

Castlemilk YC Community Sports Hub

YOUR LOCAL COMMUNITY SPORTS HUB



www.castlemilkyouthcomplex.com
hubs@glasgowlife.org.uk

Castlemilk YC

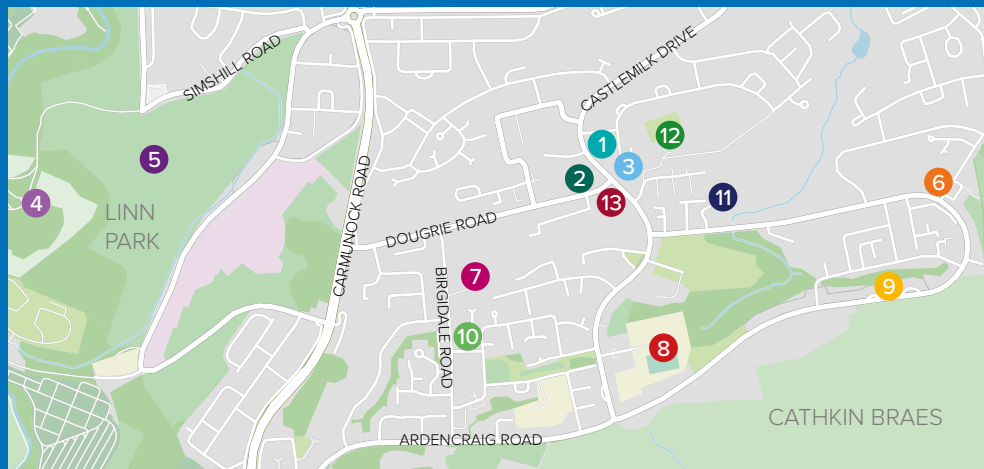
Community Sports Hub

As a local charity working in Castlemilk we continue to provide children and young people with opportunities to help them recognise, raise and achieve their aspirations. The Community Sports Hub programme gives us scope to look at helping people across the community become more active and live healthier lifestyles.

A big thank you to the many partners who helped make this sports and activity directory as full and inclusive as possible, we hope this helps you and your family live a more active and healthier lifestyle.

We would always recommend contacting the coach or organisation before attending any session. If you want to find out more or would like to get involved then please contact hubs@glasgowlife.org.uk

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Sports and Activities

Castlemilk Community Centre

121 Castlemilk Drive, Glasgow, G45 9UG Tel: 0141 634 2233
www.glasgowlife.org.uk/communities/facilities/castlemilk-community-centre/

KW Kickboxing Club

Monday 4 – 6pm
Ages 4 – 16 years
 Contact: Tam Watt, 07847 568865, tamkfm@yahoo.co.uk

Glasgow Eagles Table Tennis Club

Monday 5 – 7pm
16 + years.
 All adults with disabilities are welcome to join. Our club is for recreation & social interaction, age is no barrier. Contact: Alec Watt on 07801 1559175 or alecglasgoweagles@hotmail.co.uk

Walking

Tuesday and Thursday 11am
Ages 16 +
 This is a one hour led walk and free to all.
 Contact: 0141 287 3881

GL Dance

Tuesday 6 – 9pm & Saturday 11am – 3pm
Ages 16 years +
Open to all
 Contact: Geraldine or Reece on 07304559635

Caroline Green School of Irish Dance

Tuesday 6.30 – 8pm
Ages 3 – 16 years
Open to all
 £6 per class
 Contact: Caroline 07784986119 or Michelle 07968698943, caroline.parfery@btinternet.com

JAK Dance (Freestyle & Slow Dance)

(Ballroom and Latin)
Tuesday 6 – 9pm
Wednesday 5 – 9pm
Thursday 5 – 9pm
Friday 4 – 6pm
Saturday 10.30am – 2.30pm
Ages 3 – 16 years
 Open to all abilities
 Contact: John and Agnes Knox 07710110221

Good Move - Strength & Balance

Wednesday 12.30pm
Ages 16 +
 £2.80 per session
 Contact: 0141 287 9882

Karen Burns (Ballet)

Wednesday 4.30 – 7pm
Thursday 6 – 7pm

Ages 4 – 16 years
 Open to all abilities
 Contact: Karen Burns 07590297068

Line Dancing

Wednesday 7 – 9pm
Ages 16 +
 This an open class, some previous line dancing experience needed, both men and women welcome.
 Contact: Claire Harley claireharley1@hotmail.co.uk

Ladies Bowls

Thursday 1.30 – 3.30pm
Ages 16+, Ladies only
 Contact: Alice McGregor 07932027348

Yoga

Thursdays 7 – 8 pm
Ages 16 years +
 £5 per session
 Contact: Angela on 07813 896901 or angela_donnelly21@hotmail.co.uk
www.yogawithangela.co.uk

Line Dancing

Friday 10.30am – 12.30pm
Ages 16 +
 Anyone can join, men and women welcome
 £4 per session
 Contact: Castlemilk Community Centre reception or pop into the class.

