



**YOUR LOCAL
COMMUNITY
SPORT HUB**





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The George Watson's College Community Sport Hub has been established with the goal of improving access to sport and physical activity for members of communities in our local area and further afield in the City of Edinburgh.

Our aim is to provide fun activities to encourage **lifelong participation**, boosting **health** and **social connections** – even a **sense of belonging** – in our community.

The benefits of an active lifestyle are huge for both physical and mental health. Not only does it feel good to be active, but it can also be a wonderful way to make new friends and be part of something positive.

Being active doesn't have to mean high intensity, competitive sport – **there really is something for everyone, whatever your age and ability**. As a community sport hub, we want to listen to what you want and help to bring you activities that you would like to be part of.

What is a Community Sport Hub?

Community sport hubs are one of Sport Scotland's key programmes and are designed to 'provide a home for sport'. The 'hub' brings together sport clubs and community organisations that want to develop and grow the sporting offer in the community.

There are 13 hubs in Edinburgh, supported by the City of Edinburgh Council. In our local areas this includes hubs at James Gillespie's High School and Meggetland Sports Complex. We are keen to work together and with other sport venues and community partners to help get Edinburgh moving!

Please have a read through this brochure to see what opportunities are available or feel free to contact Ian McDonald on community-sport@gwc.org.uk or 0131 446 6000



Supported by



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ACTIVITIES AND CLUBS

Cricket

BOROUGHMUIR CRICKET CLUB



Boroughmuir Cricket Club is a long-standing community cricket club based at Meggetland and has two senior teams that participate in the ESCA cricket leagues (Division 2 and Division 6) as well as a mid-week team that plays in friendly matches and various 20/20 competitions.

Boroughmuir CC continues to strive to introduce more youngsters to cricket through its various outreach/school activities. Any boys or girls interested in coming along to any of the training sessions would be extremely welcome.

CONTACT

- ✉ boroughmuircc@gmail.com
- ✉ Ed Hutchinson, BCC Club President: edanna@blueyonder.co.uk
- 🌐 <https://boroughmuircc.hitscricket.com>

WATSONIAN CRICKET CLUB



The Watsonian Cricket Club is open to everyone and welcomes people from all over the community.

Watsonian Cricket Club, founded in 1875, is based in Edinburgh and plays its cricket at two grounds which benefit from grass squares and an artificial wicket: Myreside and Craiglockhart. The club currently fields four senior men's sides, has a vibrant junior section with over 100 members from 8–18 years of age. We also have a developing women's section and look to expand this over the coming year.

The club is always looking to attract new recruits to its various sections. So, if you are seeking to play at the highest possible level or just want to enjoy social cricket, the club can provide you with the opportunity – and you can be assured of a warm welcome.

CONTACT

- ✉ Andrew Chalmers - Director of Cricket: doc@watsoniancricket.com
- ☎ 0780 8665240
- 🌐 www.watsoniancricket.com



Dance

STUDIO 21



Dance@Studio21 was created in 2006. They provide a variety of classes available from Nursery age to S6. Dance styles offered include Highland, Jazz, Commercial, Acro, Musical Theatre, Performance skills, Tap, Ballet, Lyrical and Contemporary.

Studio21 also provides both pilates and yoga classes for groups and one to one tuition for adults and children. They also offer SQA qualifications in NPA4, Nat5 and Higher Dance.

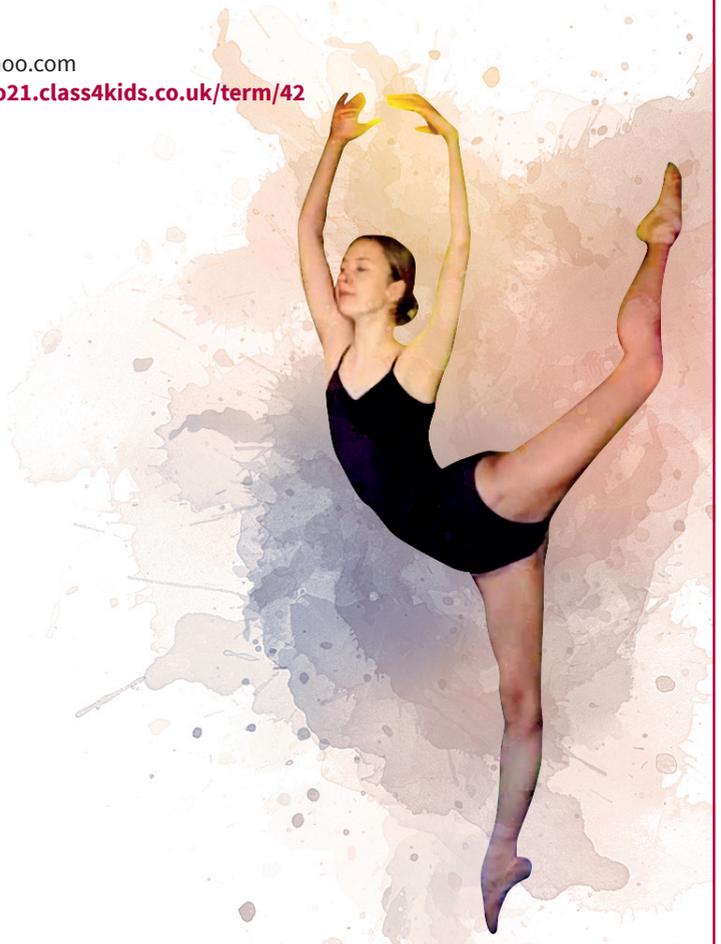
Whether you are looking for classes for fun, fitness or to a competitive level they have something suitable for all.

