



GRYFFE HIGH SCHOOL

Opportunities Available In the Wider Community



Monday

Girls Brigade

When: 6.30pm to 8.30pm Where: Houston Church Halls, Main Street

Further info: contact 1sthoustongb@gmail.com



Houston Hornets Basketball

When: 6pm- 8pm Where: Gryffe High School

Further info: **S1 and S2 only**

<http://www.bballpaisley.co.uk/people/houston-hornets/>



Girls Football Team

When: 6pm to 7.30pm Where: Gryffe High School

Further info: speak to PE department

RAF Air Cadets

When: 7.15pm to 9.30pm Where: 1701 (Johstone) Sqn Canal Road

Further info: contact 01505 335331 www.raf.mod.uk/aircadets



Tuesday

Bridge Of Weir United – 2007 Age Group

When: 6.30pm – 8pm

Where: Gryffe High School

Further info: 07514671904



Clyde Judo Club

When: 7pm

Where: Park Mains High School

Further info: <http://www.clydejudo.org.uk/>



Gryffe Badminton

When: 8pm

Where: Starthgryffe Tennis Club

Further info: Starts in September. £5 a session or £45 a year

<https://www.strathgryffe.net/badminton>



Scouts

When: 7.30pm

Where: The Compass Centre, South Street, Houston

Further info: **Age 10-14**

<http://www.renfrewshirescouts.org.uk/spage-groups-houston.html>



Wednesday

Bridge Of Weir United – Age Group 2008 / 2011-2012 / 2013

When: 6pm – 7pm Where: Gryffe High School

Further info: 07514671904



Gryffe Camera Club

When: 7.30pm Where: Carrick Centre

Further info: Starts in September. <http://www.gryffecameraclub.co.uk/>



Japan Karate Academy

When: 7pm to 8pm Where: Johnstone Community Sports Hub

Further info: First lesson free. senseiclair@btconnect.com



Japan Karate – female only session

When: 8pm to 9pm Where: Johnstone Community Sports Hub

Further info: First lesson free. senseiclair@btconnect.com

Paisley Sea Cadets

When: 7pm to 9.30pm Where: Brediland Community Centre, Paisley

Further info: <https://www.sea-cadets.org/paisley/parade-times>



RAF Air Cadets

When: 7.15pm to 9.30pm Where: 1701 (Johstone) Sqn Canal Road

Further info: contact 01505 335331 www.raf.mod.uk/aircadets



Thursday

Bridge Of Weir United – 2009 Age Group

When: 6.30pm – 8pm

Where: Gryffe High School

Further info: 07514671904



Houston Gardening Group

When: 10am

Where: St Fillans Underpass

Further info: All equipment supplied



Scouts – Explorers Section

When: 7.30pm

Where: The Compass Centre, South Street, Houston

Further info: **Age 14-18**

<http://www.renfrewshirescouts.org.uk/spage-groups-houston.html>



Friday

Boys Brigade

When: 7pm-9pm

Where: Houston Church Halls, Main Street

Further info: Opportunity to become part of pipe band



Braehead Rockers Curling

When: 4.14pm – 5.45pm

Where: intu Braehead

Further info: Book online at

<http://www.curlbraehead.co.uk/the-rockers.html>



Bridge Of Weir United – Age Group 2008

When: 6pm – 7pm

Where: Gryffe High School

Further info: 07514671904



Bridge Of Weir United – Age Group 2010

When: 6pm – 7pm

Where: On X Linwood

Further info: 07514671904



Clyde Judo Club

When: 6pm

Where: The Powerhouse, Bishopton Scout Hall

Further info: <http://www.clydejudo.org.uk/>



Paisley Sea Cadets

When: 7pm to 9.30pm Where: Brediland Community Centre, Paisley

Further info: <https://www.sea-cadets.org/paisley/parade-times>



Riverside Youth Band – Training Band (Brass)

When: 5pm to 5.45pm Where: St John's Church Hall, Port Glasgow

Further info: For those fairly new to Brass instruments. Up to level 3 or 4.



