

EDINBURGH'S
FESTIVAL OF
SPORT
2013
24 Aug – 8 SEP

EDINBURGH'S
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SPORT★

THANK YOU TO OUR PARTNERS

Making the Festival happen has been a huge effort and involved many enthusiastic and passionate sporty people in the city. We'd like to thank our funders and partners who have played a part in making this year's Festival our biggest yet.

We would also like to thank the national governing bodies for sport and the many local sports clubs who have put in much time and effort to develop sports and activities for the programme this year.



INTRODUCTION

The Festival of Sport is taking place from 24 August – 8 September this year. Bigger and better than in previous years, the event is a bumper fortnight of sport for all to get involved in. It's the perfect opportunity to try a range of new sports, find out about the clubs in your area and all of the Festival activities are free.

In the programme for the Festival this year we are delighted to confirm Sport with the Stars and Sport with a Splash. Taking place on 24 August, the events will kick off the festival with a bang, where Meadowbank Sports Centre and the Royal Commonwealth Pool will host a huge come and try sports festival.

Sports club events are the foundation of the Festival of Sport. Each year local clubs have opened their doors, put on competitions and encouraged the local community to try their sport. This year is no different and we're delighted that the Festival will feature more than 26 sports and 90 individual events.

More events are being added to the Festival programme all the time. To find out more about the latest events and those listed in this brochure visit www.activity.info/festivalofsport

EDINBURGH'S FESTIVAL OF SPORT

AQUAFIT CLASS*Edinburgh Leisure**27/8/13 and 3/9/13, 10-10.50am*

AquaFit uses the resistance of the water to give you an effective workout that doesn't put pressure on your joints. These taster sessions are suitable for people of all ages and fitness levels. For more information on AquaFit check out www.edinburghleisure.co.uk

How to get involved: Book in advance. To book email info.rcp@edinburghleisure.co.uk or phone 0131 667 7211.

Venue: Royal Commonwealth Pool, EH16 5BB

Age Criteria: 16+ years

RUN, JUMP AND THROW TASTER SESSION*Edinburgh Leisure**26/8/2013 and 2/9/2013, 5–6pm (Meadowbank Sports Centre)**30/8/2013 and 6/9/2013, 2–3pm (Saughton Sports Complex)*

Run, Jump and Throw (RJT) is a programme designed to give children an opportunity to discover and participate in athletics activities all year round. It is tailored to suit children of all skill levels from beginner to those who have already taken part in introductory athletics programmes, holiday courses or local community junior competitions. The RJT programme offers children a wide variety of athletics events and techniques, and focuses on the fundamental movement skills, important in every child's development.

How to get involved: Turn up on the day. For more information contact gavinmacrae@edinburghleisure.co.uk or call 0131 458 2180.

Venue: Meadowbank Sports Centre, EH7 6AE;

Saughton Sports Complex, EH11 3HB

Age Criteria: P4-P7 (Meadowbank Sports Centre);

P1-P7 (Saughton Sports Complex)

BASEBALL TASTER SESSIONS*Edinburgh Junior Baseball**25/8/2013, 1/8/2013 and 8/8/2013, 1-3pm*

Edinburgh's Kids Baseball League is running free come along and try sessions for anyone between 6-13 years. Try to pitch, hit, run your way to glory and have a swing against our pitching machine! For more information check out www.baseballedinburgh.com

How to get involved: Turn up on the day. For event information contact baseballedinburgh@gmail.com or phone 0789 679 1207.

Venue: Warriston Playing Fields, EH3 5LA (the baseball field can be accessed via Inverleith Row, directly opposite the eastern entrance to the Botanic)

Age Criteria: 6-13 years

MIDNIGHT MADNESS*Boroughmuir Blaze Basketball Club**14/9/2013, Midnight to Midnight*

Midnight Madness will launch a season of sporting participation at the Craggs for young and old, male and female. 24 hours of basketball, volleyball and break-dance will be provided for new and existing participants.

