie on 0141 419 0963 or <a href="mailto:acurrie@craigholme.co.uk">acurrie@craigholme.co.uk</a> .
Tuesday	6pm-7pm	<b>Zumba</b> All ability levels Cost: £4 per session. No advanced booking required. Open to all staff, parents and the local community.  For more information please contact Amy Sinclair <a href="http://www.zumbaglasgow.co.uk">www.zumbaglasgow.co.uk</a> .
	7pm-8.30pm	<b>Glasgow City Powerchair Football Club</b> Specialized Disability Sport  For more information please contact Stuart Aitchison on <a href="mailto:SAitchison@st-philomenas-pri.glasgow.sch.uk">SAitchison@st-philomenas-pri.glasgow.sch.uk</a> .
	7pm-9pm	<b>Glasgow City Lacrosse Club</b> Men's Lacrosse Training.  For more information please contact Stefan Wyrolawski on <a href="mailto:glasgow.lacrosse@gmail.com">glasgow.lacrosse@gmail.com</a> .
Wednesday	6.30pm-9pm	<b>Glasgow Archers Club</b>  For more information please contact Michael Mather on <a href="mailto:michael_mather@blueyonder.co.uk">michael_mather@blueyonder.co.uk</a> .
Thursday	6pm-7pm	<b>Zumba</b> All ability levels Cost: £4 per session. No advanced booking required. Open to all staff, parents and the local community.  For more information please contact Amy Sinclair <a href="http://www.zumbaglasgow.co.uk">www.zumbaglasgow.co.uk</a> .
	7pm-9.45pm	<b>Yoga</b> Various Classes/ Ability Levels  For more information contact Veronica Green on <a href="mailto:veronica@littlegreeneyoga.com">veronica@littlegreeneyoga.com</a> .
	7pm-10pm	<b>Glasgow Netball Association</b> Various Match League Fixtures. Glasgow Netball Clubs.  For more information please contact Lorna Cameron on <a href="mailto:Lorna.Cameron@glasgowlife.org.uk">Lorna.Cameron@glasgowlife.org.uk</a> .
	7pm-8.30pm	<b>Shottstoppers Goalkeeping</b> Specialized Training.  For more information please contact Tom Scott on <a href="mailto:shotstoppersuk@hotmail.co.uk">shotstoppersuk@hotmail.co.uk</a> .
	7pm-9pm	<b>Glasgow City Lacrosse Club</b> Men's Lacrosse Training.  For more information please contact Stefan Wyrolawski on <a href="mailto:glasgow.lacrosse@gmail.com">glasgow.lacrosse@gmail.com</a> .
Sunday	11am-1pm	<b>Chinese Community Badminton Club</b> Open to all staff, parents, pupils and the local community.  For more information please contact Rebecca Cox on <a href="mailto:rebecca_cox14@hotmail.co.uk">rebecca_cox14@hotmail.co.uk</a> .

Craigholme. Holme from home.

For more information please contact: Amanda Currie (Community Sports Development Co-ordinator)

on 0141 419 0963 or [acurrie@craigholme.co.uk](mailto:acurrie@craigholme.co.uk) [www.craigholme.co.uk](http://www.craigholme.co.uk)

Craigholme is recognized as a charity by the OSCR (SCO 14860)



**CRAIGHOLME SCHOOL**  
 REALISING YOUR DAUGHTER'S POTENTIAL