Riverside Youth Band
Opportunity through music

Riverside Youth Band – Youth Band (Brass)

When: 5.45pm to 7.45pm Where: St John's Church Hall, Port Glasgow

Further info: For more experienced Brass players. They enter the Scottish Youth Brass band championships each and have won for the last **3 years!!!**

Weekend

Houston Litter Picking

When: Saturday 10am

Where: Coop Houston

Further info: jakefulton@msn.com



Linwood Parkrun (5K)

When: Saturday 9.30am

Where: On X Linwood

Further info: <http://www.parkrun.org.uk/linwood/course/>



Junior Parkrun (2k)

When: Sunday 9.30am

Where: Barshaw Park

Further info: <http://www.parkrun.org.uk/barshaw-juniors/>

Castle Semple Sailing Club

When: Sunday 9.30am to 12pm

Where: Castle Semple Loch, Lochwinnoch

Further info: April to October only

www.castlesemplesc.co.uk



Braehead Rockers Curling

When: Sunday 12pm – 2.20pm

Where: intu Braehead

Further info: Book online at

<http://www.curlbraehead.co.uk/the-rockers.html>



Other Opportunities Available

Clydeside Orienteers

Host various events throughout the year,

Next event: Sunday 9th September, Windy Hill

Further information:

<http://www.clydesideorienteers.org.uk/home/events/>



Fishing

Bridge of Weir River Angling Club

Further info: <https://www.bowrac.com/>

Paisley Abercorn Angling Club

Further info : <https://paisleyabercornanglingclub.wordpress.com/permits/>

Houston United FC

Train regularly throughout the week

Times can be found at:

<http://www.houstonunitedfc.com/2000-2/#>

Contact 07786 484 961



PACE

PACE Climb – S1 and S2

Choose One Subject to Availability

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|--------------------------|-----------------|
| A Saturday 11.15 – 12.45 | Wynd Auditorium |
| B Saturday 13.15 - 14.45 | Wynd Auditorium |
| C Saturday 15.15-16.45 | Spires Studios |
| D Thursday 17.30-19.00 | Wynd Auditorium |



PACE Soar – S3 and S4

Choose One Subject to Availability

- | | |
|--------------------------|-----------------|
| A Saturday 13.15 – 15.15 | Spires Studio 2 |
| B Thursday 19.00 – 20.30 | Wynd Auditorium |

PACE Beyond – S5 and S6

- | | |
|------------------------|-----------------|
| Thursday 18.30 – 20.30 | Wynd Auditorium |
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Further information: Autumn brochure uploaded to school website.

Dancewest Scotland



DANCEWEST
PERFORMING ARTS

All Classes held in [The Carrick Centre, Houston](#)

<https://www.dancewestscotland.co.uk/about>

Wednesday

Youth & Junior Comp Teams	Cheer, Tumble & Dance	4.00 - 7.00	£5.00
Senior Rec (Gryffe High Dance Studio)	Cheer & Dance	7.00 - 9.00	£9.50

Friday

13 - 15 years	Cheer & Tumble	5.00 - 7.00	£9.50
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Saturday

S1 - Seniors	Ballet, Tap, Modern	1.30 - 5.00	£9.50
S3+	Commercial Class	11.15 - 12.00	£5.00

Strathgryffe Tennis and Squash

Fleming Road, Houston

<https://www.strathgryffe.net/>



AGE 10 to 15: JUNIOR

These are composite classes played on a full sized court either with low compression green balls or full compression yellow balls. Green ball tennis is a great way for players to continue their progress from Mini Tennis Orange and is for players aged 10 or 11. Yellow ball tennis is for those aged 11 and upwards. By adopting composite classes children can work on the same material but with a ball that suits their age/ability and players can seamlessly move from ball colour in the same group. Junior Aces is yellow ball only.

