

School Years Activities

Season runs September 2010 until April 2011



ENROLMENT DETAILS SEE PAGE 9

Trampolining Courses

(For Reception to Year 11)

Fun weekly courses taken by qualified coaches working towards British Amateur Gymnastics Association Awards scheme. A great way to improve fitness, co-ordination and balance.

Safety Note

It is a regulation by the British Amateur Gymnastics Association that, during trampolining lessons, there must be adult 'spotters' in attendance in addition to the qualified instructors (a 'spotter' being an adult who is present around the edge of the trampoline for the safe practice of this sport).

We need a few adults acting as spotters during the sessions and would very much appreciate your help in this matter.

Monday 6th Sept - 13th Dec (14 weeks) No lessons 25th October - Half Term

3.45 - 4.40pm (55mins)	Brigitte / Clive / Leigh	£78.40
4.40 - 5.35pm (55mins)	Brigitte / Clive / Leigh	£78.40
5.35 - 6.30pm (55mins)	Brigitte / Leigh	£78.40

Thursday 9th Sept - 16th Dec (14 weeks) No lessons 28th October - Half Term

3.45 - 4.40pm (55mins)	Pat / Jean / Brigitte	£78.40
4.40 - 5.30pm (50mins)	Pat / Jean / Brigitte	£71.40

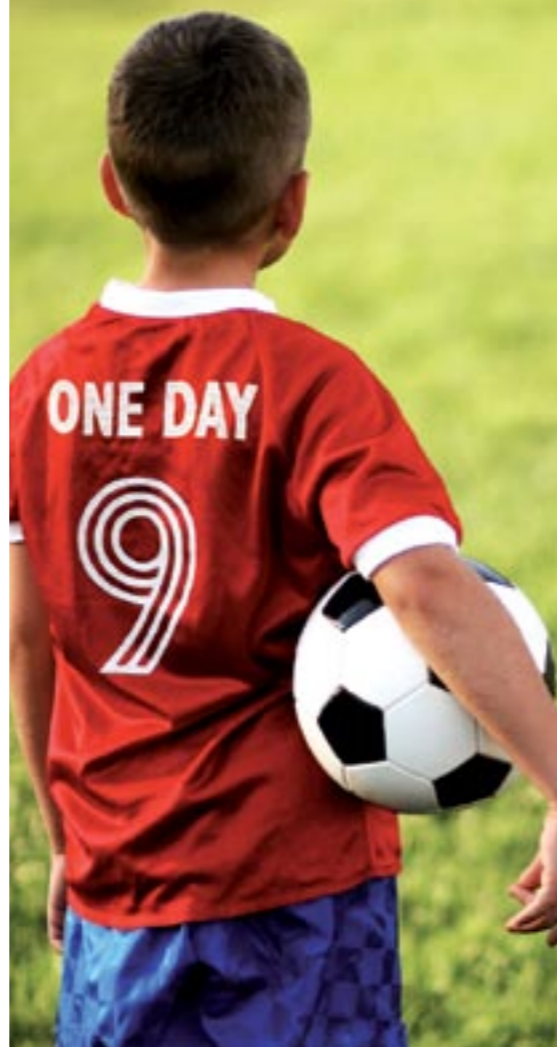
Friday 10th Sept - 17th Dec (14 weeks) No lessons 29th October - Half Term

3.45 - 4.40pm (55mins)	Brigitte / TBA/Clive	£78.40
4.40 - 5.35pm (55mins)	Brigitte / TBA/Clive	£78.40
5.35 - 6.30pm (55mins)	Brigitte / TBA	£78.40 Teenagers 13-17yrs

Saturday 11th Sept - 18th Dec (13 weeks) No lessons 30th Oct - Half Term & 6th Nov - Event

2.00 - 2.55pm (55mins)	Brigitte	£72.80
3.00 - 3.55pm (55mins)	Clive / Brigitte	£72.80
4.00 - 4.55pm (55mins)	Clive	£72.80
5.00 - 5.55pm (55mins)	Clive / Brigitte	£72.80

Term Time



Littledown JUNIORS

One of the UK's biggest football clubs

Reasons to join:

- Boys & girls of all abilities welcome
- No substitutes - every player plays 2 full matches each week
- Non-stop football action
- All matches played at Littledown, no travelling away
- 8 players per team
- All over in an hour, leaving the rest of your weekend free!!
- Team shirts provided for all outdoor players
- Safe, friendly, family environment
- Great fun...everyone's a winner!!

