

Culture and Sport Glasgow in partnership with the Glasgow Metropolitan Volleyball Club invites YOU to come along and be part of their latest and exciting experience of.....



# SITTING VOLLEYBALL

**TUESDAYS 7-8PM**  
**At HOLYROOD SPORTS CENTRE**  
(600 Aitkenhead Rd, Glasgow, G42 0PD)



- JUNIOR & ADULTS WELCOME
- NO EXPERIENCE REQUIRED, BEGINNERS WELCOME!
- SESSIONS ARE FREE!

**SITTING VOLLEYBALL** is a team sport particularly suited to those with lower limb disabilities. Able bodied participants have no advantage over disabled, making the game suitable for integrating able and disabled players. Glasgow Mets Volleyball club are aiming to recruit as many players for their 'Sitting Volleyball Team'. The team train on a regular basis and are aiming to compete with teams across the UK.

### COME + TRY AND HAVE FUN TOO!

If you are interested in getting involved, whatever your skill level, we would like you to join us. For further information please contact Volleyball development at [volleyball@csglasgow.org](mailto:volleyball@csglasgow.org) or call 0141287 5630.

[www.scottishvolleyball.org](http://www.scottishvolleyball.org)

[www.glasgowmets.co.uk](http://www.glasgowmets.co.uk)

[www.activeglasgow.com](http://www.activeglasgow.com)



[www.csglasgow.org](http://www.csglasgow.org)

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