





#### Your local community sports hub.

There's an activity for everyone, why not see for yourself.

Come along, bring your friends, share the word.



www.hillheadsportsclub.com























## Your Local Community Sports Hub and so much more!

Are you passionate about sport or are you just looking to try something new, meet new friends whilst having fun and keeping fit? Well Hillhead Sports Club has it all and it's right on your doorstep and our doors are OPEN! **Non-members welcome.** 

We were established in 1924 and since then we have continued to pride ourselves on being a diverse, inclusive and accessible community sports hub offering a range of sports, fitness, family activities, health and well-being remedies as well as catering for events and functions.

So no matter your age, ability, skills or aspirations we have something for you and indeed all the family too.

So come on, why not pop along and see what all the excitement is about. Now is the time to take advantage of our Community Sports Hub Promotion. Many of our activities are FREE and/or discounted and some would say "an offer too good to miss!" Look out for the special offer icons in this brochure. To book your place or find out more email enquiries@hillheadsportsclub.com and mention these offers when booking.











Our doors are OPEN and we look forward to welcoming you to our home!

For further information, please visit our website **www.hillheadsportsclub.com** or visit us on Facebook /Twitter.



32 Hughenden Road Glasgow G12 9XP



### **Sports and Activities**















## Fitness and Well-being

## FITNESS AND GYM

#### FITNESS CLASSES

Our exciting new classes are designed to appeal to all tastes and fitness levels and include:

1 50+ FITNESS

**###** BUGGY BOOTCAMP

PILATES

T STRENGTH AND CONDITIONING

**H** HATHA YOGA

TT ZUMBA

I IGNITE CIRCUITS

FLOW YOGA

TOUTDOOR BOOTCAMP

Our expert team of personal trainers will motivate and challenge you to achieve your health and fitness goals. Non-members welcome





# HEALTH AND WELL-BEING

T SPORTS & REMEDIAL MASSAGE

SWEDISH MASSAGE

AROMATHERAPY MASSAGE

\*\*REFLEXOLOGY

KINETIC CHAIN RELEASE

PREGNANCY MASSAGE

REFLEXOLOGY

















### Café and Functions

#### Café Source Too

Café Source was originally established in the Merchant City of Glasgow and is now in its 13th year. The name was drawn from and reflects its aim to provide the best of Scottish fare.

At Hillhead we are honoured to welcome it's sister restaurant, Café Source Too, to serve up culinary delights, top quality food and fantastic service to all who visit. Residing within Hillhead Sports Club, it is no surprise that the food has a more

healthy flavour, although some dark pleasures can always be found. Why not pop along and give us a try,

you will not be disappointed!

To find out more on our menu or book a table please contact Tel: 0141 357 6437

Email info@cafesourcetoo.co.uk www.cafesourcetoo.co.uk



Bring along this brochure and receive

100/o
discount
off your meal

#### **Functions and Venue Hire**

Have you ever considered booking Hillhead Sports Club for an Event, Party, Fundraiser, sports day or starting a new activity?

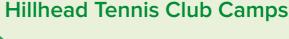
At Hillhead we have a number of indoor and outdoor spaces for hire which can cater for individuals, groups and schools across the local community, offering a perfect venue at affordable rates to suit all budgets.

Cafe Source Too can provide complementary catering services and event management, as required.

Give us a call, discounted competitive rates available. Tel: 0141 357 6437 Email info@cafesourcetoo.co.uk www.cafesourcetoo.co.uk



## **Sports Camps**



Our fun, exciting and engaging Tennis
Camps cater for young people aged 5 to
15 years wishing to try tennis for the first
time or for the little tennis enthusiast
looking to improve their tennis skills.

We offer a range of activities from learning basic skills of the game to developing your technique through to fun games and so much more. We offer competitive rates for all bookings whether you child is looking to attend individual days or the full week.

If you would like to know more or to book a place email minitennis@hillheadtennis.co.uk or visit our website www.hillheadtennis.co.uk





### **Sport Ecosse Camps**

Sport Ecosse Sports Camp is based at the friendly and welcoming Hillhead Sports Club.



We offer multi-sport activities during all school holidays throughout the year and we deliver a wide range of sports/activities including; tennis, hockey, athletics, football, rugby, and fun sports with an arts & crafts option also offered each day. Core hours are 10am to 4pm with an earlier drop off and later pick up facility available if required. Prices are competitive with full and half day options available.

We work in partnership with Hillhead Sports Club and are delighted to be part of Hillhead Community Sports Hub Initiative. Sport Hub initiative.

If you would like to know more about the camps call 07514 767421, email sportecosse@gmail.com or visit our website www.sportecosse.co.uk

### Supporting your Local Community Sport Hub

# Would you like to support your local Community Sport Hub?



Would you like to get involved in any of the activities listed in our brochure? Would you like to start a new club, like cycling or running? Have you be thinking about getting involved in volunteering?

Well you are at the right place! At Hillhead Community Sports Hub we will connect you with the right volunteering opportunity for you and we are delighted to be able to offer funding for coach education & training to support you on your volunteering journey. So get in touch to kick start you on this life changing experience!

To find out more information on courses and funding available please email clubandvolunteer@glasgowlife.org.uk referencing Hillhead Community Sports Hub

#### **Glasgow Sport Volunteering Bureau**

If you would prefer to go further afield or try something completely different, whether you would like to assist as coach, committee member, parent helper, fundraiser, social media and marketing, photographer or mini bus driver our partners at Glasgow Sport have launched a fantastic tool Glasgow Sport Volunteering Bureau.

The system is completely FREE to sign up and use and will assist:

- Individuals to search & join sport related volunteer opportunities.
- Sports clubs/ organisations to recruit & coordinate volunteers.
- An easy to use online one-stop-shop for sport related volunteering.

If you would like to know more email clubandvolunteer@glasgowlife.org.uk





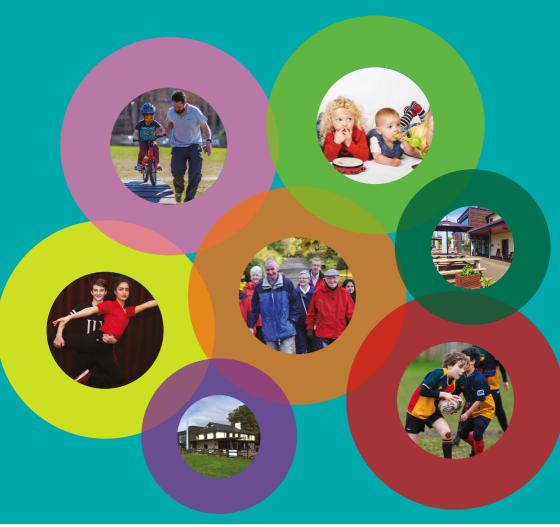
#### **Partnerships and Support**

We would like to thank our partners at sportscotland and Glasgow Sport for their continued support to assist us in our journey to become a sustainable social enterprise.

As a Community Sport Hub recognised by sportscotland our aspirations are to provide a home where sport and physical activity can thrive. Through strong leadership we will continue to engage with our local partners in the community to grow and participation in sport and physical activity for all.







#### LOOK OUT FOR THESE OFFERS IN THE BROCHURE





