"The Game First The Results Second"

Join one of the biggest and most fun Football Clubs for boys and girls aged 3 - 19 years in the country.

Follow our structured football programme with indoor coaching sessions for 3 - 5 year olds and outdoor league and cup action on the artificial and grass pitches for 6 - 19 year olds. Join around 1200 children playing football at the Littledown Centre each weekend from September to April, in over 150 teams.

Under 6's Academy

'Pay as you go' weekly sessions £4.00
Saturday 4th September - 9th April 2011
(excluding 25th Dec, 1st Jan & 19th Feb)

Start your football career with coaching in small groups with FA qualified coaches. Learn the basic skills and play in small-sided games in the safe and warm environment of the sports hall.

Soccer Starter

3 - 4 year olds
Pre School & Reception
Saturdays 8.00 - 8.55am

Soccer Stars

4 & 5 year olds
Reception & Year 1
Saturdays 9.00 - 9.50am & 10.00 - 10.50am

Under 9's Leagues

School Years 3 & 4
(Saturday morning on the artificial pitches)
A full season of non-stop league and cup action from September - April

Choice of 8.45am & 9.55am sessions

Under 10's, 11's, 12's, 13's, 14 & 15's Leagues

School Years 5 to 10
(Saturday morning on the grass pitches)
Now playing on bigger pitches on grass, still lots of touches of the ball but more space to show off your skills!

Bigger pitches, bigger goals, bigger challenges, fantastic fun

A full season of non-stop league and cup action from September - April

Under 10's	Year 5	8.45am
Under 11's	Year 6	9.55am
Under 12's	Year 7	8.45am
Under 13's	Year 8	9.55am
Under 14/15's	Year 9/10	11.05am

Under 7's Mini Leagues

School Year 2
(Saturday morning on the artificial pitches)
The first taste of competitive football, in a friendly environment. See your child's first ever goal, or penalty save. Listen to the roar of the crowd with all the near misses. Great atmosphere, great fun!

Autumn Season:
Saturday 18th September -
Saturday 18th December 2010

Spring Season:
Saturday 8th January -
Saturday 9th April 2011

Friday Night Under 14/15's, 16/17's, 18/19's Leagues

School Years 9 to 13
(Friday nights on the floodlit adult artificial pitches)

Friday nights under the floodlights, fantastic atmosphere!

Playing on adult 8-a-side pitches with your mates, a great way to start the weekend!

A full season of non-stop league and cup action from September - April

Under 14/15's	6.30 - 7.30pm
Under 16/17's	7.30 - 8.30pm
Under 18/19's	8.30 - 9.30pm

"The Game First, The Result Second"

After School Football Coaching

Our football coaching programme will guide your child through their football development. This progressive scheme develops with them, adapting to meet each stage of their growth.

Soccer Starters
Pay as you go £4.00

Age: 3 - 4 years, Pre-School & Reception
Thursday 1.00 - 1.55pm & 2.00 - 2.55pm
Coach: Martin Sheppard
Location: Main Hall
Information: The first step for budding footballers with ball skills, introductory drills and mini games.



Martin Sheppard's Football Academy

Per session £4.00
(payable to Martin Sheppard, not Littledown Centre)
'Pay as you go' football sessions, including coaching, matches, tournaments and goalkeeping, for boys and girls aged 7 - 14 years.
Tuesday, Thursday & Friday 4.30 - 5.30pm

'Pay as you go' outfield and goal-keeping training for 7-14 year olds.
Wednesday 5.30 - 6.30pm
Sessions outside on the artificial football pitches.
Contact details: 01202 249352 / 07745 835 702.
sheppardcoaching@hotmail.com

FA Ability Counts Programme

Per session £2.50
Football coaching for boys and girls with any form of physical and/or learning disabilities, aged 6-16 years (or those older with limited mobility and awareness).
Indoors in the main hall (unless otherwise stated).
Just turn up, pay and play!

£2.50 per session. First 'Taster' Session FREE!
Thursday 4.00 - 5.30pm (School term time only)

Phone Head Coach Kate on 07967 638960 for more info or to discuss further options.
14+ to adults coaching also available.



Call today to book your place 01202 417600