JUNIOR STARTER (Green and yellow ball)

COURSE	DAY	DATES	TIME	VENUE	WEEKS	COST		COACH
						MEMBER	NON-MEMBER	
38	Tuesday	11/9 – 4/12	1530 - 1630	Indoor 2	12	80.00	90.00	Brian
39	Thursday	13/9 – 6/12	1700 - 1800	Out 4	12	80.00	90.00	Graham
40	Friday	7/9 – 30/11	1700 - 1800	Indoor 4	12	80.00	90.00	Graham
41	Saturday	8/9 – 8/12	1100 - 1200	Indoor 3	12	80.00	90.00	Daniel

JUNIOR ADVANCED (Green and yellow ball)

42	Tuesday	11/9 – 4/12	1730 - 1830	Indoor 2	12	80.00	90.00	Brian
43	Wednesday	12/9 – 5/12	1530 - 1630	Indoor 1	12	80.00	90.00	Brian
44	Thursday	13/9 – 6/12	1600 - 1700	Out 4	12	80.00	90.00	Brian
45	Friday	7/9 – 30/11	1630 - 1730	Indoor 2	12	80.00	90.00	Rachel
46	Saturday	8/9 – 8/12	1000 - 1100	Indoor 3	12	80.00	90.00	Daniel

JUNIOR ACES (Yellow ball only)

47	Monday	10/9 – 10/12	1900 - 2030	Out 6	12	115.00	125.00	Rachel
48	Wednesday	12/9 – 5/12	1530 - 1630	Indoor 2	12	80.00	90.00	Rachel
49	Friday	7/9 – 30/11	1530 - 1700	Indoor 4	12	115.00	125.00	Graham
50	Saturday	8/9 – 8/12	0900 - 1030	Indoor 2	12	115.00	125.00	James

Tennis at Strathgryffe

ADULT COACHING COURSES (AGE 16 +)

EXPRESS TENNIS FOR NEWCOMERS

A course for players who are trying tennis for the first time or for those who are returning to the game and would like to learn the modern way of playing the game. Covers technique, positioning and scoring to allow the player to play the game straight away.

COURSE	DAY	DATES	TIME	VENUE	WEEK	COST		COACH
						MEMBER	NON-MEMBER	
52	Thursday	13/9 – 6/12	1900 – 2000	Indoor 4	12	80.00	90.00	Brian

IMPROVERS

This is a wide ranging course covering different playing situations to play effective singles and doubles. This course is suitable for players who can maintain a rally and looks at technical aspects such as how to control the ball and decision making to allow the player to play the right shot at the right time.

53	Monday	10/9 – 10/12	1900 - 2000	Indoor 3	12	80.00	90.00	James
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DYNAMIC DOUBLES

Geared to specific skills and tactics needed to play effective doubles. Combines specialist shot development, tactics, drills and match play.

54	Tuesday	11/9 – 4/12	1900 - 2000	Ind 3	12	80.00	90.00	Rachel
55	Tuesday	11/9 – 4/12	0930 - 1100	Ind 3/4	12	115.00	125.00	Derek
56	Tuesday	11/9 – 4/12	1100 - 1230	Ind 3/4	12	115.00	125.00	Derek

CARDIO TENNIS

A high intensity aerobic workout to music with a combination of basket drills and games. The aim is to raise your heart rate, hit lots of balls and have fun! All standards welcome.

57	Thursday	13/9 – 6/12	1930 – 2030	Ind 1/2	12	80.00	90.00	Rac/Jam
58	Friday	7/9 – 30/11	1100 – 1200	Ind 3	12	80.00	90.00	James

NB: No coaching from Saturday 13th October to Monday 22nd October inclusive

Teen Gym at Strathgryffe

Teen Gym

Mon 1600-1800 Members Only. 13, 14 & 15 year olds - supervised by Fitness Manager 1700-1800

