

Junior Sports Camps

FEBRUARY 2010 HALF TERM

Monday 15th – Friday 19th February 2010



UH Sports, Hertfordshire Sports Village, de Havilland Campus,
Hatfield Business Park, Hatfield, Herts AL10 9EU

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February Half Term

Monday 15th – Friday 19th February 2010

A wide range of sports camps are available this February for both boys and girls, giving you the opportunity to receive 1st class coaching from experienced National Governing Body Coaches. Develop the skills of your chosen sport in a fun and safe environment.

SWIMMING

Learn a skill that lasts a lifetime. We are continuing our hugely successful holiday crash course swimming programme over the February half-term holiday aimed at further developing and improving your swimming skills. **Please Note: HSV hats must be worn for all Learn to Swim and Stroke Improvement sessions. These are available to purchase at a cost of £2 directly from Geoff Wood upon booking the course.**

STAGE 1

Lessons for 4 years and over, designed to develop water confidence, basic swimming skills and independence, working towards National Plan for Teaching Swimming Stage 1.

CODE: S108	Date: Monday 15th – Friday 19th February	Time: 9.15am – 9.45am	Ages: 4 + years	Cost: Member £27.50 Non-member £32.50
CODE: S208	Date: Monday 15th – Friday 19th February	Time: 9.45am – 10.15am	Ages: 4 + years	Cost: Member £27.50 Non-member £32.50

STAGE 2

Lessons for non-swimmers who are confident in water, aged 5 years and over to achieve basic swimming skills and further develop water confidence working towards National Plan for Teaching Swimming Stage 2 or National Plan for Teaching Swimming levels 1 & 2. **Please Note: this course is only available to children aged 5 and above who have completed National Plan for Teaching Swimming Stage 1 or Duckling level 5.**

CODE: S308	Date: Monday 15th – Friday 19th February	Time: 9.15am – 9.45am	Ages: 5 + years	Cost: Member £27.50 Non-member £32.50
CODE: S408	Date: Monday 15th – Friday 19th February	Time: 9.45am – 10.15am	Ages: 5 + years	Cost: Member £27.50 Non-member £32.50

STAGE 3

Lessons for children aged 5 years and over, already able to swim 5 metres on their front and back, without the use of floating aids. **Please Note: this course is only available to children aged 5 and above who have completed National Plan for Teaching Swimming Stage 2 or National Plan for Teaching Swimming level 2.**

CODE: S508	Date: Monday 15th – Friday 19th February	Time: 9.15am – 9.45am	Ages: 5 + years	Cost: Member £27.50 Non-member £32.50
CODE: S608	Date: Monday 15th – Friday 19th February	Time: 9.45am – 10.15am	Ages: 5 + years	Cost: Member £27.50 Non-member £32.50

STROKE IMPROVEMENT

These sessions are aimed at those who have already achieved Stage 3 and above of the National Plan. Designed to improve your stroke efficiency, these sessions will ensure your technique becomes more effective and thus making your swimming even more enjoyable. **Please note: These Sessions take place in deep water (1.8m).**

CODE: SIM10	Date: Monday 15th – Friday 19th February	Time: 10.15 – 11.15am	Ages: 5 + years	Cost: Member £41.25 Non-member £48.25
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CLIMBING

Learn to climb our state of the art 400² metre climbing wall under expert supervision in a safe and fun environment. The 12 metre high climbing wall provides a challenging climbing surface for climbers of all abilities. You will be taught how to safely and efficiently use the equipment needed to make full use of the wall and test yourself by experiencing unique and complex challenges.

CODE: C01	Date: Tuesday 16th - Thursday 18th February	Time: 9.00am - 11.00am	Age: 8-12 years	Cost: Member £33 Non-member £36
CODE: C02	Date: Tuesday 16th - Thursday 18th February	Time: 11.15am - 1.15pm	Age: 8-12 years	Cost: Member £33 Non-member £36
CODE: C03	Date: Tuesday 16th - Thursday 18th February	Time: 2.00pm - 4.00pm	Age: 10-17 years	Cost: Member £33 Non-member £36

FOOTBALL in partnership with Norwich City Football Club

*** PLEASE NOTE: Participants attending the February Half Term Football Course will have the opportunity to be selected for the University's Football Development Centre in partnership with Norwich City Football Club.**



FOOTBALL CAMP

This one-day Football Camp will give players the opportunity to improve their all-round football ability. The session will include ball familiarity, improving technique and skills, passing, shooting and team-play in a fun, friendly and structured environment.

CODE: FC10 Date: Friday 19th February Time: 10.00am - 3.00pm Ages: 8-12 years Cost: Member £10 Non-member £15

GOALKEEPING

Only 12 spaces available for this specialised goalkeeping course. The course will include the techniques of handling, shot stopping, positioning, communication and match practise.

Please note: This course is aimed at goalkeepers currently playing junior club competitive football. THIS COURSE IS NOT SUITABLE FOR BEGINNERS.

CODE: GK10 Date: Monday 15th & Tuesday 16th February Time: 10.00am - 12.00pm Ages: 8-12 years Cost: Member £15 Non-member £20

REGISTRATION: The registration of all participants on football courses will take place in the foyer of the outdoor changing facilities next to the new generation pitches. This is situated across the service road to the rear of Hertfordshire Sports Village. It will be the responsibility of the parent/guardian to escort their child to this area to register at the beginning of the session and to pick up at the end.

