



ADULT FOOTBALL PARTICIPATION PROGRAMME 2020



VENUE	DAY	TIME	SESSION	AGE GROUP	AREA	PARTNER CLUB
DONALD DEWAR	MONDAY	10.30-11.30am	WALKING FOOTBALL (FAST - High Intensity)	ALL ADULTS	OUTDOOR 7-A-SIDE PITCH	DRUMCHAPEL UTD
TORYGLEN	MONDAY	11-12pm	FOOTBALL50'S	OVER 50'S ADULTS	OUTDOOR 7-A-SIDE PITCH	
TOLLCROSS	MONDAY	1-2pm	WALKING FOOTBALL (FAST - High Intensity)	ALL ADULTS	INDOOR SPORTS HALL	
SCOTSTOUN	MONDAY	7-8pm	WALKING FOOTBALL (FAST - High Intensity)	ALL ADULTS	OUTDOOR 5-A-SIDE PITCH	BSC GLASGOW
EASTERHOUSE	MONDAY	6-7pm	WALKING FOOTBALL (SLOW - Low Intensity)	ALL ADULTS	INDOOR SPORTS HALL	EASTHALL STAR FC
KELVIN HALL	TUESDAY	10.30-11.30am	WALKING FOOTBALL (SLOW - Low Intensity)	ALL ADULTS	INDOOR SPORTS HALL	
BELLAHOUSTON	TUESDAY	1-2pm	WALKING FOOTBALL (FAST - High Intensity)	ALL ADULTS	INDOOR SPORTS HALL	POLLOK UTD
MARYHILL	TUESDAY	1-2pm	WALKING FOOTBALL (FAST - High Intensity)	ALL ADULTS	INDOOR SPORTS HALL	
GLASGOW GREEN	WEDNESDAY	10.30-11.30am	WALKING FOOTBALL (FAST - High Intensity)	ALL ADULTS	OUTDOOR 7-A-SIDE PITCH	
DONALD DEWAR	THURSDAY	10.30-11.30am	WALKING FOOTBALL (SLOW - Low Intensity)	ALL ADULTS	OUTDOOR 7-A-SIDE PITCH	DRUMCHAPEL UTD
TORYGLEN	THURSDAY	10.30-11.30am	WALKING FOOTBALL (FAST - High Intensity)	ALL ADULTS	OUTDOOR 7-A-SIDE PITCH	
TORYGLEN	THURSDAY	6-7pm	WOMEN'S ONLY WALKING FOOTBALL	ALL WOMEN	OUTDOOR 7-A-SIDE PITCH	
CASTLEMILK	THURSDAY	7-8pm	WALKING FOOTBALL (FAST - High Intensity)	ALL ADULTS	INDOOR SPORTS HALL	RUTHERGLEN GLENCAIRN
BELLAHOUSTON	FRIDAY	10.30-11.30am	WALKING FOOTBALL (FAST - High Intensity)	ALL ADULTS	INDOOR SPORTS HALL	HARMONY ROW
BELLAHOUSTON	FRIDAY	11.30-12.30pm	WALKING FOOTBALL (SLOW - Low Intensity)	ALL ADULTS	INDOOR SPORTS HALL	HARMONY ROW
TORYGLEN	FRIDAY	11-12pm	FOOTBALL50'S	OVER 50'S ADULTS	OUTDOOR 7-A-SIDE PITCH	