



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 18 Feb—Fri 22 Feb

08:00-10:30

11:30-12:00

Each day

£30 per

30 minute lesson

With Charlotte

Tennis Camps

Mon 18 Feb—Fri 22 Feb

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



Waterpolo

Waterpolo/ Fun Session

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. They will end with a pool fun session.

Instructor: Claudiu

Dates/Times/Prices

Group Crash Course Swimming Lessons

Mon 18 Feb—Fri 22 Feb

10:30-11:00 Beginner

11:00-11:30 Beginner+

£50 for

5x 30 minute lessons

With Charlotte

Waterpolo/ Fun

Tue 19 Feb & Thu 21 Feb

12:00-13:30

Each day

£12.50 per Child

With Claudiu

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Junior Racquets

Children (8-11yrs) can hire our racquet courts at a discounted pay per visit rate of £5 per court.

Racquet sports include:

Squash, Tennis, Badminton and Table Tennis.

The fee includes hire of all equipment hire.

We have experienced staff available to provide beginners with coaching tips and sport inductions including match play, game rules and other specific skills.

We can assist in finding a partner if your child is interested in trying a racquet sport but does not have someone to play with.

Parents are welcome to join their children and play at this discounted rate.

Courts are subject to availability and must be booked in advance by contacting Reception (details below)



Lifeguard Course

Mon 18 Feb—Sat 23 Feb

Assessment will take place on Saturday 23rd February.

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

Junior Racquets

All School Holidays

Monday—Friday

7am-5pm

£5 per court per hour

Lifeguard Course

Mon 18 Feb—Sat 23 Feb

08:30-17:30

Each day

£265 per candidate

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