



## sportscotland National Sports Training Centre Inverclyde is an ideal retreat for training, development and competitions.

The centre fully reopened in April 2017, it has benefited from a £12m investment and is the first UK residential sports centre of its kind – designed for inclusivity.

Our FIG approved gymnasium facility is maintained to a high standard and capable of accommodating 60 gymnasts at one time, we additionally have studio space with sprung floor measuring 15m x 15m. We also have an 860m<sup>2</sup> fitness suite with performance area, fully equipped meeting rooms, on-site catering facilities and 60 accessible twin bedrooms.

Our offering to **gymnastics** has been utilised by a number of groups including Scottish Gymnastics Association,

who utilise the centre for their performance training programme. We also host Clubs from across Scotland and beyond and can cater for all groups from juniors through to professional high performance teams. Our facilities have also been used by several Cheerleading and Trampolining clubs.

*“Overall a very good experience. No residential centre that we have visited have staff that come close to your team. It was a 5-star camp.”*

TOM DILLON  
PHOENIX GYMNASTICS CLUB

## Designed with your sport in mind

- Gymnastics facility (measuring 36 m x 21 m)
- An FIG standard sprung floor
- Male and female artistic gymnastics apparatus
- Sunken trampoline and two foam filled safety pits
- Unfixed equipment including: coaching blocks, safety mats, trampettes, springboards and more to accommodate all disciplines
- Performance area within fitness suite
- Kit storage
- Performance sport menus available
- Meeting rooms for team or coaching workshops and lounge area for more relaxed sessions
- Dedicated changing area
- Treatment room



# GYMNASTICS



## Our sports facilities

- Indoor sports hall
  - with tiered spectator seating
- Gymnastics hall
  - with sprung floor and foam pits
- Fitness suite incorporating a physical preparation area and 20m sprint track
- 3G indoor pitch
- 3G outdoor pitch
- Sand based tennis court surface
  - 4 floodlit courts
  - Alternative use as hockey training surface
- Grass pitches
- 2 studio spaces
  - Studio 1 multi-purpose can also accommodate a full sized dojo or wrestling mat
  - Studio 2 incorporating 16 spin bikes
- Golf training facility

## Other services

- Team building sessions
- Fitness sessions

## Accommodation

60 spacious twin bedrooms over 4 levels. All rooms are capable of accommodating two wheelchair users. All rooms feature:

- 7ft beds
- Wet rooms

## Location

We're located in Largs, North Ayrshire. Driving distance from:

- Largs train station (5 mins)
- Prestwick Airport (35 mins)
- Glasgow Airport (40 mins)
- Glasgow Central Station (50 mins)
- Edinburgh Airport (90 mins)