How to get involved: Turn up on the day. For more information get in touch by email on boroughmuirblaze@gmail.com or phone 0131 667 3334. For more event information check out facebook.com/cragssc and for general club information have a look at www.blazebasketball.co.uk

Venue: The Craggs Community Sports Centre, EH8 9RY

Age Criteria: All

FALCONS BOWLING AND TENNIS CLUB OPEN DAY

Falcons Bowling and Tennis Club

7/9/2013, 11am-4.30pm

It's going to be a great day out! 'Have a go' at tennis and a range of other sports for the kids. Wander around the gardens and relax with a tea, coffee, juice and cake. Our qualified coaches will be on hand to give you support and advice. It's a day of fun, food and sport for all ages!

How to get involved: Turn up on the day. For more information about the event contact falconclub@hotmail.co.uk or phone 07948 036417/229 4663.

Venue: Falcons Bowling and Tennis Club, 84 Newbattle Terrace, EH10 4SE

Age Criteria: Fun for all

SCOTLAND V AUSTRALIA ONE DAY INTERNATIONAL

Cricket Scotland

3/9/2013, 10.45am

Scotland will host Australia for a One Day International cricket match. The game takes place at Grange Cricket Club in Stockbridge, Edinburgh. Australia last visited Scotland in 2009, and on a sun drenched day in front of a fantastic crowd managed to defeat Scotland in a highly competitive match. The game is a prelude to Australia taking on England in a five match series. The Australian side will be full of their established stars such as Shane Watson and Michael Clarke as well as former Scotland overseas player George Bailey who enjoyed two successful spells in Edinburgh.

How to get involved: Tickets are £41 for adults and £31 concessions. These can be purchased at www.cricketscotland.com or www.livesport.co.uk

Venue: Grange Cricket Club, EH4 1HQ

COME AND TRY CYCLE SPEEDWAY

Edinburgh Falcons

8/9/2013, 1-4pm

We invite you to join our cycling speedway open session. This coached taster session will give you an introduction to riding cycle speedway bikes, enable you to learn how to ride safety on our Redbraes Park cycle speedway track before having the opportunity to take part in some practice training races. There will also be demonstrations by riders from the Edinburgh Falcons Cycle Speedway Team. Club bikes will be provided, but helmets, long trousers, a long sleeved top and gloves are required for riding on the shale track. For more information about the club check out www.edinburghfalcons.co.uk

How to get involved: Turn up on the day. For event information contact kennedygavin@hotmail.com or phone 0798 869 2248.

Venue: Redbraes Place, EH7 4LL

Age Criteria: 10-17 years

EDINBURGH ROAD CLUB JUNIORS TASTER SESSION

Edinburgh Road Club

2/9/2013, 6.30-7.30pm

Come to our introductory session on the 2 September. This is a great opportunity to find out more about the club and meet riders of a similar ability. Find out about cycling techniques such as braking, cornering, or pedalling. These basic skills will build your confidence and set you up for more difficult rides in the future. Participants will need to bring an off road bike (nothing fancy needed) and helmet (no helmet no ride). Prior to taking part, participants should have a signed parental consent form which is available on the club's website. Find out more at www.edinburghhrc.co.uk/about/erc-juniors

How to get involved: Book in advance by emailing fraser.moore@blueyonder.co.uk or phoning 07973 505 796.

Venue: Inch Park, EH16 5QZ (off Glenallen Drive)

Age Criteria: 8-16 years

PEDAL FOR SCOTLAND

7/9/2013

freshno Pedal for Scotland is Scotland's biggest bike ride. If you need some motivation to get back on your bike, want to get in shape, or just fancy a great day out with friends or family, then get involved this year. There's an event to suit everyone, whatever your level of fitness: there's the 47 mile Challenge Ride, 110mile Sportive or the Edinburgh Family Ride. The latter gives riders the opportunity to cycle the last nine miles of the Challenge Ride route.

