

# SPORTS COACHING COURSES CALENDAR 2016

All Sports Courses: Full price ticket £30 except for S16 Gaelic, Camogie & Hurling Course, Discount Ticket £24 per course per person. See notes on back of leaflet for details.

Code	Course	Additional Information	Date	Time	Day	Venue	Numbers
S1	Activ8 Wildcats Multi-skills and FUNdamentals Activity Camp	Boys & Girls 4 - 9 years *Includes FREE EXCLUSIVE WILDCATS GIFT	25.07.16 - 29.07.16	2:00pm - 3:30pm	Mon - Fri	Coleraine Leisure Centre	40
S2	American Field Sports Camp <span style="color:red">★</span>	Boys & Girls 10 - 15 years American football, Frisbee, Lacrosse, Baseball & Rounders	18.07.16 - 22.07.16	10:30am - 12:00pm	Mon - Fri	Flowerfield Green, Portstewart	20
S3	Athletics Startrack Camp <span style="color:red">★</span>	Boys & Girls 8 - 15 years The perfect opportunity from absolute beginners upwards to get started in the world of Athletics	08.08.16 - 12.08.16	10:00am - 12:00pm	Mon - Fri	Rugby Avenue, Coleraine	24
S4	Badminton	Boys & Girls 9 - 15 years	01.08.16 - 05.08.16	2:30pm - 4:00pm	Mon - Fri	Coleraine Leisure Centre	24
S5	Bambinos Soccer Camp <span style="color:red">★</span>	Boys & Girls 4 - 8 years Fine tune those vital skills for Match Day! *Includes FREE BALL	04.07.16 - 08.07.16	2:30pm - 4:00pm	Mon - Fri	Coleraine Leisure Centre	40
S6	Beach Volleyball	Boys & Girls 12 - 15 years	25.07.16 - 29.07.16	11:00am - 12:30pm	Mon - Fri	East Strand Beach, Portrush	12
S7A	Bodyboard and Surf	Boys & Girls 9 & 10 years, equipment provided	04.07.16 - 07.07.16	3:00pm - 5:00pm	Mon - Thurs	East Strand, Portrush	16
S7B	Bodyboard and Surf	Boys & Girls 11 - 13 years, equipment provided	18.07.16 - 21.07.16	3:00pm - 5:00pm	Mon - Thurs		16
S7C	Bodyboard and Surf	Boys & Girls 11 - 15 years, equipment provided	25.07.16 - 28.07.16	3:00pm - 5:00pm	Mon - Thurs		16
S8	Jack Attack (Bowls) <span style="color:red">★</span>	Boys & Girls 9 - 15 years An action packed course, emphasising FUN & tuition in the basics of playing the game!	25.07.16 - 29.07.16	10:30am - 12:00pm	Mon - Fri	Coleraine Bowling Club	16
S9	Cheerleading	4 - 8 years Have fun learning Stunts, Jumps, Pyramids, Gymnastics, Pom Dance & Street Cheer	01.08.16 - 05.08.16	2:30pm - 4:00pm	Mon - Fri	Coleraine Leisure Centre	15
S10	Cricket	Boys & Girls 8 - 15 years	18.07.16 - 22.07.16	2:00pm - 3:30pm	Mon - Fri	Coleraine Cricket Club	35
S11	Dance Camp	Boys & Girls 6 - 12 years Routines including ballet, contemporary, street & lyrical dance	08.08.16 - 12.08.16	11:30am - 1:00pm	Mon - Fri	Flowerfield Arts Centre	20
S12A	Dinghy Sailing (in association with Coleraine Yacht Club)	Min Age 10 years Must provide own wetsuit & footwear, be able to swim & be water confident. Life vests supplied	04.07.16 - 07.07.16	10:00am - 12:00pm	Mon - Thurs	Portrush Harbour	8
