



Movement Park

Our Attitude Determines Our Destination

October 2023 – Issue Number 53

OUR VISION: A cohesive community where physical activity, wellbeing and social engagement is a vital part of everyday life.

*** NINJA STICKERS ARE BACK***

Calling all P1 - P3's.....are you ready to join the Movement Park Ninja Club, and take on the challenge to collect all of our stickers?!

At Movement Park, we believe that variety is key, and is key to developing a strong and active lifestyle.

Therefore, we have created the Movement Park Ninja Club, to give our children the opportunity to develop their skills in various sports and activities (mat based, equipment based, and wheel based), all within a fun and engaging environment. During these weeks, you will have the opportunity to collect a sticker from each sport, with each ninja sticker week getting progressively harder. Our first sticker week will give children the chance to gain their 'balancing, jumping and riding' ninja stickers.

Our NEXT ninja sticker week is: W/C 2nd October!!

**UPCOMING
EVENTS @
Movement Park**

W/C 2nd October
Ninja Sticker Week 1

**Monday 16th October –
Friday 20th October**
October Holiday Camp

W/C 23rd October
Parkour and Skateboarding
Grading week

W/C 23rd October
New Programme Starts

W/C 30 October
Projects start, including Girls
on Boards, Girls on Bikes,
Community Cycles and
more!



***NEW* - SQUASH INTRO!**

Movement Park are partnering with Newlands LTC to bring squash to the programme! Do you know the benefits?

- Improved hand-eye coordination
- improved flexibility
- improved agility
- builds strength & fitness

One sport with so many benefits! No wonder it was voted the no.1 healthiest sport by Forbes magazine. Keep your eyes peeled for more information and get ready for fun and games all whilst learning a brand new skill.

Contact Billy for more info: billy.mclafferty@movementpark.org.uk

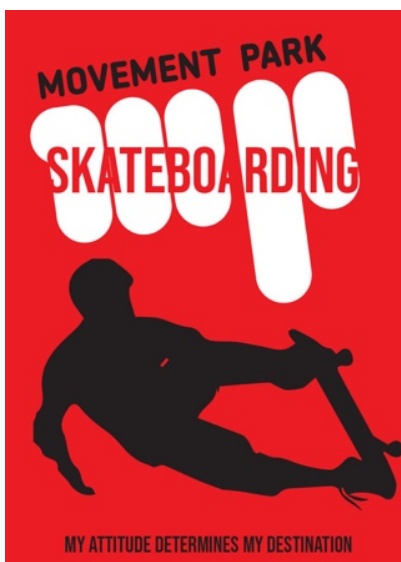


FINAL CALL - LOST PROPERTY

Have you left something at Movement Park? Whether it is a water bottle, a jumper or a coat...if you think you have left something behind, please come and have a look before the end of August. All current lost property will be removed from Movement Park on 6th October 2023.

HOME ED SESSIONS

We have recently restarted our Home Education sessions on Wednesdays and the turnout has been amazing! So great to see so many new and returning faces to our Home Education sessions practicing how to Parkour Ninjas, learning new tricks, big jumps and swinging challenges! Hopefully we can keep the good times rolling and improve and develop our skills and so much more fun! Keep your eyes peeled for more sessions after the after break!



GRADINGS ARE COMING!

This Month we will once again be doing our Parkour and Skateboarding Sessions, we can't wait to see everyone try and go for a new level on their gradings! As a result of the gradings coming soon the coaches will be practicing all the skills that will be required for everyone's next grading so when the time comes to do the grading everyone's ready and raring to go! If there is any confusion or worry about the gradings please come speak to coaches on hand to clear up anything that you're unsure about.



* NINJA STRONG KIDS*

We have recently introduced our Strong Kids Club on a Monday evening, where we try and get children of all ages to get to know new people and get them nice and strong, in the sessions we practice many things that don't just involving using medicine balls we do challenges using beanbags to improve coordination and control as well as speed and also practicing jumping, all of these challenges are there to improve develop different type of muscles get stronger. If you want to get involved, the more the merrier! As you will see from our new programme starting on 23rd October, we will be moving this our Strong Kids sessions to a Friday to bring all things ninja together! After all, Friday night is NINJA NIGHT!

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MOVEMENT PARK

NINJA



MOVEMENT PARK, CLYDEWAY HOUSE, 813 SOUTH STREET, GLASGOW, G14 0BX

COMMUNITY LED CYCLE SESSIONS AT MOVEMENT PARK!

We are very happy to let you know that our Community Cycle Sessions will be starting on Saturday 4th November! These sessions are for all the family and will allow you to ride with the local community. We have a select number of bikes, helmets, and pads available but if you do have your own bike and helmet, you're more than welcome to bring your own. Why not book online and come and join us every Saturday and Sunday!

To book, please head to:

www.bookwhen.com/movementpark

Please note this is an outdoor session.

BMX SESSIONS AT KNIGHTSWOOD!