How to get involved: To find out more information and register go to www.pedalforScotland.org

Venue: The rides culminate at Murrayfield, Edinburgh. For more information on the route for each of the challenges visit the event website.

Age Criteria: Rides to suit all.

SKY RIDE EDINBURGH

7/9/2013, 9.30am-4pm

Sky Ride Edinburgh is a great opportunity to cycle with family and friends in the city centre this summer. There will be loads of free things for the whole family to do on the day, so get your bikes ready and come and join us! Register for free now and you'll receive an automatic reminder with more details nearer the time. To be part of the cycling revolution and book onto a bike ride visit goskyride.com.

How to get involved: We recommend that you book in advance, but if you forget please feel free to turn-up and join us on the day.

Venue: Holyrood Park, EH8 8AS

Age Criteria: Fun day for all

REDHALL STAR YFC COME AND TRY SESSIONS

Redhall Star YFC

24/8/2013 (10-11am), 28/8/2013 (6-7pm), 31/8/2013 (10-11am), 4/9/2013 (6-7pm), 7/9/2013 (10-11am)

With a focus on getting children active and having fun, these taster sessions are a great opportunity for kids to get involved in football. For more information about the club's activities check out www.clubwebsite.co.uk/redhallstaryfc

How to get involved: Turn up on the day. For event information contact redhallstaryfc@hotmail.com or call 0788 909 7412.

Venue: Redhall Park, EH14 2HG

Age Criteria: 5-8 years

'COME AND TRY' FOOTBALL TRAINING SESSION

HotScots Football Club

29/8/2013, 8.45pm

We're a community club which welcomes anyone who loves football, regardless of their sexuality, religion, nationality, sex etc. We're proud to achieve this aim and to be competitive on the football pitch. Come and join us for a free light training session as part of this year's Festival of Sport. For more information about the club visit www.hotscotsfc.com

How to get involved: Although people can turn up on the day, letting us know in advance would be useful. Anyone interested should email mail@hotscotsfc.com or call 0758 513 2595.

Venue: Saughton Sports Centre, EH11 3BQ

Age Criteria: 18+ years

Additional Info: Come prepared for football on a 3G surface.

NORTH MERCHISTON CLUB FUN DAY

North Merchiston Club

1/9/2013, Midday-3pm

Come and join us at the North Merchiston Club Fun Day. There will be lots of activities to try and different sports to take part in. Come along and see if you can Beat the Goalie, win the Sack Race or Hula Hoop with style. There will also be stalls, a cafe and demonstrations from some of our groups. It promises to be a great day for all the family. For more information about the club visit www.northmerchiston.co.uk

How to get involved: Turn up on the day. If you would like more information about the event contact info@northmerchiston.co.uk or phone 0131 622 1757.

Venue: North Merchiston Club/Harrison Park, EH11 1EP

Age Criteria: Any age

ROSEBURN PARK FAMILY FUN DAY

Friends of Roseburn Park

1/9/2013, 1-4pm

This is a fun day with stalls and activities for all of the family to enjoy. Activities for children include: three-legged race, welly-boot throwing, treasure hunt, sprints, zumba and much more. For more information on this organisation check out www.friendsofroseburnpark.org.uk

How to get involved: Turn up on the day. For more event information email postmaster@roseburn32.plus.com or phone 0131 337 2603.

Venue: Roseburn Park, EH12 5NX (park in Roseburn Place or Murrayfield Ice Rink car park)

Age Criteria: 5-14+ years

HANDBALL TASTER

South Edinburgh Handball Club

27/8/2013 and 3/9/2013, 5.30-7.30pm

Whether you are an old hand or new to Handball, come along and give our successful club a try for free. After winning Edinburgh's 'Club of the Year 2012' and the Scottish cup for the second year in a row, we are looking for new talent to join our team. If you think you've got what it takes to play this fast, fun, high contact game then get in touch! For more information on the club check out www.sehc.btck.co.uk

How to get involved: Turn up on the day. For event information email ray.sehc@yahoo.co.uk or phone 0788 053 8742.

