



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 860m² 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

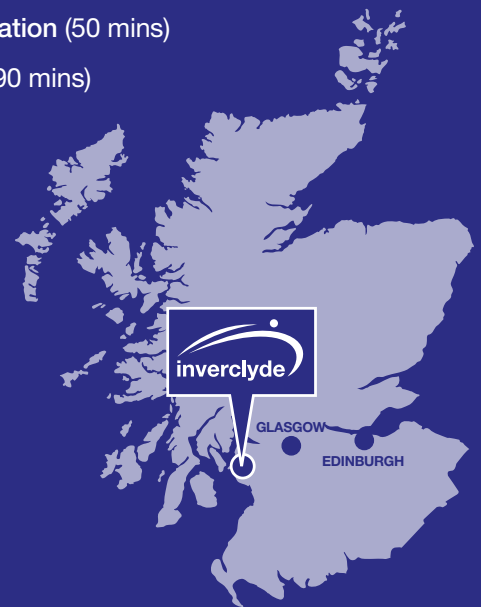
60 spacious twin bedrooms over 4 levels. All rooms are capable of accommodating two wheelchair users. All rooms feature:

- 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)



Visit us: Burnside Road, Largs, KA30 8RW
Call us: 01475 674666
Web: nationalcentreinverclyde.org.uk

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