

Autumn Courses 2009

Start Monday 14th September
for 12 weeks /unless stated*

• Monday 14th September

Advanced Badminton 4-5pm

Coach: Daniel Cockle

This course is over a period of 12 weeks at a cost of £38.40 there is no session on 26th October due to half term. The last session is Monday 7th December.

The course is aimed at players who are at a higher standard but need to develop individual stroke skills whilst concentrating on tactical match play situations. Ages 11-15 years.

• Tuesday 15th September

Beginners Netball 4.45-5.45pm

Coach: Sara Thompson

This course is over a period of 12 weeks at a cost of £38.40. The last session is Tuesday 8th December. No session on 27th October due to half term. This session is aimed at beginners years 3-4 (age 6-8). It focuses on basic ball and footwork skills and develops basic fundamental skills such as balance, co-ordination and team work skills.

Improvers Netball 5.45-7.00pm

Coach: Sara Thompson

This course is over a period of 12 weeks at a cost of £38.40. The last session is Tuesday 8th December. No session on 27th October due to half term.

This session is aimed at years 4-5 (age 8-10) it focuses on court strategy, match play and improves on the main skills of netball such as ball/footwork skills and passing and shooting technique. Children will progress to playing high five and local tournaments.

• Wednesday 16th September

Beginners Badminton 4.00-5.00pm

Coach: Daniel Cockle

This course is over a period of 12 weeks at a cost of £38.40. The last session is 9th December. No session 28th October due to half term.

For players aged 6-10 years of age and have basic ability. The course will focus on improving basic skills and techniques needed in badminton such as racket technique and strokes, hand/eye co-ordination, positional play and there is room for progression to the advanced session to improve on tactical awareness and match play. The course is based around fun through participation.

**Junior Climbing Course 4.30 – 5.30pm

Instructor: Chris Hudson

This course is a 5 week course at a cost of £40.00. The course starts on Wednesday 16th September. The last session will be 14th October.

The course is run by a qualified instructor and will teach basic skills and techniques including introduction to climbing equipment, safety procedures, belaying, rope work and climbing movements and positioning. An exciting course that improves both confidence and fitness. This will lead to Beginner Climbing Club sessions on Mondays, Wednesdays and Saturdays. For ages 8 and above.



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• Thursday 17th September

Improver Netball 4.30pm – 5.45pm

Coach: Sarah Thomson

This is a 12 week course at a cost of £38.40 – starting Thursday 17th September. The last session will be 10th December. No session on 29th October.

The course focuses on developing more advanced team play and tactical situations for girls aged 8-11 years.

• Friday 18th September ** (10wk)

Hip Hop/ Street dance 5.30pm – 6.30pm

Coach: Camille Jones

This is a 10 wk course at a cost of £ 32.00 – starting Friday 18th September.

The last session is 27th November with no session on 30th October due to half term.

The course will teach the routines and techniques of hip hop and street dance to the latest music. There will be a performance on the last session for parents to attend. For ages 11 – 16 years of age – girls and boys welcome!!

• Saturday 19th September

**** Coerver Soccer Coaching 9-10am 5-7 years (10 wk)**

This is a 10-week course at a cost of £40. It starts on Saturday 19th September.

The course focuses on the basic skills of football and will improve dribbling, passing, 1 to 1 skills and shooting. The course will also develop balance, co-ordination and team skills.

The sessions are fun and improve confidence and fitness. For children aged 5- 7 years. No session 31st October due to half term.

**** Junior Climbing Course 2 – 3pm**

Instructor: Chris Hudson

This is a 5 week course at a cost of £40.00. It starts on Saturday 19th September and the last session will be on the 17th October. The course is run by a qualified instructor and will teach the basic techniques and skills needed including, belaying, use of equipment, safety, rope work and climb movement and positioning. This will lead on to the Beginner climbing clubs on Mondays, Wednesdays and Saturdays.

For ages 8 and above.

Adult Climbing Beginner Course Sessions

Chris Hudson

These sessions are 2hr Beginners sessions which are held on Wednesday evenings from 7pm – 9pm or Saturday afternoons between 2-4 pm/3 – 5 pm. The cost is £30 each for a 2hr intensive course. Once completed customers can then go onto the Adult Climbing Clubs. The course teaches the basic skills and techniques of climbing including use of equipment, safety and rope work.

Please ring to arrange booking/availability.

NEW BASKETBALL - STARTS SATURDAY 3RD OCTOBER

Beginner Basketball 11 – 12pm (10 wk)

Coach: Geoff Bogle

This is a 10 week course at a cost of £32.00 and starts on Saturday 3rd October. There will be no session on 31st October due to half term. The course will cover ball handling skills, shooting techniques, passing moves and court strategy. It will also improve general balance, co-ordination and team play with an emphasis on fun. Aimed at players aged 8 - 13 years. Sessions will be tailored to suit age/ability of attendees