Venue: Liberton High School, EH17 7PT

Age Criteria: 8-15 years

JUDO: COME AND TRY FREE TASTERS SESSIONS

The Edinburgh Judo Club

24/8/2013 and 31/8/2013 9.10am-12.45pm

Experience the Olympic sport of Judo. There's lots of fun, fitness and discipline for all ages and abilities. Judo is a complete sport that will help to develop your child's strength, speed, power, muscular endurance, flexibility, concentration, technical awareness as well as respect for self and others. Classes allow each child to develop and increase their self-confidence and make new friends along the way. Information about the club is available at www.edinburghjudo.com

Session times are as follows: 9.10-9.45am 3 and 4 year olds, 9.45-10.30am 5 and 6 year olds, 10.30-11.15am 6 and 7 year olds, 11.15am-Midday 7 and 8 year olds, Midday-12.45pm Kids 8+ years

How to get involved: Turn up on the day. For more information about the tasters email edinburghjudo@aol.com or call 0773 665 5698.

Venue: Art's Complex, St. Margaret's House, 151 London Road, EH7 6AE

Age Criteria: 3+ years

INTRODUCTION TO KARATE

Dalry Karate Group

27/8/2013 and 30/8/2013, 6pm (most venues)

Come along and try karate with a family friendly club where we actively encourage families to enjoy karate together. There are no restrictions on numbers so mums, dads, brother, sisters, cousins, friends are all welcome.

How to get involved: Each venue has a slightly different start time so please drop us an email to check the time and for more venue information andyelliott2@yahoo.co.uk 0778 946 0614.

Venues: Gorgie/Ormiston/Pathhead/Colinton/Corstorphine

Age Criteria: 4 years – adult

CAPITAL LACROSSE SESSION

Capital Lacrosse Club

29/8/2013, 5/9/2013, 5-8.30pm

Come along to the club's regular weekly training session to try out this fast-paced and competitive game of mixed lacrosse in a fun, friendly and relaxed team environment. Everyone's welcome – from complete beginners to seasoned pros, both men and women. No special kit required, just turn up in sportswear (with trainers) and we'll show you the ropes. Drinks in the pub afterwards is optional! For more information check out www.facebook.com/edinburghcapitalax

How to get involved: Turn up on the day. For more event information check out edinburghcapitalax@gmail.com or phone 0793 027 2188.

Venue: Broughton High School Astro turf, EH4 1EG

Age Criteria: 18+ years

EDINBURGH SPORTS AWARDS (INVITE ONLY)

1/9/2013, 5pm

Edinburgh has a strong sporting community. The Awards recognise the excellence, achievement and development by Edinburgh's sports coaches, volunteers and sports organisations. The awards have a particular focus on individuals and clubs engaging with local communities to develop sport and encourage physical activity. The Edinburgh Sports Awards celebration evening is taking place on Sunday 1 September.

The event is being supported by a wide range of partners. The City of Edinburgh Council, Active Schools Edinburgh, sportscotland, Edinburgh Leisure and ClubSportEdinburgh.

**Find out about the Awards and those shortlisted at
www.activcity.info/edinburghsportsawards**

EDINBURGH'S SPORT CONFERENCE – STRONGER CLUBS AND QUALITY COACHES

31/8/2013 and 1/9/2013

New to the Festival of Sport for 2013 we have introduced the Edinburgh's Sport Conference – Stronger Clubs and Quality Coaches. The conference will take place on Saturday 31 August and Sunday 1 September and will inspire sports club leaders and coaches from Edinburgh and the East of Scotland with quality workshops and speakers from across the industry.