S12B	Dinghy Sailing (in association with Coleraine Yacht Club)	Min Age 10 years Must provide own wetsuit & footwear, be able to swim & be water confident. Life vests supplied	04.07.16 - 07.07.16	2:00pm - 4:00pm	Mon - Thurs	Portrush Harbour	8
S13	Disability Sports Camp <span style="color:red">★</span>	Boys & Girls 8 - 15 years For young people with a physical or learning disability. Take part in football, basketball, cricket, boccia, new age curling and other inclusive games	04.07.16 - 08.07.16	11:00am - 12:30pm	Mon - Fri	Coleraine Leisure Centre	30
S14	Fitness Fundamentals <span style="color:red">★</span>	Boys & Girls 8 - 15 years Learn the basics of Fitness Movements through Circuits! High Energy, Informative & FUN!	18.07.16 - 22.07.16	12:00pm - 1:30pm	Mon - Fri	Coleraine Leisure Centre	20
S15	Fly Fishing	Boys & Girls 10 - 14 years Learn to catch the fish of a lifetime	05.07.16 - 08.07.16	10:00am - 12:00pm	Tues - Fri	Moorbrook Lodge, Castlerock	6
S16	Gaelic, Camogie & Hurling	Boys & Girls 6 - 13 years This GAA Cui Camp is co-ordinated by Owen Roe GAC. For course fees (payable directly to the club) and further details please contact the course co-ordinator, Kevin Mullan on 07858759997	25.07.16 - 29.07.16	10:00am - 2:00pm	Mon - Fri	Owen Roe pitch	Please contact co-ordinator
S17	Girls 'Allowed' Fun activity camp	Girls 4 - 8 years Dance routines, break dance, modern dance and sporting activities. Fun, friendship and High Energy!!	18.07.16 - 22.07.16	10:30am - 12:00pm	Mon - Fri	Coleraine Leisure Centre	30
S18A	Golf	Beginners Course Boys & Girls 6 - 10 years	05.07.16 - 15.07.16	9:30am - 10:30am	Tues - Fri	Ballyreagh Golf Course - Portrush	12
S18B	Golf	Beginners Course Boys & Girls 6 - 10 years	05.07.16 - 15.07.16	10:30am - 11:30am	Tues - Fri		12
S18C	Golf	Improvers Course Boys & Girls 6 - 10 years	05.07.16 - 15.07.16	11:30am - 12:30pm	Tues - Fri		12
S18D	Golf	Beginners Course Boys & Girls 6 - 10 years	19.07.16 - 29.07.16	9:30am - 10:30am	Tues - Fri		12
S18E	Golf	Beginners Course Boys & Girls 6 - 10 years	19.07.16 - 29.07.16	10:30am - 11:30am	Tues - Fri		12
S18F	Golf	Improvers Course Boys & Girls 6 - 10 years	19.07.16 - 29.07.16	11:30am - 12:30pm	Tues - Fri		12
S19	Hockey	Boys & Girls 7-14 years	01.08.16 - 05.08.16	10:30am - 12:00pm	Mon - Fri	Astro-turf Pitch, Rugby Avenue	60
S20A	Kayaking	Beginners	04.07.16 - 07.07.16	7:00pm - 9:00pm	Mon - Thurs	Portrush Harbour (Slipway at alcove) Portrush Harbour (Slipway at alcove) Christie Park Jetty, Coleraine	12
S20B	Kayaking	Beginners	18.07.16 - 21.07.15	7:00pm - 9:00pm	Mon - Thurs		12
S20C	Kayaking	Improvers	25.07.16 - 28.07.15	7:00pm - 9:00pm	Mon - Thurs		12
S21	Mini Groovers'	Boys & Girls 4 - 8 years Dance to the latest chart beats with great moves and great grooves	25.07.16 - 29.07.16	11:30am - 1:00pm	Mon - Fri	Flowerfield Arts centre	20
