



Holiday Sports Coaching Courses



**Archery • Basketball • Cricket • Dance • Football • Nerf Games
Inflatables • Trampolining • Gymnastics • Dodgeball • Tennis
Rugby • Bikes & Scooters • Ultimate Frisbee • Danish Longball
Golf • Water fight • Volleyball • Capture The Flag • *plus others!***



Thorp Academy, Ryton

Week 1 – Tuesday 2nd April to Friday 5th April

Week 2 – Monday 8th April to Friday 12th April



For more information call/message Tony on 0771 324 4023

Email: info@shapeperformance.co.uk

www.shapeperformance.co.uk

Book at: <https://campscui.active.com/orgs/ShapePerformance>



Easter 2024 Sports Coaching Courses

Option 1 Multi-sport Activities

Choose this course to play some of the following activities: dodgeball, a water fight (weather dependant), football, Nerf games, bikes and scooters, basketball, cricket, tag rugby, ultimate frisbee, tennis, volleyball, trampolining, climbing/bouldering and ultimate frisbee.



Option 2 Football Coaching

All the usual stuff you'd expect during a football coaching course: challenges, Coaching, matches & tournaments. Players receive expert coaching to develop their skills and tactical knowledge, as well as helping them develop team-work, leadership and other important psychological factors.



Option 3 Dance & Trampolining

Dance – learning some hip-hop and street dance moves, then putting these together into a dance to a current chart song. **Trampolining** – Developing basic and advanced skills, putting these together into routines. **ONLY AVAILABLE WEEK 1**



Inflatables sessions – Thursday 4th April & Tuesday 9th April



Nerf games - 3rd & 10th April 10 / Bikes and scooters - 2nd & 8th April / Water fight 5th & 11th April



Courses run from 9:45am till 2:45pm, early drop-off available from 8:45am. Courses are suitable for children in Year 1 to Year 8. Day rate is £18 (£16 for 2nd sibling & £14 for additional siblings). Full week price is £60 for week 1 (4 days) and £75 for week 2 (5 days). All coaching staff have a recent DBS check and relevant coaching, first aid and child protection/safeguarding qualifications. Many of our staff are degree qualified (dance or coaching science) and a number are trained PE teachers. We are fully insured through Insured4Sport.

Testimonials (check out our Facebook page for many more)

- **Stephen (dad of Matthew)** – “Great value for money. Children are active in a safe environment with professional staff having fun but also learning lots of skills. Would definitely recommend to others.”
- **Lisa (mum of Jake)** – “My son loved his first week on the multi-sports course that I've just booked him on again! He's only just starting to enjoy sports and games and he came home happy and motivated each day, a little more confident each time, so I can only thank the coaches for that.”
- **Helen (mum of Evie)** – “My 6yr old has just participated in the dance, gymnastics and trampolining course. She absolutely loved it and has come home happy and confident each night. She can be very shy in new situations but performed in front of parents today with a smile! Thank you to everybody involved- she will definitely come again!”

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