



East Renfrewshire Jogging Networks

in association with jogscotland 

Ref:	Venue	Day	Dates	Age	Times	Price	Length
8 Weeks for price of 6 when block booking!							
J37-beg J38-int J39-adv	Barrhead Sports Centre	Mon*	21 st Sept – 16 th Nov	16+	6.15pm - 7.15pm	£6.60 per block or £1.10 Per Session - To block book please call 0141 577 3008	8weeks
J40-beg J41-int J42-adv	Eastwood Park Leisure	Wed	23 rd Sept – 11 th Nov	16+	6.15pm - 7.15pm		8weeks
J43-beg J44-int J45-adv	Neilston Leisure Centre	Thurs	24 th Sept – 12 th Nov	16+	6.15pm - 7.15pm		8weeks
J46-beg J47-int J48-adv	Eastwood Park Leisure*	Sat*	19 th Sept – 14 th Nov	16+	10am - 11am		8weeks
JJ4	Eastwood Park Leisure*	Sat*	19 th Sept – 14 th Nov	7-16	10am - 11am		8weeks

*Please note there will be no class on Saturday 26th or Monday 28th September.

ADULT JOGGING CRITERIA – BLOCK BOOKING

When booking onto a course please note the criteria regarding the level you wish to join.

BEGINNERS (WALK/JOG):

INTERMEDIATE:

ADVANCED:

For complete beginners or those who are returning to jogging.

Must be able to jog for at least 30 minutes without stopping.

Must be able to jog for at least 45 minutes without Stopping.

For more information please contact:

Gordon Robertson, Athletics Development Officer on 0141 577 3924



Community Sports Development Programme

