



1 to 1 Lessons

One to one lessons, thirty minutes of tuition by our most experienced teachers will help to accelerate your child's learning. 100% attention and immediate feedback can produce remarkable results for any ability level.

Like all our lessons, a broad range of skills are covered while we carefully step through the strokes, adjusting the pace to the pupil.

You may also use the one to one slots to help your child through a particular skill they may be struggling to conquer: somersaulting, diving or any part of a stroke.

We also offer Adult tuition for all ages and abilities.



Tennis Camps

Our tennis camps provide intensive expert tuition within a safe and fun environment. All areas of the game can be focused on and improved; whether it is footwork, shots or match/point play.

Bookings are flexible; children can attend for one off sessions or for the whole week.

Tennis Camp format:

Morning Sessions
09:00-12:00

Instructor: Patrick

Children should wear weather appropriate clothing and footwear.

Please bring a water bottle and snack.

Please bring suitable clothing to play in showery weather, but if unplayable we will take the players inside to work on other areas of their games such as volleys, footwork and technique.

Dates/Times/Prices

1 to 1

Swimming Lessons

Mon 22 Oct — Fri 26 Oct

08:00-10:30

11:30-12:00

Each day

£30 per

30 minute lesson

Tennis Camps

Mon 22 Oct — Fri 26 Oct

09:00-12:00

Each day

£30 per session

**To book any places,
please call or email the
Sports Complex**



Swimming: Group Crash Courses

During the holidays our Swim School offers fun, safe and educational week-long swimming lessons for children of all ages and abilities. Providing tuition on swimming techniques and water skills, we aim to provide pupils with the confidence and skills to improve and develop their swimming abilities.

Swimming Crash Courses offer a 1 to 4 teacher to pupil ratio and provide pupils with more individual attention and a faster learning rate.

Class Abilities:

Beginner (Leys Level 1)

Non-swimmers who cannot swim more than 1 metre independently without floats.

Beginner + (Leys Level 1+)

Swimmers who can swim between 2-10 metres independently without floats

Instructor: Charlotte & Claudiu



Lifeguard Course

Mon 22 Oct—Sat 27 Oct 2018

Assessment will take place on Saturday 27 Oct.

8.30am - 5.30pm each day

Applicants must be 16 years of age on the assessment date.

Cost - £250.00 (includes lifeguard manual, tuition and assessment fees)

For more information, please contact us/ download an application form from our website.

Dates/Times/Prices

Group Crash Course Swimming Lessons

Mon 22 Oct—Fri 26 Oct

10:30-11:00 Beginner

11:00-11:30 Beginner+

£50 for

5x 30 minute lessons

Lifeguard Course

Mon 22 Oct—Sat 27 Oct

08:30-17:30

Each day

£250 per candidate

**To book any places,
please call or email the
Sports Complex**

Bruno Vicente, our activities instructor is offering some other fun activities that your child can enjoy during half term. (Ages 8-15).

Climbing

Climbing sessions are for young people, 8-16 years. These sessions are aimed at beginner and intermediate climbers. Sessions will educate climbers in all safety techniques and best practices. Once all safety aspects are covered, the rest of the session will be dedicated to improving climbing ability in a fun, sociable and motivating environment.

Waterpolo

These sessions are designed to introduce the sport of water polo to children. The intent is to provide basic skills and understanding of the sport in a recreational format. Although water polo is known for its toughness and endurance, Intro to waterpolo harnesses all the fun, dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate kids to swim and stay fit.

Kickboxing

Kickboxing is not just a great form of self-defense, but provides all participants the opportunity to enhance their character and develop confidence, focus and inner security. Bruno is a former Kickboxing Professional and Kickboxing instructor, who during his career represented the Portuguese National Team. Classes are disciplined and challenging, yet fun, allowing everyone to participate, learn and develop at their own speed in a controlled contact environment that provide safe training and encourage self-discipline and control.

Booking Information

Children can attend individual sessions or both sessions on any day—if they attend both, we can provide a supervised break between sessions, please send them with a snack/packed lunch as appropriate.

Clothing: swimsuit & towel for waterpolo, warm clothes for climbing and sports kit with trainers for kickboxing.

Drop off and collection at Sports Hall Reception.



Dates/Times/Prices

Mon 22 Oct

10:30-12:30 Climbing

13:00-14:30 Waterpolo

Tue 23 Oct

12:30-14:30 Climbing

15:00-16:30 Kickboxing

Wed 24 Oct

12:00-13:30 Waterpolo

14:00-16:00 Climbing

Thu 25 Oct

12:30-14:30 Climbing

15:00-16:30 Kickboxing

Fri 26 Oct

10:30-12:30 Climbing

13:00-14:30 Waterpolo

Kickboxing £12.50 per Child

Climbing £22.50 per Child

Waterpolo £12.50 per Child

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Sports Complex**