



Bridge of Earn Community Sport Hub's Guide to Physical Activity and Sport in the Area!

Bridge of Earn Community Sport Hub are a community group that aim to improve and develop the offer of physical activity and sport in the area. If you'd like to be involved in the group, please contact hazeldonaldson@liveactive.co.uk. Please do not hesitate to contact the clubs/provider for more information on any of the below activities, there will always be more happening!

Sports Clubs



Bridge of Earn Bowling Club

Bowling is a sport that can be played by all regardless of age and ability- Bridge of Earn Bowling Club, in the centre of the village, invites you to give it a go! The club offers 4 FREE Beginners Coaching Sessions on Saturday mornings between 10am and 12 noon in April and May. Those considering membership can also come along to Hat Nights on Tuesday evenings from mid April to September starting at 7pm except April, May and September when it starts at 6.30pm.

The Bowling Club has an introductory first year membership offer of only £20. Bowls and Shoes are available if you need them.

Contact: <https://www.facebook.com/BridgeOfEarnBC/>



Strathallan Canoe Club

Strathallan Canoe Club is a family friendly club that teaches canoeing to all levels and ages, from 5-50+! We have access to a swimming pool and a small lake so that we can help beginners learn all the basic skills before going out onto rivers or the sea. We gradually build on the skills by using the British Canoeing coaching award schemes such as the Paddlesport and Star awards. We offer a block of 4 sessions for £22.50. All equipment provided!

Club sessions:

Monday 6.30 – 8pm. October – March Pool sessions; April – September, on the lake

Thursday 6.30 -8pm. October – March Pool sessions; April – September, on the lake or river

Contact our club secretary to enquire about after school clubs or anything else: strathccsec@gmail.com



Bridge of Earn Amateur Football Club

Summer: 6.30-8pm, at Victory Park, Tuesdays and Thursdays

Winter: Tuesday 8.30-9.30, at Fit For Less and Thursday 6.15-7.30, at Victory Park

Matches on Saturday, 2pm Kick Off

Website: <https://www.pitchero.com/clubs/bridgeofearnafc2/>



Bridge of Earn Community Football Club

Various youth teams train throughout the week, see their facebook page for more information:

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



Bridge of Earn Netball Club

A volunteer led netball club welcoming girls from Primary 4 to U17. Our Club is fully affiliated with Netball Scotland and the aim is to have squads compete in the Scottish Youth Cup from U13-U17. We welcome anyone who is interested in playing netball and do not hold trials for entry. Entry to our Club is all encompassing and open to all. With fully qualified coaches and umpires we aim to help the girls reach their full potential and support progression within the sport.

Contact: bridgeofearnnetball@gmail.com



Bridge of Earn Tennis Club

Bridge of Earn Tennis Club welcome anyone with experience or looking to give tennis a go! Along with the sessions below, we also offer social tennis events and lots of other opportunities to have fun and play. Keep an eye on our facebook for more information!

Club sessions: Monday evening adults, winter Wednesday evenings indoors at Perth High School.

Junior coaching: We hope to continue with the junior coaching on Saturday mornings. Start date to be confirmed. New players welcome!

Cardio Tennis: Members have been invited to take part in Cardio Tennis at Dunning on Wednesdays.

New season fees, starts end March/April: £50 adults, £30 student, £20 12-18 years, £15 primary school.

Facebook: <https://www.facebook.com/bridgeofearntennisclub/>

Email: bridgeofearntennisclub@gmail.com



Perth Triathlon Club

Although mainly based in Perth, Perth Triathlon Club hold their twice weekly swimming sessions at Kilgraston School. Whether you're a complete novice looking for a challenge, or an Ironman veteran looking to improve your PB, we welcome all abilities.

• Mondays, Swimming: Group B*: 8-8.45pm, Group A*: 8.45-9.30pm. *Groups are determined by pace.

- Tuesday, over the winter, indoor bike sessions are held at Perth College
- Wednesdays, Swimming: Group A: 7.30-8.30pm; Group B: 8.30-9.30pm
- Thursdays, coached running sessions, normally somewhere in Perth.

