



# INDOOR SPORTS



**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 world-class **indoor sports hall** is a multi-use facility, and can be used for a variety of activities. The hall measuring 36m x 35m can be split in two and is lined for a number of sports. As well as a viewing gallery, our tiered seating allows for up to 246 spectators, ideal for small to medium sized events. 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 for indoor sports has been utilised by a number of teams from national governing bodies including Boccia UK and Judo Scotland, as well as a range of clubs. We cater for all sports groups from juniors through to professional high performance teams.

*“We really cannot rate the facilities, staff and venue highly enough. The centre is a benchmark sports facility for all.”*

RYAN GALLOWAY  
SCOTTISH POWERCHAIR FOOTBALL ASSOCIATION

## Designed with your sport in mind

- Full sports hall is lined for: 8 badminton courts, 2 basketball courts, 2 volleyball courts, 1 tennis court, 4 boccia courts and 2 netball courts
- Can be used for other activities, including: archery, fencing, handball, table tennis, martial arts and hockey
- Range of sports equipment and netting available
- Performance area within fitness suite
- Treatment room
- Kit storage
- Hot and cold therapy baths
- Performance sport menus available
- Meeting rooms for team or coaching workshops
- Dedicated team changing area





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## 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)

