

# 2014 Commonwealth Games

1 year  
to go

# Sport and Dance Showcase

Join us to celebrate 1 year to go  
until the 2014 Commonwealth  
Games at the **NEW** Eastwood  
High Sports Centre.

See inside  
for full  
programme  
of activities



Saturday 24th and  
Sunday 25th August 2013



LEGACY 2014  
XX COMMONWEALTH GAMES  
SCOTLAND

## Sport and Dance Showcase: P4-S2

**Join us to celebrate 1 year to go until the Commonwealth Games.**

P4-S2 pupils are invited to participate in a morning or afternoon of sport and dance activities held at the NEW Eastwood High Sports Centre.

All sessions are **FREE** and children will take part in 5 different activities delivered by local club coaches.

**Try a new sport and meet club coaches who will provide information on their club and membership opportunities.**

Local athletes will be there to speak to children about their experiences in sport, inspiring the next generation.

Places are limited so please contact **0141 577 3008** to book your place on one of the slots either morning or afternoon across Saturday 24th and Sunday 25th August. Please quote the reference for the session you wish to attend.

**Saturday 24th August/  
Sunday 25th August 2013**

**Morning block** Ref: SAT AM; SUN AM

Registration: 9am - 9.30am  
Sessions start: 9.30am  
Sessions finish: 12noon

**Afternoon block** Ref: SAT PM; SUN PM

Registration: 1.30 - 2pm  
Sessions start: 2pm  
Session finish: 4.30pm



## Dance programme

**Saturday 24th/Sunday 25th  
August 2013.**

Places are limited. To book a place on one of the below workshops please call: **0141 577 3008** and quote the reference for the session you wish to attend.

All sessions are **FREE** of charge



### **Early Years Dance 10 - 10.45am** Ref: SAT EYD; SUN EYD

3-5 year olds are invited to participate in this exciting dance workshop which will introduce children to the world of dance and creative movement.

### **Primary Party 11 - 11.45am** Ref: SAT PP; SUN PP

P1-P3 children are invited to participate in a creative movement class which will be a celebration of the Commonwealth Games.

### **Hip Hop 1 - 1.45pm** Ref: SAT HH1; SUN HH1

P4-P6 children are invited to participate in an introduction to hip hop workshop.

### **Hip Hop 2 - 2.45pm** Ref: SAT HH2; SUN HH2

P7-S2 children are invited to participate in funky hip hop workshop.

### **Hip Hop 3 - 3.45pm** Ref: SAT HH3; SUN HH3

S3-S4 are invited to participate in a hip hop workshop where they will learn all the latest moves.

## Calling all 12-18 year olds!

Young Person Services will be running a morning and afternoon drop in session.

Young people can come along and find out more about what youth work services are available to them in their area and participate in some taster group work sessions.

This will be focused around the Respect ER digital baby programme, The East Renfrewshire Youth Health Service and the Duke of Edinburgh Award Scheme.

Drop in  
anytime

## Volunteering Opportunities

East Renfrewshire Active Schools/ Sports Services teams are looking for enthusiastic young people to volunteer on a number of programmes.

Come along and speak to an Active Schools/Sports Development rep to find out information on becoming a volunteer within East Renfrewshire.

Drop in  
anytime  
between  
10 - 4pm and  
grab a coffee/  
tea and a small  
snack in the  
Commonwealth  
Café.

## Active Art

### Crafty projects to run with – Kites and Windmills!

Celebrating creativity and movement these drop in workshops take their inspiration from the Commonwealth Games with craft activities that promote active play!

**Aimed at families  
with children of  
all ages**

Saturday 24th August -  
10.30am - 3.30pm

Sunday 25th August -  
10.30am - 3.30pm