GIRLS FOOTBALL CAMPS in partnership with Arsenal Ladies Football Club



This football partnership provides girls of all ability with an opportunity to combine excellent facilities with coaching from top female club and international players. The course will include skill development, small-sided games and fun, friendly competition, so if you love football and want to learn more this course is for you.

CODE: ALF10 Date: Monday 15th & Tues 16th February Time: 10.00am - 3.00pm Ages: 8-14 years Cost: Member £30 Non-member £35

NETBALL in partnership with Mavericks Netball Club



The Mavericks Superleague Team has linked with Inter-netball this February to bring you a netball camp at the Hertfordshire Sports Village. The course will include skills and games to help you improve your netball.

Please note all bookings for this course are to be made through Internetball.

For bookings and further information please call 07884256924.

Date: Monday 15th - Friday 19th February Time: 10.00am - 4.00pm Ages: 10-13 years Cost: £25 per day £105 for four days

KIDS FITNESS

NEW

This one-hour session is an ideal way for children to exercise and learn that fitness is fun! Our highly qualified instructor will teach vital skills that enable children to become healthy, confident adults by providing structured sessions of exercise or dance that combine a variety of equipment – all this mixed with a lot of imagination!

CODE: KF10 Date: Monday 15th & Tuesday 16th February Time: 3.00pm - 4.00pm Ages: 7-12 years Cost: Member £10 Non-member £15

TENNIS

This Tennis camp is designed to incorporate Fundamental skills in a fun and innovative way. Qualified LTA Coaches will help children develop their skills through stimulating drills and practice matches in a friendly structured environment. This camp is aimed at boys and girls of various abilities. All players welcome.

CODE: TTS110 Date: Monday 15th & Tuesday 16th February Time: 9.30am - 11.30am Ages: 5-7 years Cost: Member £10 Non-member £15
CODE: TTS210 Date: Monday 15th & Tuesday 16th February Time: 12.00pm-2.00pm Ages: 8-10 years Cost: Member £10 Non-member £15

BOOKING INFORMATION

- Places can be booked over the telephone, in person or by post.
- **For postal bookings:** please send the completed booking form together with a cheque made payable to 'Hertfordshire Sports Village' to Half Term Programme, Sports Development, Hertfordshire Sports Village, Hatfield Business Park, Hatfield, Herts AL10 9EU.
- **For in person bookings:** visit the Sports Village reception with a completed booking form and payment method.
- **For telephone bookings between 9:30am and 12:30 noon Monday to Friday Only. 2.00pm-5.00pm Sat & Sun:** Please contact the Sports Village holiday hotline on **01707 281172** with credit/debit card and booking form information to hand. Reception staff will complete the booking form on your behalf. We regret we will be unable to accept telephone bookings outside these hours.
- Upon receipt of completed booking form and payment a booking confirmation letter will be dispatched.
- We regret we cannot accept provisional bookings.
- You are advised to book early to avoid disappointment as places will be allocated on a first come first served basis.
- Once bookings have been confirmed there will be no refunds or transfer of lessons without a medical certificate.
- Herts Sports Village reserves the right to amend/cancel courses at any time.

Mini Movers

Parent and Toddler Gymnastics Class



This BRAND NEW 45min class is aimed at children who can walk until 3 years. The confident walker is provided with the opportunity to climb, jump, roll and undertake other elementary physical activities in a positive environment. Sessions are supervised by British Gymnastics qualified coaches. With their expertise and parental encouragement children will be stimulated to develop essential physical awareness such as balance, co-ordination and agility.

Mini Movers future sessions

Mondays

10:00am – 10:45am

Member £4.00

Walking to 3 Years

Non-Member £5.00

During term time the sessions are available on a pay as you go, first come first served basis and bookable in advance for members. Session price includes parent and toddler. Toddlers must be supervised by an accompanying adult on a one to one basis.

SPECIAL INTRODUCTORY OFFER

Hertfordshire Sports Village Junior Annual Membership and 5 Sessions for £30. Membership entitles you to a reduced member rate and the facility to book classes in advance over the telephone.

HOW TO BOOK Please photocopy if further copies are required for siblings.

EMAIL

PROVIDE YOUR EMAIL ADDRESS WHEN YOU BOOK FOR YOUR CHANCE TO WIN A Wii!

WHERE DID YOU FIND INFORMATION ABOUT THESE SPORTS COURSES?

CHILDS NAME AGE

MEDICAL DETAILS

EMERGENCY CONTACT

TEL. EMERGENCY

SPORTS VILLAGE JUNIOR MEMBER Y N

Course participants require Sports Village junior membership to qualify for reduced course prices

Course Details

Code	Sport	Age Group/Course	Day	Time	Cost
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Signed Total Cost

Date

NON-MEMBER COMPLETION ONLY / PARENT / GUARDIAN DETAILS

NAME

ADDRESS

POSTCODE

TEL. HOME TEL. MOB

Office use only

Paid date

Total amount paid

Cash/Chq/Card

Receptionist initials

Booked onto Plus 2

Confirmation letter sent