

Summer 2010 Junior Sports Camps

Course Descriptions

NEW! Multi Sports Day

New to the Junior Sports Programme for Summer 2010, these multi-sports sessions are aimed to offer a less structured sporting programme.

Take the day to sample a number of Sports in four 1-hour sessions throughout the duration of the day – making full use of the top quality facilities we have here at Herts Sports Village.

Swimming

Learn a skill that lasts a lifetime. We are continuing our hugely successful holiday crash course swimming programme over the Summer holiday period 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.



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).

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.

Norwich City Football Camp

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

This two-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.

From 10am-12pm on both days, experienced goalkeepers - currently playing club level football, will be given the opportunity to take advantage of some specialist Coaching from fully qualified Norwich City Coaches. **Please state at time of booking if you would like to take one of the 8 spaces available for eh specialist Goalkeeper training.**

Norwich City Football Fun Day

What better way to round off your Summer Holidays than by attending this tournament based session?

Spend the day showing off your skills in teams playing in a mini tournament competition. Supervised by fully qualified Norwich City Coaches.

Arsenal Ladies Football

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.



NEW! Brazilian Soccer School

Herts Sports Village have teamed up with International Confederation of futebol de Salão Brazilian Soccer Schools this summer to offer a different perspective on football.

Learn to play with the skills of Ronaldinho, Kaka, Ronaldo and other Brazilian Stars.

These sessions will offer Futebol de Salão training with FA and Futebol de Salão Qualified coaches who will teach you specific skills and fun Brazilian style games.

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.

Netball

Expand your skill base and sharpen up your techniques at this two-day camp for netballers who are looking to improve all areas of their game. The camp consists of a combination of both skill and game based activities with fun being the main focus of the day!!

Trampolining

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

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!

Gymnastics

This Easter sees the return of our ever-popular Gymnastics course at Hertfordshire Sports Village. British Gymnastics Qualified coaches will take you through tumbles, vaults, handstands and cartwheels in a fun and safe environment.



Mini-movers parent and toddler Gymnastics Class

Hertfordshire Sports Village are extending their brand new Mini Movers term-time Gymnastics Class into the Easter programme.

Classes are aimed at children who can walk until 3 years. The confident walker is provided with the opportunity to climb, jump and role in a safe and fun environment. Sessions are supervised by British Gymnastics qualified Coaches. With their expertise and parental encouragement, children are motivated to develop essential physical awareness such as balance, coordination and agility.

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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