For details about the conference programme and to get involved visit www.activcity.info/festivalofsport

SPORT WITH THE STARS



24/8/2013, 1-5pm

Meadowbank Sports Centre

For more information and to pre-register:
www.activcity.info/festivalofsport



SPORT WITH A SPLASH



24/8/13, 5.30-7pm

Royal Commonwealth Pool

For more information visit
www.edinburghleisure.co.uk
or email info.rcp@edinburghleisure.co.uk



SPORT WITH THE STARS AND SPORT WITH A SPLASH

Kicking off the Festival of Sport, Sport with the Stars and Sport with a Splash is our multi sport launch extravaganza. Bringing together our local sports clubs and the City's elite athletes, the event is a brilliant opportunity to try new sports and meet the local athletes gearing up for the Glasgow 2014 Commonwealth Games.

The countdown to Glasgow 2014 Commonwealth Games is underway. To celebrate one year to go until the Games, an extensive programme of sport and dance is taking place this year. The event is being funded by Games for Scotland. This programme, managed by EventScotland, forms a key part of the Scottish Government's commitment to deliver a lasting legacy as a result of the Commonwealth Games coming to Scotland.



MEN'S LACROSSE: TASTER SESSION

Edinburgh City Men's Lacrosse Team

3/9/2013, 7-8.30pm

Come along and try the fastest game on turf! Men's lacrosse is a fast-paced and full contact sport that is growing quickly throughout the country. The Edinburgh City team is regarded as the best team in Scotland and is looking to expand its club to teach new members the game! Join us at a taster session at Broughton High School to give it a try. All equipment will be provided. For more information about the club's activities visit www.edinburghlacrosse.co.uk

How to get involved: Turn up on the day.

Email admin@edinburghlacrosse.co.uk or phone 0792 947 9536 for more information.

Venue: Broughton High School, EH4 1EG

Age Criteria: 16+ years

EDINBURGH SPORTS CLUB OPEN DAY

Edinburgh Sports Club Ltd

31/8/2013, 1-5pm

You are invited to the Edinburgh Sports Club Open Day. Activities on offer throughout the day include: Squash, Tennis, Table-Tennis, Racketball, Gym sessions, Badminton and Snooker. With a variety of sports to take part or watch, there are activities for all to enjoy. For more information on the club visit www.edinburghsportsclub.co.uk
How to get involved: Turn up on the day. For more information about the activities taking place email simon@edinburghsportsclub.co.uk or give the club a call on 0131 539 7071.

Venue: Edinburgh Sports Club, 7 Belford Place, EH4 3DH

ORIENTEERING FOR BEGINNERS*Edinburgh Southern Orienteering Club**4/9/2013, 1-5.30pm*

Orienteering is a sport where participants need to find a series of control points using a very detailed map. It can be a competitive running sport or a family walk in the woods. Come along to our free taster session, which introduces the basic principles using a large-scale map of Cammo Estate. For information on the sport and the club check out www.esoc.org.uk

How to get involved: Turn up on the day. For more information about the event email events@esoc.org.uk or phone 0131 225 7771.

Venue: Cammo Estate Visitor Centre, EH4 8AN

Age Criteria: 7+ years

PETANQUE: COME AND TRY FRENCH BOULES DAY*Inverleith Petanque Club**31/8/2013, 11am-3.30pm*

Inverleith Petanque Club invites you to come along and try your hand at French Boules. Our coaches will be on hand and you can enjoy a game while you are with us. All equipment will be provided. For more information about the club check out

www.inverleithpetanque.co.uk

How to get involved: Turn up on the day. For more event information contact Colin.montgomery1@o2.co.uk or phone 0774 068 1619.

