

# Sports Coaching Courses

4 July - 12 August 2016

Want to try a new sport or improve your favourite sport skills?

Then why not join in one or more of our Sports Coaching Courses?

## Courses include:

Beach Volleyball, Cheerleading, Swimming, American Field Sports Camp, Trampoline, Squash, Kayaking (inc sit-on-top kayaking), Golf, Tennis, Soccer, Athletics, Gaelic Games, Paddle boarding, Mountain Biking, Bodyboard & Surf and much more.

Full price ticket

**£30**

per course  
per person

## Summer Activity Schemes Details

Age range 7-14 years unless stated otherwise. All children to be collected daily at end of scheme by a responsible adult.

### 1. BALLYALLY COMMUNITY CENTRE SUMMER SCHEME

(Promoted jointly with the E. A. Youth Service)  
**Monday 18 July - Friday 29 July** 10am - 2pm  
*Activities include:* Indoor Games, Discos, Football, Arts & Crafts, Films, Programmes & Trips.  
Please contact Scheme Leader on 028 703 55122 for registration details

### 2. COLERAINE WEST COMMUNITY CENTRE SUMMER SCHEME

**Monday 4 July - Friday 15 July** 10.30 am - 2.30 pm (£3 per day)  
*Activities include:* Various Sports inc Football & Rounders; Fun Games; Trips and Arts & Crafts. **(Open to 7 - 11 year olds only)**

### 3. KILREA SUMMER SCHEME, KILREA SPORTS HALL

**Thursday 14 July - Friday 29 July** 10 am - 2 pm  
*Activities include:* Various Sports inc Football & Rounders; Fun Games; Trips and Arts & Crafts. **(Open to 7 - 12 year olds only)** (£3 per day)

### 4. BUSHMILLS SUMMER SCHEME BUSHMILLS COMMUNITY CENTRE

**Monday 25 July - Friday 5 August** 10 am - 2 pm  
*Activities include:* Various Sports inc Football & Rounders; Fun Games; Trips and Arts & Crafts. (£3 per day)

### 5. PORTRUSH SUMMER SCHEME, PORTRUSH YOUTH CLUB

(E. A. Youth Service Summer Scheme)  
**Monday 18 July - Friday 29 July** 10am - 2pm  
*Activities:* Indoor Games, Discos, Football, Arts & Crafts, Films, Programmes & Trips.  
Please contact Scheme Leader on 028 7082 3030 for registration details

### 6. SUNLEA SUMMER SCHEME, SUNLEA YOUTH CENTRE

(E. A. Youth Service Summer Scheme)  
**Monday 18 July - Friday 29 July** 10am - 2pm  
*Activities:* Indoor Games, Discos, Football, Arts & Crafts, Films, Programmes & Trips.  
Please contact Scheme Leader on 028 703 54823 for registration details

### 7. PORTSTEWART SUMMER SCHEME PORTSTEWART TOWN HALL

(Promoted jointly with the Portstewart Community Association)  
**Monday 25 July - Friday 12 August** 10.00 am - 2.00 pm  
*Activities include:* Various Sports inc Football & Rounders; fun games; trips and Arts & Crafts. **(Open to 7 - 10 year olds only)** (£3 per day)

### 8. COLERAINE LEISURE CENTRE SUMMER SCHEME

**Monday 25 July - Friday 12 August** 10 am - 1.45 pm (£4 per day)  
*Activities include:* Team Games, Sports, Swimming, Arts & Crafts, etc. **(Open to 8 - 12 year olds only)**

### 9. CASTLEROCK SUMMER SCHEME, PETER THOMPSON HALL

**Monday 1 August - Friday 12 August** 10.30 am - 2.30 pm  
*Activities include:* Various Sports inc Football & Rounders; Fun Games; Trips and Arts & Crafts. (£3 per day)

### 10. GARVAGH SUMMER SCHEME, JIM WATT SPORTS CENTRE

**Monday 1 August - Friday 12 August** 10.00 am - 2.00 pm  
*Activities include:* Various Sports inc Football & Rounders; Fun Games; Trips and Arts & Crafts. (£3 per day)

**(ENROLMENT IS ON THE FIRST DAY OF EACH SCHEME)**

# Summer RECREATION 2016 PROGRAMME

Summer Activity Schemes & Sports Coaching Courses including:

- Mountain Biking
- Beach Volleyball
- Golf
- Swimming
- Kayaking  
(inc sit-on-top kayaking)
- American Field Sports Camp
- Soccer Camps  
(indoor & outdoor)
- Disability Sports Camp
- Paddle boarding
- Girls 'Allowed' Fun Activity Camp
- Surfing & much more



For Young People aged 4-15 years\*

Brochures and application forms available from:

Coleraine Leisure Centre,  
Railway Road, Coleraine

\*See coaching calendar for specific age parameters



Causeway  
Coast & Glens  
Borough Council

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colerainesportandrecreation](http://www.facebook.com/colerainesportandrecreation)

Sports  
Development &  
Physical  
Recreation  
'Get Active Stay Active'

NEW

## SPORTS COURSES FOR 2016

- ✓ American Field Sports Camp
- ✓ Bambinos Soccer Camp
- ✓ 'Jack Attack'
- ✓ Disability Sports Camp
- ✓ Fitness Fundamentals
- ✓ Athletics Startrack Camp



Flowerfield arts centre

### Flowerfield Summer Courses For Young People

Monday - Friday  
4th - 29 July 2016

185 Coleraine Road, Portstewart

Arts & Crafts

Start enrolling at Flowerfield now - no need to wait!

Telephone: (028) 7083 1400

Contact - [www.flowerfield.org](http://www.flowerfield.org) for info on classes

# SUMMER RECREATION PROGRAMME FOR YOUNG PEOPLE

The Summer Recreation Programme is a Scheme organised by the Sports Development & Physical Recreation Manager & Community Sports Development Officer to enable young people to take part in a variety of recreational activities during the summer months.

- Enrolment commences from 8.15am Saturday 4th June at Coleraine Leisure Centre for all sports courses.
- You can also enrol for the Sports Courses by returning an application form together with the applicable course(s) fee to **Sports Coaching Courses, Coleraine Leisure Centre, Railway Road, Coleraine.** Priority will be given to customers at reception up to 12noon, postal and telephone bookings will be accepted from 12noon. Confirmation of a course enrolment must be received within 72 hours of booking by payment in full. Any place not confirmed within this time will be removed from the computer without further notice. **Payment can be made by cash, cheque, debit or credit card - NO refunds.**
- On the initial enrolment day, individuals will be only permitted to enrol one family - none by proxy
- Please be sure to complete one form per person per course.
- For postal returns - please enclose a stamped addressed envelope for confirmation of booking.
- Enrolment for all sports courses is organised **ONLY** through Coleraine Leisure Centre.
- For Sports Coaching Courses the full price ticket is £30 per course per person. Discount ticket £24 per course per person  
a) ATL (Applicable on all courses) b) Minimum of 3 courses enrolled per household (must be booked at same time)
- Enrolment for Summer Schemes takes place on the first day of the Scheme at each Centre.
- Please see additional information on coaching calendar on reverse for specific equipment needs.
- In the event of Courses being over subscribed, places will be allocated on a first come, first taken basis.
- Specific age range for each course can be found on the coaching calendar under the additional information section.
- **PLEASE NOTE: Swimming Courses**  
a) One responsible adult may accompany if necessary a small child onto the poolside until the swimming coach assumes control.  
b) Please do not sit on the stairway leading to the Upper Viewing Gallery as this causes congestion and could become a safety hazard. Seating is provided on the lower and upper viewing galleries.
- The number of courses bookable by any individual on the first day of enrolment may have to be limited.
- Only those names enrolled will be allowed to participate in any course. **No substitutions are allowed.**
- All the courses are subject to revision, addition, or cancellation should unforeseen circumstances arise, including weather conditions.
- All beginners' sports coaching courses are designed for participants who have little or no experience in the sport and all improvers courses are designed for participants who have some experience and a level of proficiency in the sport.
- For all outdoor activities participants are advised to bring sun cream/hat/wet weather clothing depending on the weather.
- Further details about the Summer Recreation Programme can be obtained from;  
**Causeway Coast and Glens Borough Council's Sports Development & Physical Recreation Manager. Tel. (028) 7034 7234**  
**For enrolment details please contact Coleraine Leisure Centre Tel. (028) 7035 6432**
- Please note: Causeway Coast and Glens Borough Council's policy is that the use of all photographic and image recording equipment, including mobile phones is prohibited in the leisure, sport and recreation environment. In exceptional circumstances permission may be granted for individual photographs with prior approval from Causeway Coast and Glens Borough Council.

