



## 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 24 Jul—Fri 28 Jul

Mon 31 Jul—Fri 04 Aug

Mon 07 Aug—Fri 11 Aug

Mon 14 Aug—Fri 18 Aug

Mon 21 Aug—Fri 25 Aug

08:30-11:00 each day

£25 per 30 minute lesson

## Tennis Camps

Mon 31 Jul—Fri 04 Aug

Mon 07 Aug—Fri 11 Aug

Mon 14 Aug—Fri 18 Aug

Mon 21 Aug—Fri 25 Aug

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 February half term 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.

## Dates/Times/Prices

### *Group Crash Course Swimming Lessons*

Mon 24 Jul—Fri 28 Jul  
Mon 31 Jul—Fri 04 Aug  
Mon 07 Aug—Fri 11 Aug  
Mon 14 Aug—Fri 18 Aug  
Mon 21 Aug—Fri 25 Aug

£50 for  
5x 30 minute lessons

### **Lesson Times:**

11:00-11:30 Beginner

11:30-12:00 Beginner

12:00-12:30 Beginner+

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

## Kickboxing Group Grading Crash Course

During the summer holiday Bruno Vicente, our Kickboxing instructor is offering a 4 week course of kickboxing lessons for children (8-11 years old) and teenagers (12-15 years old).

Kickboxing is not just a sport and 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 athlete and a WAKO (World Association of Kickboxing Organizations) Black Belt instructor, who during his career represented the Portuguese national Team and achieved several amateur and professional titles, including a professional world Champion Title.

Sessions are disciplined and challenging, yet fun, allowing everyone to participate, learn and develop at their own speed in a controlled contact environment that provides safe training and encourages self-discipline and control.

Assessment for the Yellow Grading takes place at the end of the course. It tests the participant's knowledge and understanding of the Kickboxing principles and techniques taught during the course.

Although it is unlikely to happen, participants who do not meet the specific performance criteria as set out in the "assessment Criteria" will fail the assessment. Participants who fail can be reassessed on the whole Grading Programme with a £30 reassessment fee.



### Dates/Times/Prices

#### Course Weeks

Mon 31 Jul—Fri 04 Aug  
Mon 07 Aug—Fri 11 Aug  
Mon 14 Aug—Fri 18 Aug  
Mon 21 Aug—Fri 25 Aug

#### Timetable

Mon/Wed/Fri

10:00-11:30 8-11yrs

15:00-16:30 12-15yrs

#### Prices

£165

12x kickboxing sessions  
1yr Wako GB Insurance  
Grading Certificate & Belt

£200

12x kickboxing sessions  
1yr Wako GB Insurance  
Grading Certificate & Belt  
And equipment:  
Gloves, shorts, shin guards,  
white belt

Course fee is non refundable

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 (Individual sessions)

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 and sports-wear for climbing

Drop off and collection at Sports Hall Reception.

## Dates/Times/Prices

### Activity Weeks

Mon 31 Jul—Fri 04 Aug

Mon 07 Aug—Fri 11 Aug

Mon 14 Aug—Fri 18 Aug

Mon 21 Aug—Fri 25 Aug

### Mondays

10:00-11:30 Kickboxing 8-11yrs  
11:30-12:30 Supervised Break  
12:30-14:30 Climbing  
15:00-16:30 Kickboxing 12-15yrs

### Tuesdays

12:30-14:30 Climbing  
14:30-15:15 Supervised Break  
15:15-16:45 Waterpolo

### Wednesdays

10:00-11:30 Kickboxing 8-11yrs  
11:30-12:30 Supervised Break  
12:30-14:30 Climbing  
15:00-16:30 Kickboxing 12-15yrs

### Thursdays

12:30-14:30 Climbing  
14:30-15:15 Supervised Break  
15:15-16:45 Waterpolo

### Fridays

10:00-11:30 Kickboxing 8-11yrs  
11:30-12:30 Supervised Break  
12:30-14:30 Climbing  
15:00-16:30 Kickboxing 12-15yrs

Kickboxing £12.50 per Child  
Climbing £20 per Child  
Waterpolo £10 per Child  
Break: £5 per child