Venue: Inverleith Petanque Club, 4 Arbouretum Place, EH3 5NY

AULD REEKIE ROLLER GIRLS PRESENT: DIE ARRG!*Auld Reekie Roller Girls**24/8/2013, 2-4.30pm*

Freshly back from taking on the best of the best at the East Coast Derby Extravaganza in the USA, Edinburgh's own Auld Reekie Roller Girls are ready to take it to the track in a full-contact special Fringe bout. Come and watch the all-star team, the Canon Belles, battle it out on a flat track against Helsinki's Queen B's. For more details on the Auld Reekie Roller Girls visit www.arrg.co.uk

How to get involved: Spectators only. Tickets are £5 from edfringe.com

Venue: Meadowbank Sports Centre, EH7 6AE

Age Criteria: N/A

EDINBURGH PARKRUN*24/8/2013, 31/8/2013 and 7/9/2013, 9.40am*

Suitable for all ages and abilities, parkrun is a weekly timed 5K run across a flat scenic course in Edinburgh. For more information and to take part for free visit www.parkrun.org.uk/edinburgh

How to get involved: Book in advance. Once registered, you will be sent a link to your unique barcode which you must print-out and bring with you on each visit. You only need to register once and your registration will cover you for all other parkrun events. For more information email edinburghoffice@parkrun.com or phone 0779 146 6464.

Venue: Cramond/Silverknowes Promenade, EH4 6NY

Age criteria: All ages. Children under 14 should be supervised.

COME AND TRY RUGBY

*Murrayfield Wanderers FC
25/8/2013, Midday-1.30pm*

Do you want to try out rugby? If so, then come along to our Come and Try Rugby day and find out first-hand about our fun and sociable club. The taster will give children and young people coaching on all aspects of playing the game with the club's regular players. The younger age groups do not play contact rugby; the emphasis is on safety and fun at all times. After the session there will be a BBQ to socialise and chat. Everybody is welcome and absolutely no experience is necessary! For more information about the club visit www.murrayfieldwanderers.co.uk

How to get involved: Turn up on the day. No experience is necessary. Parents/friends are invited to watch, or sit in the clubhouse. Older players are welcome to come along to the adult sessions on Tuesday and Thursdays. For more event information email stuart.g.dennis@talk21.com or phone 0790 683 7339.

Venue: Murrayfield back pitches, EH12 5PH (We are located next to the railway line, at the north end of the Murrayfield stadium. Just drive or walk through the entrance gate and make your way to the clubhouse or back pitches).

Age Criteria: 5-16 years

SWIMMING OPEN DAY

*Heart of Midlothian Amateur Swimming Club
Date and time to be confirmed*

Look out for Heart of Midlothian Amateur Swim Club's Open Day at Drumbrae Leisure Centre! It's your chance to have a free trial with the Club and see elite swimmers in action! Everyone is welcome – come along and find out more about the joy of swimming! As well as the benefits of physical exercise, you could enjoy being part of a winning team while learning essential life skills such as planning, organisation, self discipline and motivation. Remember to bring your swimming costume, towel and goggles (if you have them)! For more information about the club and the event visit www.swimhearts.com

How to get involved: Turn up on the day. For information about the open day get in touch with the club by email on headcoach@swimhearts.com or phone on 0793 052 8174.

Venue: Drumbrae Leisure Centre, EH4 7SF

Age Criteria: All ages welcome

MASTERS SWIMMING

*Edinburgh Leisure
28/8/13 and 4/9/13, 8-9.30pm*

Masters Swimming is a coach-led training session. The session is open to swimmers of a wide range of abilities; from casual fitness swimmers to highly organised competitive swimmer, we'd love you to join in. For more information on Edinburgh Leisure and the swimming programme visit www.edinburghleisure.co.uk

How to get involved: Book in advance by emailing info.rcp@edinburghleisure.co.uk or by phone on 0131 667 7211.

Venue: Royal Commonwealth Pool, EH16 5BB

Age Criteria: 16+ years

POWER SWIM*Edinburgh Leisure**27/8/13 (1-1.30pm), 28/8/13 (12.30-1pm), 3/9/13 (1-1.30pm), 4/9/13 (12.30-1pm)*

Power Swim sessions are for adults wanting to develop the skills and techniques to swim competitively. It's ideal for triathlon training or a quick express workout. For more information on Edinburgh Leisure and the swimming programme visit www.edinburghleisure.co.uk

How to get involved: Book in advance by emailing info.rcp@edinburghleisure.co.uk or by phone on 0131 667 7211.

