

Crossgate Crystals

Training days

Tuesdays 5.15pm – 6.45pm in Crossgates community centre

Thursdays 4.50pm – 6.20pm in Trinity Church Cowdenbeath

Our training sessions are paid monthly and are £13 for one session and £26 for two sessions. Everyone should attend the Tuesday sessions and once ready for competitions will then start attending Thursday sessions. Our minimum age for joining is 7 years.

We have young people from 7 years to 15 years, they are all a friendly bunch and love a good giggle.

Our athletes have had lots of success at competitions and regularly place and receive trophy's and medals for their hard work. We compete at both the Saltire Championships and Scottish Championships and had great success. Some of our athletes also completed their Bronze exams last year and successfully passed these, with some even getting a distinction.

We like to attend local galas in the summer, to walk in the parades aswell as perform. This is a great opportunity to show of the team's talents and is a good day out for everyone.

We have an annual award ceremony for the team where we recognise everyone's hard work through training sessions each year.

We also have parties throughout the year for things such as Halloween and Christmas.

We have a great little team and would love for anyone new to join us.