Sports and Activities

Glasgow Club Castlemilk

10 Dougrie Road, Glasgow G45 9NH Tel: 0141 276 0725
www.glasgowlife.org.uk/sport/glasgow-club/castlemilk/

Tae Kwon Do

Monday 5 – 7pm

Contact: Sharlene Graham,
sgrhamtkd@hotmail.co.uk

Karate

Monday 7 – 8pm

Contact: Davidcampbell.
ko@hotmail.co.uk

Castlemilk Indoor Bowling Club

Monday – Thursday

16+ years
Open membership
Contact: Glasgow Club
Castlemilk on 0141 276 0625

Good Move – Strength & Balance

Tuesday 12 noon

Ages 16 +
£2.80 per session
For more information please
contact 0141 287 9882

Aikido

Wednesday 7.30 – 8.30pm

18 years +

Beginners are always
welcome.
Contact: Graeme Ede,
gede@aikido-uk.com 07535
721 067, www.aikido-uk.com/glasgow/castlemilk

Good Move – Step in circuit

Wednesday 2pm

Friday 11am

Friday 1.45pm

Ages 16 +
£2.80 per session
Contact: 0141 287 9882

Special Olympics Bowls

Thursday 4 – 6pm

16+ years

Contact: Liz Boyd on
07881 527430 or
lizboyd54@gmail.com

Active Judo

Thursday

5 – 5.45pm (5 – 7 years)

5.45 – 6.45pm (8 – 16 years)

Open membership
Contact: David Millar,
07977 494 752,
info@activejudo.co.uk
www.activejudo.co.uk

Fair Deal Friday Sports Day

Friday 10am – 3pm

A variety of sports and
activities including bowling,
badminton, table tennis and
basketball. All the activities
are developed for people
with learning disabilities or
physical disabilities.

Contact: Ryan McCrory
on 0141 634 4996 or
ryanmccrory@fair-deal.org

Glasgow Gymnastics Club

Sunday 1 – 3pm

Contact: Louise Bradley
glasgowgymnastics@live.co.uk
www.facebook.com/GlasgowGymnasticsClub
www.glasgowgymnasticsclub.co.uk/

Castlemilk Pool

137 Castlemilk Dr, Glasgow G45 9UG

Tel: 0141 276 1420

www.glasgowlife.org.uk/sport/glasgow-club/castlemilk-pool/

Kingston Swimming Club

Various days and times

Ages 5 years +

Need to join the club.

Contact: membership@kingstonasc.com
www.kingstonasc.com

Linn Park Equestrian Centre

Linn Park, Simshill Rd, Glasgow G44 5TA

Linn Park Equestrian Centre

Contact: 0141 637 9745

info@the-new-ark.org.uk

en-gb.facebook.com/thenewarkcentre/

Linn Park Golf Course

Simshill Rd, Glasgow G44 5EP

Tel: 0141 276 0702

www.glasgowlife.org.uk/sport/our-facilities/golfcourses/linn-park-golf-course/

Castle Linn Junior Golf Club

(Outdoor April – September)

Tuesday 6 – 7pm (5 – 12 years)

7 – 8pm (12 years +)

5 – 18 years

Open to all. £1 per session

Contact: frazer.downie@hotmail.co.uk

The Jenniburn Centre

370 Tormusk Road, Glasgow, G45 0HE

Tel: 0141 630 1323

www.jenniburn.eu

Zumba

Monday 1 – 2pm

All the activities are developed for people
with learning disabilities or physical
disabilities.