Venue: Royal Commonwealth Pool, EH16 5BB

Age Criteria: 16+ years

FREE TASTER TANG SOO DO LESSON*United Kingdom Tang Soo Do Federation**28/8/2013 and 4/9/2013, 6.30-8pm (Meadowbank Sports Centre) 24/8/2013 and 31/8/2013, 11am-Midday (Gracemount Leisure Centre)*

Tang Soo Do is a combat and self-defence sport which combines a challenging and highly skilled martial art with the ancient traditions of self-discipline and respect. Students of all abilities and ages are encouraged to participate and progress at their own pace within our mixed classes. When coming along to the taster session please wear some loose clothing.

For more information visit www.tangsoodoscotland.co.uk

How to get involved: Turn up on the day. For more information email gmanclark@blueyonder.co.uk or phone 0750 486 0577.

Venue: Meadowbank Sports Centre, EH7 6AE; Gracemount Leisure Centre EH16 6RN

Age Criteria: 6+ years

MEADOWS TENNIS*Edinburgh Leisure**1/9/2013, 11am-5pm*

Meadows Tennis will host a range of tennis activities celebrating the US Open Tennis event. Details are as follows:

- 11am-2pm Teenage Tennis Doubles Competition
- 2.15-3.45pm Adult and Child Doubles Event for P2-P4 age group
- 3.45-5pm Adult and Child Doubles Event for P5-P7

How to get involved: Book in advance by emailing alexharkins@edinburghleisure.co.uk or by phone on 0791 937 7027.

The closing date for applications is 28 August 2013.

MACMILLAN CANCER SUPPORT CARDIO TENNIS*Edinburgh Leisure**8/9/2013, 4.30-6.30pm*

Cardio Tennis is a fun, fitness and tennis session to music for people of all ages and levels of player. Craiglockhart Tennis Centre is hosting a cardio tennis session indoors for adults and juniors. The entry fee is £5 and will go to support Macmillan Cancer Support. Players can be any level of fitness or tennis! Book your place by calling the Craiglockhart Tennis Centre reception on 0131 444 1969 to join in this event, improve your fitness, have fun and support this charity all at the same time.

How to get involved: Book in advance by the 4/9/2013. To book call the centre on 0131 444 1969. For additional information about the event email annamyatt@edinburghleisure.co.uk

Venue: Craiglockhart Tennis Centre, EH14 1BZ

Age Criteria: 8+ years

MURRAYFIELD TENNIS CLUB OPEN AFTERNOON

Murrayfield Lawn Tennis Club

1/9/2013, 1.30-4.30pm

Open afternoon for those interested in tennis to come along and play for free on our artificial grass courts. No matter what level you are, beginner or experienced, everyone is welcome. Participants should wear appropriate footwear. Refreshments will be available. For more information about the club visit www.murrayfieldtennis.co.uk

How to get involved: Turn up on the day. For more event information email membership@murrayfieldtennis.co.uk or phone 0131 339 8078.

Venue: Murrayfield Tennis Club, 57 Corstorphine Road, EH12 5QG

Age Criteria: 16+ years

OPEN DAY AND TASTER SESSIONS

Craigmillar Park Tennis Club

31/8/2013, 10am-4pm

We welcome players of all ages and standards to our Open Day. Check out our facilities, speak to members about the club and have a hit at one of our Taster Sessions! Rackets will be available to borrow for Taster Sessions, if needed.

- 10-11.30am – Juniors
- 11.30am-1pm – Adult beginners
- 1-2.30pm – Adult improvers
- 2.30-4pm – Adult advanced

Find out more information about the club at www.craigmillarparktennis.co.uk

How to get involved: Turn up on the day. For more information contact info@craigmillarparktennis.co.uk or phone 0759 325 5133.

