

Recommend Sports clubs for young people with ASLN

Club Name	Location	Time of Club	Contact email	Contact Telephone	Website
City of Glasgow Seals swimming club	Tollcross International Swimming Centre	6:30 till 8pm (Thursdays)	robinwalker@aol.com	0.7889924344	https://cityofglasgowseals.org/
Glasgow Disability Badminton Club	Haghill Sports Centre	7-9pm (Thursdays)	dgillespie@lineone.net		www.gdbc.btck.co.uk
Glasgow City Basketball Club (Shoot for Success)	Donal Dewar Leisure Centre, G15 8SX (Saturday/Thursday). Eastbank Academy (Friday)	6-8pm (Thursdays). 12-2 (Saturday). 6-8(Fridays)	shoot4success@btinternet.com bazzamc21@hotmail.co.uk	0.7785764938. 0141 944 2342	
Pro Judo (ASN Martial Arts)	Palace of Arts, Bellahouston Park	11am-12pm (Saturdays)	admin@projudo.co.uk	0.7947377353	www.projudo.co.uk
Red Star Athletics Club	Crownpoint Sports Centre	7-8:15pm (Monday and Thursday)	enquires@redstarac.org.uk	0.7712624498	www.redstarac.org.uk
Victoria Park Athletics Club	Scotsoun Stadium	7-8:30pm (Wednesday)		0141 563 7013	www.vp-Glasgow.com
The Firhill Club (Multi Sports, Football, Netball, Badminton, Table Tennis)	The Firhill Complex, Garscube Road	5-7pm (Tuesdays)	dmdunn@talktalk.net		
Special Olympics Cycling Club	Bellahouston Park, Cycle track (close to sports centre)	5-7pm (Thursdays)	tomahara@yahoo.co.uk	0.7743084206	
City of Glasgow Gymnastic Club	Bella Houston Leisure Centre		Angela Turner		www.cityofglasgowgymnasticsclub.org.uk