S22	Mountain Biking (in association with Bann Wheelers)	Boys & Girls 11 - 15 years Skills development for the off-road environment. Must provide: mountain bike (preferably with gears), spare tube, helmet and a daily snack.	18.07.16 - 21.07.16	6:00pm - 7:30pm	Mon - Thurs	UUC Sports Hall (outside)	10
S23	Netball	Beginners 7 - 11 years	08.08.16 - 12.08.16	2:00pm - 3:30pm	Mon - Fri	Coleraine Leisure Centre	28
S24	Paddle Boarding	Boys & Girls 12 - 15 years Flat water course & SUP safari! Must be able to swim 50 metres & take part in surf or SUP lessons. Bring own towel, footwear (which are ok to get wet) & warm clothes	05.07.16 - 08.07.16	10:30am - 12:00pm	Tues - Fri	Portballintrae Harbour	6
S25	Rackets Camp	Boys & Girls 9 - 14 years Develop your racket skills and play badminton, short tennis, squash & table tennis	18.07.16 - 22.07.16	3:30pm - 5:00pm	Mon - Fri	Coleraine Leisure Centre	24
S26	Rowing	Boys & Girls 12 - 14 years Beginners Course - Must be able to swim 25 metres Bring a towel, change of clothes, normal sports clothes, no jeans. If you have seen a rower on the river and always fancied giving it a go, then this is your chance!	04.07.16 - 08.07.16	10:00am - 12:00pm	Mon - Fri	Bann Rowing Club	12
S27A	Sit-on-top Kayaking	Boys & Girls 8 - 10 years Bring own wetsuit, footwear & change of clothes. Must be able to swim & be water confident. Life vests supplied	04.07.16 - 07.07.16	3:00pm - 5:00pm	Mon - Thurs	Portrush Yacht Club	8
S27B	Sit-on-top Kayaking	Boys & Girls 11 - 15 years	04.07.16 - 07.07.16	6:00pm - 8:00pm	Mon - Thurs		8
S28A	Soccer School	Boys & Girls 4 - 8 years *Includes FREE BALL	01.08.16 - 05.08.16	10:30am - 12:00pm	Mon - Fri	3G Pitch Rugby Avenue, Coleraine 3G Pitch Rugby Avenue, Coleraine	100
S28B	Soccer School	Boys & Girls 9 - 15 years *Includes FREE BALL	01.08.16 - 05.08.16	1:00pm - 3:00pm	Mon - Fri		100
S29A	Squash	Boys & Girls 9 - 11 years	18.07.16 - 22.07.16	6:30pm - 8:00pm	Mon - Fri	UUC Sports Centre	12
S29B	Squash	Boys & Girls 12 - 15 years	25.07.16 - 29.07.16	6:30pm - 8:00pm	Mon - Fri	UUC Sports Centre	12
<b>SWIMMING MAIN POOL - PARTICIPANTS MUST BE OVER 4FT IN HEIGHT Please contact Leisure Centre Reception for criteria on each Level 1 -10.</b>							
S30A	Swimming lessons	Level 1	4.7.16 - 8.7.16 & 11, 14 & 15.7.16	9:30 - 10:00am & 9.30 -10.15am	Mon - Fri & Mon, Thurs & Fri	Coleraine Leisure Centre	8
S30B	Swimming lessons	Level 3	4.7.16 - 8.7.16 & 11, 14 & 15.7.16	9:30 - 10:00am & 9.30 -10.15am	Mon - Fri & Mon, Thurs & Fri		8
S30C	Swimming lessons	Level 4	4.7.16 - 8.7.16 & 11, 14 & 15.7.16	10 - 10:30am & 10.15 -11am	Mon - Fri & Mon, Thurs & Fri		8
S30D	Swimming lessons	Level 5	4.7.16 - 8.7.16 & 11, 14 & 15.7.16	10 - 10:30am & 10.15 -11am	Mon - Fri & Mon, Thurs & Fri		10
S30E	Swimming lessons	Level 2	18.07.16 - 29.07.16	9:30am - 10:00am	Mon - Fri		8