At our BMX Track sessions in Knightswood we have many different types of sessions for everyone to try, we have to start off with our learn to ride sessions which focus on getting used to riding a bike and comfortably pedalling on a bike before transitioning to the club sessions. The Club sessions involves getting used to cycling on the pump track and also getting used to dropping in on the ramp and turning on the track to get around the course, and once they've got that we have our racing club which works on using the stands to start off a race and then practicing racing around the course against their fellow riders and trying to be as fast as they can on a bike. If you want to get involved, please book in, as we are always happy to see happy smiley faces! Come and Join Us!



GIRLS ON BOARDS PROJECT!

EXCITING NEWS.... Girls on Boards is coming soon to Movement Park!

We are super excited to announce that our Girls on Boards project will be launching on Monday 30th October 2023! If you are a girl in P5+ we would love to see you along at Movement Park every Monday! Our amazing coaching will help you building your skills and confidence every session and you will soon be kickflipping your way through the skatepark in no time!

If you are interested, please contact Kirsty – Kirsty.mitchell@movementpark.org.uk

GIRLS ON BIKES PROJECT!

Call all girls aged 8+ years. Our Girls on Bikes project starts on Saturday 4th November. Join us every week to learn about the world of cycling and BMXing here at Movement Park. Our coaches will be on hand to help you unleash your daring side and develop your riding skills. Whether you're an experienced rider, or a complete beginner, we want you to come and join us for this thrilling adventure!

If you are interested, please contact Kirsty – Kirsty.mitchell@movementpark.org.uk

***NEW* →
GOES LIVE
MONDAY
23rd OCT
2023! 😊**



MOVEMENT PARK							BIRTHDAY PARTIES SUNDAYS 11-12.30PM
STARTING 23RD OCT 2023							
MON	TUE	WED	THU	FRI	SAT	SUN	
GYM TOTS 10.00-10.45AM	PARKOUR TOTS 10.00-10.45AM	HOME ED SESSIONS BLOCK SESSIONS	WHEELIE TOTS 10.00-10.45AM	NINJA TOTS 10.00-10.45AM			
	YOGA WOMAN ONLY 1.30-2.30PM				GIRLS ON BIKES 8YRS+ 12-12.45PM	SQUASH INTRODUCTION NEWLANDS SQUASH CLUB P1+ 11-12NOON	
BREAKDANCING P1+ 4-4.45PM	PARKOUR P1-3 4-4.45PM	SKATEBOARDING P1-3 4-4.45PM	PARKOUR P1-3 4-4.45PM	MINI NINJA'S P1-3 4-4.45PM	BMX FREESTYLE/ FLATLAND 8YRS+ 1-1.45PM	PARKOUR FAMILY P1+ 1-1.45PM	
	PARKOUR P4-5 5-5.45PM	SKATEBOARDING P4+ 5-5.45PM	PARKOUR P4-5 5-5.45PM	NINJA STRONG KIDS P4+ 5-5.45PM	COMMUNITY LED CYCLING FAMILY P1+ 1-1.45PM	COMMUNITY LED CYCLING FAMILY P1+ 2-2.45PM	
GIRLS ON BOARDS P5+ 6-6.45PM	PARKOUR P6-7 6-6.45PM	SKATEBOARDING P5+ SQUAD SELECT 6-6.45PM	PARKOUR P6-7 6-6.45PM		ROLLERBLADING/ SKATING P1+ 2-2.45PM	PARKOUR P1-4 2-2.45PM	
	PARKOUR S1+ 7-7.45PM	PARKOUR PYRAMID CENTRE P1-3 4-4.45PM	PARKOUR S1+ 7-7.45PM		SKATEBOARDING P1-3 3-3.45PM	PARKOUR P6-7 3-3.45PM	
	PARKOUR ADULT 8-9PM	PARKOUR PYRAMID CENTRE P4+ 5-5.45PM	PARKOUR SELECT SQUAD S1+ 8-9PM		SKATEBOARDING P4+ 4-4.45PM	PARKOUR SELECT SQUAD P5-7 4-5PM	
	SKATEBOARDING PYRAMID CENTRE P1-3 4-4.45PM		LEARN TO RIDE/ INTRO2TRACK P1+ 5-6PM			PARKOUR S1+ 5-6PM	
	SKATEBOARDING PYRAMID CENTRE P4+ 5-5.45PM		BMX CLUB MUST DO INTRO2TRACK 6-7PM				
			BMX RACING CLUB+ 8YRS+ 7-8PM				

BLOCKS BOOKING: HOME ED SESSIONS, SQUASH INTRODUCTION
FREE SESSIONS: LEARN TO RIDE/ BMX TRACK INTRO2TRACK/ GIRLS ON BOARDS/ GIRLS ON BIKE/ COMMUNITY LED CYCLING
FOR FREE SESSIONS EMAIL: KIRSTY.MITCHELL@MOVEMENTPARK.ORG.UK