

School Years Activities

Term Time

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.



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Monday 9th January – 26th March (11 Weeks) No lessons 13th February - Half Term

3.45 – 4.40pm (55mins)	Brigitte / Clive / Leigh	£66.00
4.40 – 5.35pm (55mins)	Brigitte / Clive / Leigh	£66.00
5.35 – 6.30pm (55mins)	Brigitte / Leigh	£66.00

Thursday 5th January – 29th March (12 Weeks) No lessons 16th February - Half Term

3.45 – 4.40pm (55mins)	Pat / Jean / Brigitte	£72.00
4.40 – 5.30pm (50mins)	Pat / Jean / Brigitte	£65.45

Friday 6th January – 30th March (12 Weeks) No lessons 17th February - Half Term

3.45 – 4.40pm (55mins)	Brigitte / Katherine/Clive	£72.00
4.40 – 5.35pm (55mins)	Brigitte / Katherine/Clive	£72.00
5.35 – 6.30pm (55mins)	Brigitte / Katherine	£72.00 Teenagers 13-17yrs

Saturday 7th January – 31st March (11 Weeks)

No lessons 4th February - Event and 18th February - Half Term

2.00 – 2.55pm (55mins)	Brigitte	£66.00
3.00 – 3.55pm (55mins)	Clive / Brigitte	£66.00
4.00 – 4.55pm (55mins)	Clive	£66.00
5.00 – 5.55pm (55mins)	Clive / Brigitte	£66.00

After your activity visit
the Terrace Cafe

Kids Pick 'n' Mix

Choose 5 different
items including
one drink from
the Pick 'n' Mix
display

£3



Wide choice of hot meals
and snacks available.

BH Live
HOSPITALITY

After School Football Coaching

Soccer Starters 'Pay as you go' £4.40

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

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FA Soccer Coaching

Age: 4 – 6 years, Reception & Year 1
Time/Day: Wednesday 4.00 – 4.55pm
Course: Booked per half term
4th Jan - 8th Feb (6 wks) £26.40
22nd Feb - 28th March (6 wks) £26.40
Coach: Martin Sheppard
Location: Main Hall
Information: Moving onto develop a range of skills both individually and as part of a team.

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.

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 £4.00



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.



DISABILITIES
FOOTBALL