Venue: Craigmillar Park Tennis Club, EH16 5PA (off Lady Road, accessed via Cameron Toll Shopping Centre car park).

TRAMPOLINE CLUB DISPLAY & 'HAVE A GO'

Edinburgh Spirals

8/9/2013, 1-3pm

Edinburgh Spirals Trampoline Club runs classes for both recreational bouncers and competitive trampolinists. The event will feature a display by members who will showcase skills from basic moves to advanced somersault routines. There will then be a 'Have a Go' session for spectators to get involved in. Anyone wishing to have a go should wear suitable clothing for trampoline bouncing and bring socks. For more club information visit www.edinburghspirals.co.uk

How to get involved: Book in advance by emailing edinburghspiralstc@gmail.com or by phone on 0777 160 8246

Venue: [EN]GAGE Sports and Fitness Centre, EH11 4BN

Age Criteria: 5+ years – adult

JETS FESTIVAL OF VOLLEYBALL AND FUN TOURNAMENT

Jets Volleyball Club

31/8/2013 (9am-5pm) and 1/9/2013 (9am-5pm)

Jets Volleyball Club welcomes the Festival of Volleyball to Edinburgh. The event comprises a mixed volleyball tournament and the Volleyball Open Day and Fun Tournament. Come play or watch teams from around Scotland in action, or join us on the open day for a more recreational level!

For more info on the Volleyball tournament held on 31 Aug 2013: <https://www.facebook.com/events/477004779054634>

For more details on the open day and fun tournament held on 1/9/2013: <https://www.facebook.com/events/357351771060157>

Venue: St Augustine High School, 208 Broomhouse Road, EH12 9AD

How to get involved: Please get in touch with us in advance if you are interested in playing in the tournament on Sat 31 Aug. Everyone

is welcome and we hope to see you across the net. For more information about the events email info@jetsvolleyball.co.uk or phone 0772 947 0027.

Age Criteria: 10+ years to adult

MILES FOR MACMILLAN – EDINBURGH

Macmillan Cancer Support

1/9/2013, 10am-3pm

Join us for a sponsored walk in aid of Macmillan Cancer Support. Get your loved ones together to walk either three or eight miles and raise vital funds to ensure that no one in Scotland has to face cancer alone.

Venue: Holyrood Park, EH8 8AS

How to get involved: Book in advance at www.macmillan.org.uk/miles

Age Criteria: Everyone is welcome

EDINBURGH TRIATHLON TRI-OUT SESSION

Edinburgh Triathletes

24/8/2013, 26/8/2013, 28/8/2013, 31/8/2013, 2/9/2013,

4/9/2013, 7/9/2013

We cater for all abilities, from complete novices to accomplished ironman. On Saturday we meet at the Dalkeith Community Campus at 8am for a one hour swim and then a bike ride at 9.30am. On Mondays, meet at the Commonwealth Pool at 6.15pm for run in Holyrood Park and then a swim at 7.30pm. On Wednesdays, we meet at Stewart's Melville school at 7.30pm for a run and then a swim at 8.45pm. Please contact secretary@edinburghtri.org for more information.

How to get involved: Turn up on the day. Contact secretary@edinburghtri.org for more information or visit www.edinburghtri.org Phone 0131 669 1115.

Age Criteria: Over 18s only.

EDINBURGH RUGBY SEASON TICKET MEMBERSHIPS

Available now!

Join Edinburgh Rugby for the thrills and spills of season 2013/14...

It's a new season, it's all to play for and **Murrayfield is THE place to be!**

Sit in the stands or stand pitchside and get close to all the action.

Enjoy one of the best public bars in European rugby, it's all part of the Edinburgh Rugby matchday experience.

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*Saving based on 2013/14 matchday prices.



GET IN THERE!

www.edinburghrugby.org 0131 346 5180

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