

## “Get into Summer” Community Sport Hub Club Programmes

Please see information on Renfrewshire Community Sport Hub Clubs Free sessions over the Summer. More information can be obtained directly from the clubs.

**1. Storm Gymnastics**

31<sup>st</sup> July - 10am – 3pm

At 53 Lark St, Paisley, PA3 1QS

Pre-school, primary and secondary aged children

<http://stormgymnastics.co.uk/>

**2. Twist and Hit**

Monday 5th July - Friday 16th July

At Twist & Hit Cheer and Dance Gym, Unit 2, Covault Business Centre

P1 to S4

<https://www.facebook.com/twistandhit/>

**3. Castle Semple Sailing Club**

Full day taster session on the 6th of July, session runs from 11:00-13:00 and 14:00 to 16:00 with a break for lunch

At Castle Semple Lochwinnoch

Free to anyone to come down and join, with pre-bookings. Limit of 15 people per session, with preference going to people who don't already attend.

<https://castlesemplesc.co.uk/>

**4. Kelburne Hockey Club**

26<sup>th</sup> – 29<sup>th</sup> July, 10am to 3pm

At Kelburne Hockey Club, Barshaw Drive, Whitehaugh, Paisley, PA1 3SF

14yrs and under

<https://www.kelburne.com/>

**5. Paisley Barbell Club**

Taster sessions each Sunday 2-5pm, 4th, 11th, 18th, 25th, 1st & 8th

At Anvil Strength Gym, Unit 12, 53 Clark Street, Paisley, PA3 1QS

Open to all ages

<https://www.facebook.com/paisleybarbell/>

**6. Glenvale FC**

Monday 12<sup>th</sup> July – 10am -12pm

At Ferguslie Sports Centre, 106 Blackstoun Rd, Paisley, PA3 1EX

5yrs to 12yrs

<https://www.facebook.com/glenvalefc/>

**7. Basketball Paisley**

Monday - July 26<sup>th</sup>, August 2<sup>nd</sup> (4-5pm)

Wednesday – July 28<sup>th</sup>, August 4<sup>th</sup> (4-5pm)

At Decathlon Braehead, Old Govan Rd, Renfrew, PA4 8XJ – Outdoor court

4-14 years – all stages of basketball

<https://www.basketballpaisley.club/>

**8. Evro Pro**

Week 1. Mon 28th, Wed 30th & Fri 2nd July

Week 2 Mon 5th, Wed 7th & Fri 9th July

Week 3 Mon 12th Wed 14th & Fri 16th July  
At Renfrew FC ground, New Western Park, 1 Argyll Ave, Renfrew, PA4 9EF  
Boys and girls aged 8 – 14

<https://www.facebook.com/EvroFootballPro/>

**9. Kelburne Cricket Club**

11am-2pm lead by the club coach on Wed 21st July  
At Kelburne Cricket Club, 2 Barshaw Dr, Paisley, PA1 3SF  
'All stars cricket' supported by the ECB for ages 5-8

<https://www.facebook.com/kelburnecricketclub/>

**10. Langcraigs FC**

21<sup>st</sup>, 22<sup>nd</sup> July - 11am to 3pm  
At Marches' football park, Paisley  
5yrs to 12yrs

<https://www.facebook.com/LangcraigsAFC/>

**11. Paisley Rugby Club**

Free Rugby for Beginners Day on Sunday 11 July.  
At Paisley Rugby Club, Anchor Playing Fields, Ross St, Paisley, PA1 1TH  
P1 TO P3 Boys/Girls, P4 TO P-7 Boys/Girls, S1 to S6 Boys, S1 to S6 Girls

<https://www.facebook.com/PaisleyRugbyFC/>