CONTACT

Louise Gibbs

✉ dancestudio21@yahoo.com

🌐 <https://dancestudio21.class4kids.co.uk/term/42>



Gym and Classes

FLEXERCISE



Flexercise classes are movement classes, for the active 60+ community, based on core stability exercises combined with movement. Always set to music, classes are a mix of dance and exercise and are adaptable to most levels of fitness.

CONTACT

✉ Sally Floyd: floydsally9@gmail.com
🌐 www.fl-exercise.com



THE GALLEON CLUB



The Galleon Club is housed in the George Watson's College Centre for Sport. Facilities and activities include a fitness suite, swimming pool, exercise classes and gym/sportshall space.

Galleon membership is open to members of the public. Taking out a membership provides you with the opportunity to use The Galleon's excellent facilities for your fitness and wellbeing. A pay as you go service is also available for all areas and activities.

The Pentland Fitness Suite is fully fitted with cardio-vascular equipment, fixed and free weights options to cater for all your fitness needs.

There is also a range of classes to choose from, from spinning to pilates, bodypump to Tai Chi.

Our 23 metre swimming pool is the ideal place for you to stay in shape – both physically and mentally – and is also a great place to relax.

CONTACT

✉ Becky Pennycuik on r.pennycuik@gwc.org.uk
☎ 0131 446 6066
🌐 www.gwc.org.uk/galleon



Football

COERVER® COACHING SCOTLAND

Coerver® Coaching is the leading brand name in independent football education globally, delivering skill-based football coaching in over 50 countries since 1984. They provide world-renowned football training for players of all abilities from 4 to 16 years old, as well as a comprehensive coach education programme.

CONTACT

✉ scotland@coerver.co.uk

☎ 08448 080442

🌐 www.coerver.scot



Hockey

THE WATSONIAN HOCKEY CLUB

Our club is open to everyone and welcomes people from all over the community.



YOUTH SECTION

The Watsonian Hockey Club has the largest youth programme in Scotland with over 600 enthusiastic players aged between 5 and 16. Coaching sessions are available for all ages on Sundays, as well as midweek sessions for the older age groups, on the astroturf pitches at Tipperlinn, George Watson's College, and indoor halls in the winter.

Their aim is to inspire young people to enjoy playing hockey and improve their skills in a safe and friendly environment. We also support all our young players to achieve their ambitions in hockey at all levels – Club, District and National. A large number of our youth players are past and present internationalists.

ADULT SECTION

Since starting in 1924, The Watsonian Hockey Club has grown into the largest hockey club in Scotland, with 13 senior outdoor teams, the biggest youth programme in the country, and a fantastic home at George Watson's College including our Myreside clubhouse.

Both Men's and Ladies' 1st XIs are established outdoor Scottish Premiership sides, as well as competing at the top level of indoor during the winter months. In addition to this, the club offers a wide range of competitive and social hockey across the rest of our senior clubs, with a defined youth player pathway for our young players to progress through towards 1st team hockey.

CONTACT

✉ watshockymemberships@gmail.com

🌐 www.watsonianshockeyclub.com



Martial Arts

DESTINATION JUDO

At Destination Judo they like teaching children, making it fun and giving children confidence.

Classes are available for children 5–16 years old. Whether they're doing it for fun, competing at national level, or somewhere in between, Destination Judo caters for all.

CONTACT

 <https://destinationjudo.com>



TAEKWON-DO

Taekwon-Do is so much more than a self-defence art. Taekwon-Do is a Way of Life and is a wonderful life changing journey which offers many benefits including health benefits and improved fitness as well as personal development.

The core values offered by Taekwon-Do will help us all to strive to be the Master of our own destiny. It is believed that living life in a courteous, respectful, positive and supportive way makes the Taekwon-Do student a better and stronger person. The Tenets of Taekwon-Do are at the heart of every class; ***Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.***

CONTACT

 www.uktc.co.uk



LITTLE TIGERS

Little Tiger Cubs is a ground breaking exercise programme for children 3–5 years old. The unique classes are the perfect way to prepare your child for school, equipping them with confidence and with the necessary life skills to help them achieve their potential.

