

Kelso Active Schools: Community Clubs

Below details some of the junior community club sessions taking place in and around the Kelso catchment area. Please contact clubs before turning up to your first session as there may be waiting lists, times/venues may vary depending on weather/time of year, and some activity blocks may not have started yet. There may be costs associated with each session, so please contact individual clubs for details.

<u>Club</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Venue</u>	<u>Contact</u>
Kelso Cougars Mini Rugby	Sun	10am - 11am 10am - 11.30am	P1-6 P7	Poynder Park	Email: cougars@kelsorfc.com Web: www.kelsorfc.co.uk
Kelso Ladies Rugby Club	Wed	5.30pm - 6.30pm	Under 12s – Under 18s	Lower Poynder Park	Email: klrfc15@gmail.com Web: www.klrfc.co.uk
Kelso RFC Youth Rugby	Various	Various	Under 13s - Under 18s	Croft Park / Kelso High School 3G	Murray Hastie (Youth Development Officer) Email: ydo@kelsorfc.com Phone: 07842 250425 Web: www.kelsorfc.co.uk
Kelso Junior Badminton Club	Thurs	4pm – 5.30pm	P6 – S6	Kelso High School Games Hall	Lynn Young Phone: 07805 034932 Email: yfit40@aol.com
Kelso Volleyball Club	Fri	6pm – 7.30pm	S1-S6	Kelso High School Games Hall	Chris Fraser (Active Schools Coordinator) Email: chris.fraser@scotborders.gov.uk Phone: 07900 738620

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Kelso Hockey Club	Various	Various	Under 7s – Under 18s	Kelso High School 2G	Email: info@kelsohockeyclub.com Web: www.kelsohockeyclub.com
Kelso High School Hockey	Mon Tues Wed	4pm – 5.30pm 4pm – 5.15pm 4pm – 5.30pm	S2/3 S1 Seniors	Kelso High School 2G	David Ferguson (KHS Director of Hockey) Email: davidferg@btinternet.com
Kelso Football Club	Various	Various	5+ years	Woodside Park / Kelso High School	Facebook: KelsoFC
Kelso Orchard Tennis Club	Various	Various	3+ years	Kelso Orchard Tennis Club	Kate Bull: 07809 695740 Lesley Thomas: 07824 613900 Email: landktennis@gmail.com
M-Pulsive Dance School	Various	Various	Pre-school – 18 years	M-Pulsive Dance School	Michelle Douglas (Studio Director) Email: michelle@mpulsivedance.com Phone: 07724 748131

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Kelso Cricket Club	Mon	6pm – 7pm	P3-7	Shedden Park	Avril Gibson (Junior Convenor) Email: kelsocricketclub@gmail.com
	Wed	6pm – 7.30pm	Under 16s		
Kelso Wheelers Cycling Club	Wed	6.30pm – 7.30pm	All school age	Angraflat Trials	Email: kelsowheelerscc@gmail.com Mountain biking: Kev Welsh – bonscottwelsh@gmail.com
Kelso Wheelers Triathlon Club	Tues	7pm - 8pm	Juniors	Kelso Swimming Pool	Email: kelsowheelerscc@gmail.com
Kelso Amateur Swimming Club	Tues	Various from 5.30pm	8-18 years	Kelso Swimming Pool	Email: kelsoasc@live.com Web: www.kelsoasc.co.uk
	Thurs				
Sportif Judo	Mon	Various from 4.15pm	5+ years	Ednam Village Hall	Preeti Gardiner Email: preeti@sportiflifestyle.com Phone: 07734 602336

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Club	Day	Time	Age	Venue	Contact
Ice Skating (Winter)	Sun	Lessons - 12.15pm – 2.15pm Public – 2.45pm – 5.15pm	5+ years	Border Ice Rink	Email: admin@bordericerink.co.uk Web: www.bordericerink.co.uk
Try Curling (Winter)	Sat	9.30am – 11am	5+ years	Border Ice Rink	Email: admin@bordericerink.co.uk Web: www.bordericerink.co.uk
Ice Hockey (Winter)	Sat	6pm – 7pm	5-17 years	Border Ice Rink	Email: admin@bordericerink.co.uk Web: www.bordericerink.co.uk
Roller Skating (Summer)	Various	Various	5+ years	Border Ice Rink	Email: admin@bordericerink.co.uk Web: www.bordericerink.co.uk
Pickleball (Summer)	Various	Various	5+ years	Border Ice Rink	Email: admin@bordericerink.co.uk Web: www.bordericerink.co.uk

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<u>Club</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Venue</u>	<u>Contact</u>
Junior Golf Lessons	Fri	Various	P6-S6	Kelso Golf Club Kelso High School (Winter)	Chris Fraser (Active Schools Coordinator) Email: chris.fraser@scotborders.gov.uk Phone: 07900 738620
Kelso Golf Club Junior Membership	Unlimited	Unlimited	P6+	Kelso Golf Club	Email: secretary@kelsogolfclub.co.uk Web: www.kelsogolfclub.co.uk
After-school Basketball	Wed	4pm – 5pm	P6 - S6	Kelso High School Games Hall	Chris Fraser (Active Schools Coordinator) Email: chris.fraser@scotborders.gov.uk Phone: 07900 738620
Hawick Hawks Floorball	Tues	4pm – 5pm	P6-S6	Kelso High School Games Hall	Craig Girvan (Head coach) Phone: 07852 499480
Kelso Lawn Bowling Club	TBC	Various	P5+	Kelso Bowling Club	Junior Sessions coming Spring/Summer 2025

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Wallaceneuk Parkrun	Sat	9.30am	All ages	Wallaceneuk, Kelso	Email: wallaceneuk@parkrun.com
Gala Harriers Athletics Club	Thurs	6.15pm - 7.15pm 5.45pm – 6.15pm	8yrs +	Tweedbank Sports Complex Queens Leisure Centre, Gala	Gerry Moss (Club Together Officer) Email: gerrymoss@hotmail.co.uk Web: www.galaharriers.co.uk
KD FIT Young Person's Membership	Unlimited	Unlimited	13-16 years 17+ years	KD FIT Studio	Email: info.kdfit@yahoo.com
Live Borders Junior Membership	Unlimited	Unlimited	12-17 years	Kelso Swimming Pool Kelso High School Fitness Suite	Phone: 01573 224944 Email: kelso@liveborders.org.uk
Kelso Comets Netball Club	Mon	7pm – 8pm	16+ years	Kelso High School Games Hall	Facebook: KelsoNetball
Duns Badminton Club	Fri	6pm – 7.15pm 7.15pm – 8.30pm	P4-P7 S1-S6	Berwickshire High School Games Hall	Pete Hardie: 01361 883428 David Rhind: 07398 877310 Web: www.dunsbadmintonclub.co.uk