Website (more information on fees here): <https://www.perthtriclub.com/>

Email: Perthtri@googlemail.com

Other Sport, Exercise or Physical Activity Sessions:

Active Schools Activities; All after school, free and run by volunteers:

- Monday: Football at Strathallan
- Tuesday: P5-7 Netball at Dunbarney Primary School
- Wednesday: Hockey at Strathallan
- Thursday: Cross Country and Football at Dunbarney Primary School
- Friday: Drama at Dunbarney Primary School

Contact Steph Inglis: SInglis@liveactive.co.uk

Church Hall Activities:

Ladies Exercise Class:

- Monday, 9.45-10.45am, £2.50
- Contact: Anne Larg, e.anne.larg@gmail.com

Carpet bowls:

- Monday (every 2nd Monday), 2-4.30pm
- Contact: Anne Larg, e.anne.larg@gmail.com

Yoga

- Monday, 7.15-8.45
- Contact: Hilda Clow. 01738 813886

Gents Keep Fit

- Tuesday 5-6pm, £3.00
- Contact: Anne Larg, e.anne.larg@gmail.com

Yoga at Orchard House, Kilgraston Walled Garden, Bridge of Earn (PH2 9HN)

Taking place in the stunning recently refurbished Orchard House, the view from the studio alone is enough reason to go along for a try!

They are hoping to add more classes soon, see website for details: www.kilgrastonwalledgarden.com

Kundalini Yoga- with Julia and Julia

- Tuesday evenings, 7-8.30pm, drop in class
- £10 per drop in, £54 per block of 6
- Email: perthkundaliniyoga@gmail.com

Yoga- with Marjory Watt

- Thursday Mornings, 10-11.30am
- £36 per 4 week block, £11 per drop in (concession available, please enquiry)
- Email: marjory@artmeditation.co.uk



Live Active Wellbeing Activities:

There is a Stride for Life Health Walk every Friday in Bridge of Earn. It runs from Muirmont Sheltered Housing at 09:30 for roughly an hour. The group have a social gathering afterwards with tea and coffee. All welcome and it is free- just turn up!

Activities available for public at Kilgraston School:

| Day | Activity | Time | Venue | Class |
|------------------|--|--------------|------------------|------------|
| Monday | Swimming Lessons | 4-6pm | Pool | Groups |
| Tuesday | External Swimming lessons | 9.30-11am | Pool | Groups |
| | Riding for the Disabled | 10am-12pm | Equestrian Arena | RDA riders |
| | Swimming Lessons | 4-6pm | Pool | Groups |
| | Adult Lane Swimming | 6-7pm | Pool | Groups |
| Wednesday | Swimming Lessons | 4-6.30 pm | Pool | Groups |
| | Adult Swimming lessons and Adult improvers | 6.30-7.15pm | Pool | Groups |
| Thursday | External Swimming lessons | 12.30-2.30pm | Pool | Pre School |
| | Swimming Lessons | 4-6pm | Pool | Groups |
| | Adult Lane Swimming | 6-7pm | Pool | Any |
| Friday | Swimming Lessons | 4-6pm | Pool | Groups |
| | Adult Lane Swimming | 6-7pm | Pool | Any |
| Saturday | Swimming Pool lessons | 8-12.45pm. | Pool | Community |
| | Open session/Birthday parties in the pool | 1-3pm | Pool | Community |

Please contact before attending:

Swimming: Kellie Offer, swimming@kilgraston.com

Equestrian: Rachael MacLean, equestrian@kilgraston.com

More swimming information: <https://www.facebook.com/SwimmingKilgraston/>

Bridge of Earn Institute Activities:

What's on!

Bridge of Earn institute

- Wide Awakers Insanity with Julie
Monday's, Wednesday's and Fridays
6AM-6.30AM
- Transform with Julie
Fridays 5.30PM-6PM
- Zumba with Cheryl
Monday's 6PM-8PM
Wednesday's 5.30PM-7PM
Friday's 4.30PM-5PM
- Tums, Bums and Thighs with Julie
Mondays 9.30AM-10.30AM
- Insanity with Julie
Tuesdays 6.30PM - 7.30PM
- Toddlers
Every Tuesday
9AM- 11.30AM
- Karate
Every Thursday
7PM-8PM
- Rugby Tots
Every Saturday
9AM-12.30PM
- Lunch Club
Every Tuesday
11AM-2PM
- Art Club
Every Friday
9AM-11.30AM
- Tennis with Laura
Mondays
1.15PM - 5PM
- Rainbows
Every Monday
6PM-7PM
- Guides
Every Tuesday
6.30PM- 8PM
- Brownies
Every Thursday
6PM-7.30PM
- Powerhoop with Naomi
Thursdays
5.50PM-6.50PM

Contact: secretary@bridgeofearninstitute.com