Wed 1500-1630 Members Only. 13, 14 and 15 year olds - monitored by club staff

Thur 1600-1730 Members Only. 13, 14 and 15 year olds - monitored by club staff

Sat 1600-1900 Members Only. 13, 14 and 15 year olds - monitored by club staff

Sun 1200-1500 Members Only. 13, 14 and 15 year olds - monitored by club staff

(13y olds may attend our monitored sessions after passing an assessment carried out by our Fitness Manager)

Squash at Strathgryffe

JUNIOR COACHING SCHEDULE Aug to Oct 2018

Class Code	Performance	M1	W1	W2	PlaySquash	PlaySquash
Day	Monday		Wednesday		Saturday	
Age Group	Invitation Only	8 - 16 years	8 - 16 years	8 - 16 years	5 - 9 years	10- 16 years
Time	4:00 - 5:30 pm	5:30 - 6:30 pm	4:30pm - 5:30pm	5:30 - 6:30 pm	09:45 - 10:45	10:45 - 12:00
Coach	Martin Woods		Jason Lang		Jason Lang	
Dates	13-Aug	13-Aug	15-Aug	15-Aug	18-Aug	18-Aug
	20-Aug	20-Aug	22-Aug	22-Aug	25-Aug	25-Aug
	27-Aug	27-Aug	29-Aug	29-Aug	01-Sep	01-Sep
	03-Sep	03-Sep	05-Sep	05-Sep	08-Sep	08-Sep
	10-Sep	10-Sep	12-Sep	12-Sep	15-Sep	15-Sep
	17-Sep	17-Sep	19-Sep	19-Sep	22-Sep	22-Sep
	24-Sep	24-Sep	26-Sep	26-Sep	29-Sep	29-Sep
	01-Oct	01-Oct	03-Oct	03-Oct	06-Oct	06-Oct
	08-Oct	08-Oct	10-Oct	10-Oct	13-Oct	13-Oct
	15-Oct	15-Oct	17-Oct	17-Oct	20-Oct	20-Oct
	22-Oct	22-Oct	24-Oct	24-Oct	27-Oct	27-Oct
	29-Oct	29-Oct	31-Oct	31-Oct	03-Nov	03-Nov
No of Sessions	10	10	10	10	12	12
Payment Method:	Block	Block	Block	Block	Per Session	Per Session
Payment: See additional Information below for details	£76.50	£49:50	£49:50	£49:50		
Payment: Cash or cheque	£85.00	£55.00	£55.00	£55.00	£3	£3

West Renfrewshire Young Farmers

https://www.facebook.com/WestRenfrewshireYoungFarmersClub/?fref=gc&dti=913726105341750&hc_location=ufi

Open to everyone not 'farmers'

A wide range of opportunities available

Age 14 +

Examples of activities: hockey, curling, carfts, speech makin, performig arts and lots of social events



Johnstone Jets Youth Cycling

Further info

https://www.facebook.com/pg/JohnstoneJetsYouthCycling/about/?ref=page_internal

<https://www.johnstone-wheelers.co.uk/johnstone-jets>



Duke of Edinburgh Volunteering Opportunities

Bridge Of Weir United Coaching

When: various evenings Where: Gryffe High School and other locations

Further info: 07514671904



Girls Brigade

When: Monday evenings Where: Houston Church Halls, Main Street

Further info: **Leadership course available.** contact 1sthoustongb@gmail.com



Houston Litter Picking

When: Sunday 10am

Where: COOP Houston

Further info: jakefulton@msn.com



Houston United

When: throughout the week

Where: Gryffe High

Further info: <http://www.houstonunitedfc.com/2000-2/#>



Linwood Parkrun

When: Saturday 9.15am

Where: On X Linwood

Further info: linwoodhelpers@parkrun.com



Scouts

You can volunteer to help at the younger sections – Cubs and Beavers

Further info - <http://www.renfrewshirescouts.org.uk/spage-groups-houston.html>



Strathgryffe Tennis and Squash Club

Please contact dana@strathgryffe.net for information on DOE volunteering

