

February Half Term Kids Village Activities

13 – 17 February 2012

Course Descriptions

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.

Fencing

Whether you are new to Fencing or have previous experience, the session will cater for your level of expertise. The children receive a high quality learning experience with a strong emphasis on safety, discipline and fun. Technical moves are taught along with games and practice fights to keep the young fencers interested and motivated.

Multi Sports Day

Herts Sports Village continue their partnership with Sports Xtra to offer a day of multi-sports activities. Sessions are designed to develop basic skills - hand eye co ordination and balance - providing the opportunity to play a number of sports.

Take the day to sample a number of Sports making full use of the top quality facilities we have here at Herts Sports Village and the expertise from staff at Sports Xtra.

Norwich City Football Camp

Participants attending the February Football Courses will have the opportunity to be selected for the University's Football Development Centre in partnership with Norwich City Football Club.

Norwich City Football Fun Day

The February football camp will give players the opportunity to improve their all round football ability. The course is led by fully qualified Norwich City Football Club Coaches who will look to include ball familiarity, improving techniques and skills, passing, shooting and team play in a safe and fun environment.

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).

Swimming

Learn a skill that lasts a lifetime. We are continuing our hugely successful holiday crash course swimming programme over February half term aimed at further developing and improving our 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.

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.

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.

Trampolining

Hertfordshire sports Village have teamed up with Levitation Trampoline Club to provide you with the chance to bounce your way through your February half term.

Levitation is one of the Countries finest trampoline clubs, offering some of the best coaching for bouncers of all abilities. Whether you are a complete beginner trying the sport for the first time or an experienced bouncer looking to improve on your skills, this camp is for you!

So if you would like to join levitation and defy gravity by performing twists and turns during

fun games and routines – book on this course today!

Further Information

For Further information on any of the above courses please contact Steph Fanthorpe (Sports Development Officer and Junior Sports Camps Coordinator).

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