Contact: Ryan McCrory on 0141 634 4996 or
ryanmccrory@fair-deal.org

D Dancers

Tuesday & Thursday 5.30 – 7pm

Ages 2 – 18 years

Open to all

Contact: Denise 0795 600 5566,
denise2dance@gmail.com

Karate Class

Friday 5.30 – 6.30pm

Ages 4 – 16

Open to all

Contact: Steven Miller, 07775 946146
www.shukokaikarateclub.com,
info@shukokaikarateclub.com



Sports and Activities

St Margaret Marys Secondary School

9 Birgidale Rd, Glasgow G45 9NJ
Tel: 0141 582 0250

Castle Linn Junior Golf Club

(Indoor September – March)
Tuesday 6 – 7 pm (5 – 12 years)
7 – 8 pm (12 years +)
5 – 18 years

Open to all. £1 per session
frazier.downie@hotmail.co.uk

Southside Originals Basketball Club

Wednesday 7 – 9 pm
12 years +

Open to all
<https://en-gb.facebook.com/SouthSideOriginalsBasketball/>

Little Dynamo's Football

Saturday 10am – 12 noon
5 – 12 years

Open to all
Contact: Derek Reid, <https://twitter.com/LittleDynamos?lang=en>

Castlemilk High School

223 Castlemilk Dr, Glasgow G45 9JY
Tel: 0141 582 0050

Glasgow Gymnastics Club

Various days and times
Open to all
Contact: Louise Bradley
glasgowgymnastics@live.co.uk

Happy Table Tennis Club

Monday and Wednesday 7 – 9 pm
16 years +

Open to all. £3 per session
Contact: Tommy, tmg.278@gmail.com
or 0788 263 5860

Glasgow Flames Netball Club

Monday 7 – 9 pm
16 years +

Open to all
glasgowflames@gmail.com;
<https://en-gb.facebook.com/GlasgowFlames/>

The Maureen Cope Community Hall

201 Ardenraig Road, Glasgow G45 0JJ
Tel: 0141 631 5041
en-gb.facebook.com/Maureen-Cope-Community-Hall-485368531558045/

D Dancers

Saturday 2 – 5pm
Ages 2 – 18 years

Open to all
Contact: Denise 0795 600 5566,
denise2dance@gmail.com

Birgidale Complex

10 Stravanan St, Glasgow G45 9LW
Tel: 0141 631 1161
en-gb.facebook.com/BirgidaleComplex-827106280743926/

D Dancers

Monday 5 – 7.30pm
Wednesday 5 – 9 pm
Ages 2 – 18 years

Open to all
Contact: Denise 0795 600 5566,
denise2dance@gmail.com

Gymnastics

Wednesday 7 – 8pm
Ages 2 – 18 years

Open to all
Contact: Denise 0795 600 5566
denise2dance@gmail.com

Castlemilk Youth Complex

39 Ardenraig Road, Glasgow G45 0EQ
www.castlemilkyouthcomplex.com/
Tel: 0141 630 0000

Castlemilk Cycle Hub

All led cycle activities are free
Bring your own bike or use ours!
Youth Ride Thursdays from 6pm
Adult Social Ride Fridays from 10am
Youth Ride Fridays from 6pm (start Barlia Football Complex)
Women Only Rides – coming soon!

Barlia Football Centre

Glenwood Business Centre, Castlemilk Dr, Glasgow G45 9UH
www.glasgowlife.org.uk/sport/football/play/football-centres/barlia-football-centre/
Tel: 0141 276 0725

Castlemilk Boys Club

Wednesday 5 – 7pm
9 – 13 years (2004, 2006, 2008)
Trials available on request. £3 per session
Contact: castlemilkboysclub@ntlworld.com

Castlemilk United

Thursdays, 7 – 9pm
Games played on Sundays
18 years +
Open, training and playing places are by invite. £5 per session
Contact: Goddy Harris, 07847 323248,
Facebook; Castlemilk United AFC

Friday Night Football Drop In

Friday 6 – 8pm
12 – 24 years
Sessions are free and open to all
Contact: John Harkins, 07834562864

Castlemilk Parish Church

1 Dougrie Road, Glasgow G45 9NP
Tel: 0141 634 7113

Line Dancing

Monday 1.30 – 2.30pm & 7 – 8pm
Ages 16 years +
Contact: Castlemilk Parish Church on 0141 634 7113



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, in a sport or activity you love?
Have you been thinking about getting involved in volunteering?

Well you are at the right place! At Castlemilk YC Community Sport Hub we will connect you with the right volunteering opportunity 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 hubs@glasgowlife.org.uk referencing Castlemilk YC 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 a coach, committee member, parent helper, fundraiser, social media and marketing, photographer or mini bus driver, 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

Castlemilk YC Community Sport Hub is a partnership between local sports clubs, Glasgow Sport and SportScotland and we would like to thank everyone for their continued support and hard work to make it possible for us to offer sport and physical activity within the local area.

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 participation in sport and physical activity for all.



LOTTERY FUNDED