These tailored classes feature a variety of simple, fun, and engaging training exercises, loosely based on the teaching attributes of martial arts.

Classes encourage the development of both physical and social core skills and are suitable for children of all abilities.

Each class has been designed to fit with the Curriculum for Excellence (Scotland) and the National Early Years Foundation Stage Curriculum (England & Wales).

CONTACT

 www.uktc.co.uk



Netball

HOLYROOD NETBALL



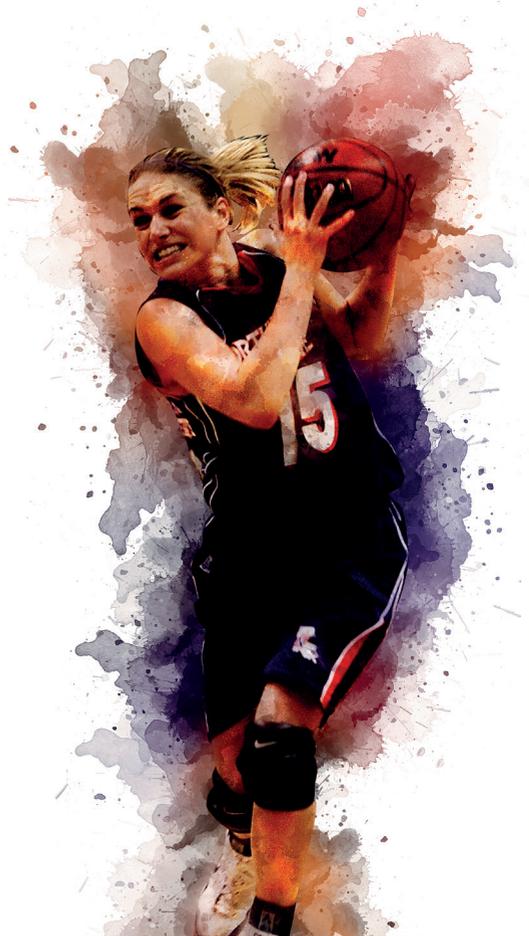
Holyrood Netball Club ('HNC') was established in August 1999 and is one of the largest netball clubs in Edinburgh. HNC currently has four teams participating in the City of Edinburgh Netball Association League ('CENA') and thrives on its inclusive, warm and friendly atmosphere, where anyone with a keen interest in netball, regardless of experience or skill level, are welcomed. HNC prides themselves on being a friendly club with regular social events and great team dynamics.

Each team has their own dedicated coach so they can work throughout the season on team and player development. This formula sees HNC continuing to improve and produce results to be proud of. Training takes place on a Thursday evening, at the Galleon, with the CENA games being played on a Sunday evening, at Oriam, Heriot-Watt.

CONTACT

✉ adults@holyroodnetball.co.uk

🌐 www.holyroodnetball.co.uk



Rugby

WATSONIAN FOOTBALL CLUB

Watsonian Football Club (WFC) was founded in 1875 and since then has been widely regarded as one of the premier clubs in the club rugby scene. WFC is a club that aims to ensure that they can offer rugby for all players of all abilities. The Club is open to everyone and welcomes people from all over the community.

They recently joined the newly formed Super6 Competition – a part-time professional setup – whilst regularly running three men’s teams on a Saturday and, when the opposition is available we have been known to put out a 4XV! Our Men’s 1XV currently play in National League Division 1.

They have a very successful Women’s Team, many of whom have played for Scotland at International level.

The youth section, named the Watsonian Warriors, is open to all kids from Primary 2– Primary 7. The Warriors currently has over 235 members and is run by parent volunteers with the help of the senior club coaches.

CONTACT

- ✉ Director of Rugby - Chris Hunter: chriswhunter@hotmail.com
- ✉ Club Administrator - Fi Sharman: watsoniansrugby@gmail.com
- ✉ Head of Women’s Rugby - Emily Cotterill:
watsonianswrugbycaptain@gmail.com
- ✉ Head of Warriors Section - Fergus Perks: fperks@btinternet.com
- 🌐 www.watsoniansrugby.com



Shooting

RIFLE CLUB

The Rifle Club was established 90 years ago. The Club meets in the range which is situated within the school grounds of George Watson’s College on Monday and Friday evenings and also on a Sunday morning. They have competitions to suit all levels of skill from beginners to elite members. They have an excellent level of skill in the Club with members who have represented Scotland and Great Britain and competed in the Commonwealth Games.

The Club is open to applicants from age 15 and currently has members from 15 to 93 years old.

