

New Year Courses

2010

Start: Monday 11th January for 10 weeks /unless stated
No sessions during half-term.

• BADMINTON

The badminton courses develop basic skills and techniques including hand eye co-ordination and positional play. For the more advanced players the sessions will concentrate on tactics and match play whilst improving stroke and technique.

Beginners Badminton (Ages 6-10) Wednesday 4pm-5pm

Advanced Badminton (Ages 11-15) Monday 4pm-5pm

Both courses are £33 for 10 weeks



• NETBALL

The Netball courses develop basic ball and footwork skills for the beginners, leading up to passing and shooting skills for the improvers and then progress to playing high five games and local tournaments for the more advanced.

Active play / Beginners Netball (Ages 6-8) Tuesday 4.45pm-5.45pm

Improvers Netball (Ages 8-10) Tuesday 5.45pm-7.00pm

Advanced Netball (Ages 10-11) Thursday 4.30pm – 5.45pm

All the netball courses are £33 for 10 weeks

• NEW ACTIVE WOMEN SESSIONS

NEW Active Women – Back to Badminton Tuesday & Thursday 10-11am

This NEW ladies badminton course is a fully supervised morning session allowing all women the chance to have fun, relax, get fit and make new friends. The sessions will include fun drills and games and also develop skills and techniques of the game. **The course includes crèche 10am-11am. The price is £20 for 5 sessions or £36 for 10 sessions**

NEW Active Women – Back to Netball Wednesday 10-11am

The 'Back to Netball' course allows women of all abilities to get active and have fun each Wednesday morning – the supervised sessions focus on game play and fun drills and offer women a chance to learn new skills, make new friends and get fit. **There is a free crèche available with the course 10-11am. The course is £18 for 5 weeks**

• CLIMBING

Junior Climbing Courses (5wks)

Wednesday 5pm-6pm & Saturday 2pm-3pm

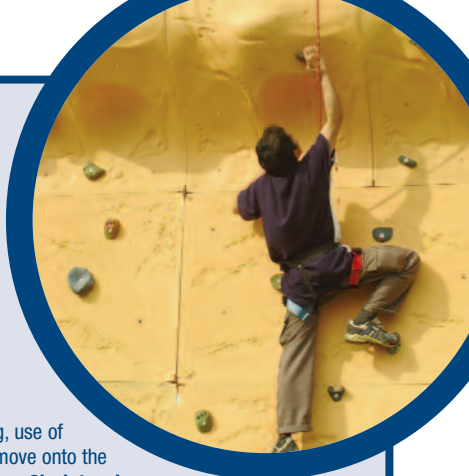
The course is run by a qualified instructor and will teach the basic techniques and skills needed, including, belaying, use of equipment, safety, rope work and climbing positioning. This will lead on to the Beginner climbing clubs on Mondays, Wednesdays and Saturdays.

For ages 8 and above. The course is £41 for 5 weeks.

Adult Beginner Climbing Sessions

Wednesday 7.15pm- 9.15pm & Saturday 2pm-4pm

The course teaches the basic skills and techniques of climbing, including, use of equipment, safety and rope work. Once completed customers can then move onto the Adult Climbing Club on Tuesday evenings. **Age 16+ The cost is £31 for a 2hr intensive course**



• HIP HOP / STREET DANCE

Junior Hip Hop / Street dance Friday 5.30pm – 6.30pm

The course will teach the routines and techniques of hip hop and street dance to the latest music sounds.

For ages 8-13 years – girls and boys welcome!! The course is £33 for 10 weeks.

• FOOTBALL

Coerver Soccer Coaching Saturday 9am-10am

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. **The course is £41 for 10 weeks.**



• BASKETBALL

Basketball coaching

Saturday 10am – 12pm (new 2hr session)

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.

The price of the course is £50 for 10 weeks.