S30F	Swimming lessons	Level 3	18.07.16 - 29.07.16	9:30am - 10:00am	Mon - Fri		8
S30G	Swimming lessons	Level 5	18.07.16 - 29.07.16	10:00am - 10:30am	Mon - Fri		10
S30H	Swimming lessons	Level 6	18.07.16 - 29.07.16	10:00am - 10:30am	Mon - Fri		10
S30I	Swimming lessons	Level 7	01.08.16 - 12.08.16	9:30am - 10:00am	Mon - Fri		10
S30J	Swimming lessons	Level 8	01.08.16 - 12.08.16	9:30am - 10:00am	Mon - Fri		10
S30K	Swimming lessons	Level 9	01.08.16 - 12.08.16	10:00am - 10:30am	Mon - Fri		10
S30L	Swimming lessons	Level 10	01.08.16 - 12.08.16	10:00am - 10:30am	Mon - Fri		10
<b>SWIMMING MINOR POOL - PARTICIPANTS OVER 5 YRS AND UNDER 4FT IN HEIGHT Please contact Leisure Centre Reception for criteria on each Minnows Level.</b>							
S31A	Swimming lessons	Minnows 1 Minor Pool	4.7.16 - 8.7.16 & 11, 14 & 15.7.16	9:30 - 10:00am & 9.30 -10.15am	Mon - Fri & Mon, Thurs & Fri	Coleraine Leisure Centre	8
S31B	Swimming lessons	Minnows 2 Minor Pool	4.7.16 - 8.7.16 & 11, 14 & 15.7.16	10 - 10:30am & 10.15 -11am	Mon - Fri & Mon, Thurs & Fri		8
S31C	Swimming lessons	Minnows 2 Minor Pool	18.07.16 - 29.07.16	9:30am - 10:00am	Mon - Fri		8
S31D	Swimming lessons	Minnows 3 Minor Pool	18.07.16 - 29.07.16	10:00am - 10:30am	Mon - Fri		8
S31E	Swimming lessons	Minnows 3 Minor Pool	01.08.16 - 12.08.15	9:30am - 10:00am	Mon - Fri		8
S31F	Swimming lessons	Minnows 4 Minor Pool	01.08.16 - 12.08.15	10:00am - 10:30am	Mon - Fri		8
S32A	Tennis	Beginners Course Boys & Girls 5-7 years	04.07.16 - 07.07.16	10:30am - 11:30am	Mon - Thurs	Anderson Park, Coleraine	20
S32B	Tennis	Beginners Course Boys & Girls 8-12 years	04.07.16 - 07.07.16	11:30am - 12:30pm	Mon - Thurs	Anderson Park, Coleraine	20
S32C	Tennis	Beginners Course Boys & Girls 8-12 years	11.07.16 - 14.07.16	10:30am - 11:30am	Mon - Thurs	Portrush Recreation Grounds	20
S32D	Tennis	Beginners Course Boys & Girls 5-7 years	18.07.16 - 21.07.16	10:30am - 11:30am	Mon - Thurs	Castlerock Recreation Grounds	12
S32E	Tennis	Beginners Course Boys & Girls 8-12 years	18.07.16 - 21.07.16	11:30am - 12:30pm	Mon - Thurs	Castlerock Recreation Grounds	12
S32F	Tennis	Beginners Course Boys & Girls 5-7 years	25.07.16 - 28.07.16	10:30am - 11:30am	Mon - Thurs	The Warren - Portstewart	12
S32G	Tennis	Improvers Course Boys & Girls 8-12 years	25.07.16 - 28.07.16	11:30am - 12:30pm	Mon - Thurs	The Warren - Portstewart	12
S33A	Trampolining	Boys & Girls 6 - 9 years	04.07.16 - 07.07.16	3:00pm - 4:00pm	Mon - Thurs	Coleraine Leisure Centre	8
S33B	Trampolining	Boys & Girls 6 - 9 years	04.07.16 - 07.07.16	4:00pm - 5:00pm	Mon - Thurs		8
S33C	Trampolining	Boys & Girls 10-15 years	04.07.16 - 07.07.16	5:00pm - 6:00pm	Mon - Thurs		8



**Full price ticket**  
**£30**  
per course  
per person

**Discount ticket**  
**£24**  
per course  
per person