CONTACT

- ✉ Ian Thomson - ciht@hotmail.co.uk



Swimming

SWIMEASY



Why wait until the end of term for your child to progress to the next stage when they can move as soon as they are ready? SwimEasy offer weekly classes with small class sizes to ensure the water-based teachers can individualise feedback, helping your child reach their full potential.

During school holidays, their specialist One-to-One or One-to-Two RapidTrack Classes, can be booked a week at a time, from Monday to Friday. Five consecutive lessons can improve any weakness rapidly and any technical correction, or specific area of improvement required, can be dealt with much more easily.

CONTACT

✉ info@swimeasy.co.uk

☎ 0330 024 9111



HOLIDAY ACTIVITY CLUBS

THE GALLEON CLUB



Over school holiday periods of Easter, Summer and October, The Galleon offers a comprehensive programme of activities open to children in P3 to S3, whether or not they attend Watson's.

This is a great opportunity to make new friends, learn new skills and get outside in the fresh air and improve fitness!

Activities range from sport specific camps such as cricket, hockey, rugby or football, or general multisport activities.

Our aim is to develop a range of skills within different sports. All activities are run by qualified coaches and follow a programme of fitness-skills and games.

CONTACT

✉ Ian McDonald: i.mcdonald@gwc.org.uk

🌐 www.gwc.org.uk/galleoncamps



FACILITIES FOR HIRE

GEORGE WATSON'S COLLEGE

Sport facilities available to hire at George Watson's College include:

- Sports halls (nets available for badminton, netball, basketball, indoor hockey/football, hand-ball)
- Gym halls
- Astroturf pitches
- Tennis nets (from April - June)
- Cricket nets (indoor and outdoor)

CONTACT

✉ Ian McDonald: i.mcdonald@gwc.org.uk

ADDITIONAL FACILITIES FOR HIRE

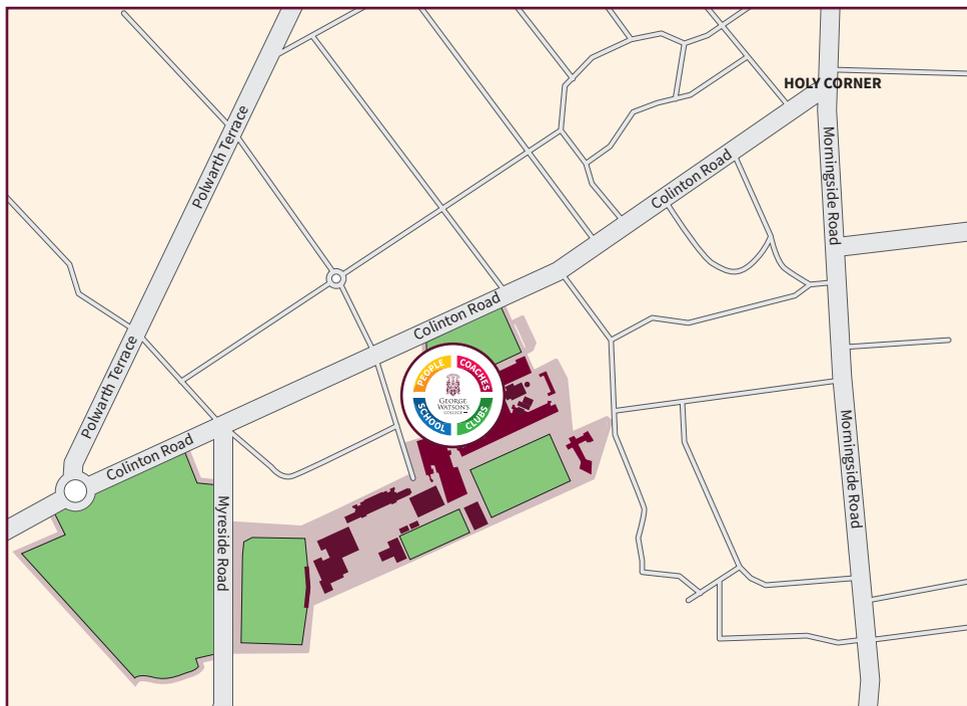
In addition to our sports facilities, we also have a great range of spaces available to hire throughout our campus.

CONTACT

✉ Amy Hutchison: a.hutchison@gwc.org.uk



CONTACT US



George Watson's College
Colinton Road
Edinburgh
EH10 5EG

CONTACT

✉ community-sport@gwc.org.uk

☎ 0131 446 6000



PORTOBELLO HS



**FORRESTER
ST AUGUSTINES**



**YOUR LOCAL
COMMUNITY
SPORT HUB**



LIBERTON HS



JAMES GILLESPIE'S



ROYAL HIGH



BROUGHTON HS





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www.gwc.org.uk/communitysportshub



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