

School Years Activities

SEASON RUNS UNTIL APRIL



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.

10 TO 12 WEEK COURSES

Monday 4th Jan – 29th March (12 weeks) No lessons 15th February - Half Term

| | | |
|------------------------|--------------------------|--------|
| 3.45 – 4.40pm (55mins) | Brigitte / Clive / Leigh | £67.20 |
| 4.40 – 5.35pm (55mins) | Brigitte / Clive / Leigh | £67.20 |
| 5.35 – 6.30pm (55mins) | Brigitte / Leigh | £67.20 |

Thursday 7th Jan – 1st Apr (12 weeks) No lessons 18th February - Half Term

| | | |
|------------------------|-----------------------|--------|
| 3.45 – 4.40pm (55mins) | Pat / Jean / Brigitte | £67.20 |
| 4.40 – 5.30pm (50mins) | Pat / Jean / Brigitte | £61.20 |

Friday 8th Jan – 26th Mar (10 weeks) No lessons 19th & 26th February - Half Term/Major Event

| | | |
|------------------------|----------------------------|---------------------------|
| 3.45 – 4.40pm (55mins) | Brigitte / Katharine/Clive | £56.00 |
| 4.40 – 5.35pm (55mins) | Brigitte / Katharine/Clive | £56.00 |
| 5.35 – 6.30pm (55mins) | Brigitte / Katharine | £56.00 Teenagers 13-17yrs |

Saturday 9th Jan – 27th Mar (10 weeks) No lessons 6th & 13th February Major Events

| | | |
|------------------------|------------------|--------|
| 2.00 – 2.55pm (55mins) | Brigitte | £56.00 |
| 3.00 – 3.55pm (55mins) | Clive / Brigitte | £56.00 |
| 4.00 – 4.55pm (55mins) | Clive | £56.00 |
| 5.00 – 5.55pm (55mins) | Clive / Brigitte | £56.00 |

Term Time

1200 children play every week in one of the UK's biggest football clubs. From the age of 3 - 19 years, Littledown Juniors takes your child through every stage of their football development.



Littledown JUNIORS

One of the UK's biggest football clubs

Substitute Policy

No substitutes.

Every player plays 2 full matches every week!



Littledown Juniors Academy for Under 6's

Soccer Starters

Pay as you go £4.00 weekly
 Age 3 – 4 years: Pre-School & Reception
 Time & Date Thursday 1.00 – 1.55pm & 2.00 – 2.55pm and Saturday 8.00 – 8.55am
 A fun indoor football coaching session incorporating ball skills, drills & mini games with qualified coaches.
 Wear comfortable clothes and trainers. Bring a drink.

Soccer Stars

Pay as you go £4.00 weekly
 Age 4 – 6 years: Reception & Year 1
 Time & Date Saturday 9.00 – 9.50am & 10.00 – 10.50am (pay as you go weekly or 11.00 – 11.50am (payable for the season))
 Session Structure Indoor football coaching sessions forming part of a progressive course.

Each session involves participation in 4 zones:

- Zone 1: Ball Skills Zone 2: Mini Tournament
- Zone 3: Drills & Exercises Zone 4: Fundamentals

Saturday League (6 - 15 years)

Age Groups: Under 7s (Year 2), Under 9s (Years 3 & 4), Under 10s (Year 5), Under 11s (Year 6), Under 12s (Year 7), Under 13s (Year 8) & Under 14s/15s (Year 9 & 10).
 Time & Date: Start times: Saturdays 8.45am, 9.55am & 11.05am.
 (Please check what time is available for your required age group).
 Session Structure: 2 games every week (25 minutes each). Under 7s & Under 9s: play on artificial pitches. Under 10s – Under 14/15s: play on grass pitches.

Dream Team Division (13 - 19 years)

Age: Under 14/15 (Year 9 & 10), Under 16/17 (Year 11 & 12) & Under 18/19.
 Time & Date: Friday Evening 6.30 – 7.30pm, 7.30 – 8.30pm and 8.30 – 9.30pm.
 Session Structure: 2 games every week (25 minutes each) on full size artificial pitches under flood lights.

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)

Football sessions, including coaching, matches, tournaments and goalkeeping, for boys & girls aged 7 – 14 years. Contact details: 01202 249352 / 07745 835 702. sheppardcoaching@hotmail.com

Tuesday, Thursday & Friday 4.30 – 5.30pm
 Outside on the artificial football pitches

FA Ability Counts Programme

Per session £2.50

Football coaching for disabled performers, boys and girls aged 6 – 18 years indoors in the main hall. Just turn up, pay and play! (School term time only) Thursday 4.00 – 5.30pm (For players with physical and severe learning disabilities)



For Boys and Girls of all abilities

Fixtures and League Tables updated on the internet after every set of matches:
www.littledowncentre.co.uk/kids.co.uk

Don't miss the action, join today
 Call Dave on 01202 436843