



SPORTS COACHING COURSES CALENDAR 2010

All Sports Courses £27.50 except for Gaelic Games (See additional information)

Code	Course	Additional Information	Date	Time	Day	Venue	Numbers
R1A	Adventure Running	Boys & Girls 7 -11 years Suitable footwear e.g. trainers and comfortable clothing to run in will be needed, participants may get dirty!	05.07.10 - 08.07.10	10:30am - 12:30pm	Mon - Thurs	Somerset Forest, Coleraine	15
R1B	Adventure Running	Boys & Girls 12 -15 years Challenging Outdoor Adventure Sport for Body & Mind! Navigate in sequence between control points on a map & decide the best route to complete course in the quickest time!	05.07.10 - 08.07.10	1.00pm - 3:00pm	Mon - Thurs	Somerset Forest, Coleraine	15
R2	Athletics	Boys & Girls 8 -13 years	09.08.10 - 12.08.10	10:30am - 12:00pm	Mon - Thurs	Rugby Avenue, Coleraine	50
R3	Badminton	Boys & Girls 9 - 15 years	02.08.10 - 05.08.10	3:00pm - 4:30pm	Mon - Thurs	Coleraine Leisure Centre	24
R4	Baseball	Boys & Girls 6 - 10 years	19.07.10 - 22.07.10	6:00pm - 7:30pm	Mon - Thurs	Flowerfield Green, Portstewart	20
R5	Basketball	Boys & Girls 8 - 15 years	09.08.10 - 12.08.10	2:30pm - 4:00pm	Mon - Thurs	Coleraine Leisure Centre	24
R6A	Beach Volleyball	Boys & Girls 7 - 11 years	05.07.10 - 08.07.10	11:00am - 12:30pm	Mon - Thurs	East Strand Beach, Portrush	12
R6B	Beach Volleyball	Boys & Girls 12 - 15 years	05.07.10 - 08.07.10	1:00pm - 2:30pm	Mon - Thurs	East Strand Beach, Portrush	12
R7A	Bodyboard and Surf	Boys & Girls 9 & 10 years, equipment provided	05.07.10 - 08.07.10	3:00pm - 5:00pm	Mon - Thurs	East Strand, Portrush	12
R7B	Bodyboard and Surf	Boys & Girls 11 - 13 years, equipment provided	13.07.10 - 16.07.10	3:00pm - 5:00pm	Tue - Fri	East Strand, Portrush	12
R7C	Bodyboard and Surf	Boys & Girls 14 & 15 years, equipment provided	19.07.09 - 22.07.10	3:00pm - 5:00pm	Mon - Thurs	East Strand, Portrush	12
R8A	Cheerleading	Teenies 5 - 8 years. For all High School Musical fans!! Have fun learning Stunts, Jumps, Pyramids, Gymnastics, Pom Dance & Street Cheer	09.08.10 - 12.08.10	3:00pm - 4:30pm	Mon - Thurs	Coleraine Leisure Centre	15
R8B	Cheerleading	Junior 'A's 9 - 13 years	09.08.10 - 12.08.10	4:30pm - 6:00pm	Mon - Thurs	Coleraine Leisure Centre	15
R9	Cricket	Boys & Girls 8 -15 years	26.07.10 - 29.07.10	2:00pm - 3:30pm	Mon - Thurs	Coleraine Cricket Club	35
R10A	Dinghy Sailing	Beginners Course Min Age 10 years	05.07.10 - 08.07.10	2:00pm - 4:00pm	Mon - Thurs	Portrush Yacht Club	8
R10B	Dinghy Sailing	Improvers Course Min age 10 years	05.07.10 - 08.07.10	7:00pm - 9:00pm	Mon - Thurs	Portrush Yacht Club	8
R11A	Fly Fishing	10 - 12 years 'Learn to catch the fish of a lifetime'	06.07.10 - 09.07.10	10:00am - 12:00 pm	Tues - Fri	Moorbrook Lodge, Castlerock	6
R11B	Fly Fishing	10 - 12 years 'Learn to catch the fish of a lifetime'	20.07.10 - 23.07.10	10:00am - 12:00 pm	Tues - Fri	Moorbrook Lodge, Castlerock	6
R12A	Gaelic, Camogie & Hurling	Nursery Camp. This 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 7083 4537	26.07.10	10:00am - 2.30pm	Monday	Owen Roe pitch	Please contact course co-ordinator
R12B	Gaelic, Camogie & Hurling	Boys & Girls 8 - 13 year. This Derry VHI Cul 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 7083 4537.	27.07.10 - 30.07.10	10:00am - 2.30pm	Tue - Fri	Owen Roe pitch	Please contact course co-ordinator
R13A	Golf	Beginners Course 6-10 years	06.07.10 - 16.07.10	9:30am - 10:30am	Tues - Fri	Ballyreagh Golf Course - Portrush	12
R13B	Golf	Beginners Course 6-10 years	06.07.10 - 16.07.10	10:30am - 11:30am	Tues - Fri	Ballyreagh Golf Course - Portrush	12
R13C	Golf	Improvers Course 6-10 years	06.07.10 - 16.07.10	11:30am - 12:30pm	Tues - Fri	Ballyreagh Golf Course - Portrush	12
R13D	Golf	Beginners Course 6-10 years	20.07.10 - 30.07.10	9:30am - 10:30am	Tues - Fri	Ballyreagh Golf Course - Portrush	12
R13E	Golf	Beginners Course 6-10 years	20.07.10 - 30.07.10	10:30am - 11:30am	Tues - Fri	Ballyreagh Golf Course - Portrush	12
R13F	Golf	Improvers Course 10-16 years	20.07.10 - 30.07.10	11:30am - 12:30pm	Tues - Fri	Ballyreagh Golf Course - Portrush	12
R14	Hockey	Boys & Girls 7-14 years	09.08.10 - 12.08.10	10:30am - 12:00pm	Mon - Thurs	Rugby Avenue, Coleraine	60
R15A	Horse Riding	Boys & Girls 5 - 9 years Please wear trousers/jeans and shoes with a flat sole and defined heel.	19.07.10 - 22.07.10	9:45am - 10:45am	Mon - Thurs	Maddybenny Farm	12
R15B	Horse Riding	Boys & Girls 10 - 15 years	19.07.10 - 22.07.10	1:45pm - 2:45pm	Mon - Thurs	Maddybenny Farm	12
R15C	Horse Riding	Boys & Girls 5 - 9 years	26.07.10 - 29.07.10	9:45am - 10:45am	Mon - Thurs	Maddybenny Farm	12
R16A	Just Dance	Boys & Girls 5 - 8 years Dancing to the latest chart beat, great moves, great grooves, performance on last day	26.07.10 - 29.07.10	10:30am - 12:00pm	Mon - Thurs	Flowerfield Arts Centre, Portstewart	20
R16B	Just Dance	Boys & Girls 9 - 12 years	26.07.10 - 29.07.10	1:00pm - 2:30pm	Mon - Thurs	Flowerfield Arts Centre, Portstewart	20
R17A	Kayaking	Beginners Course. BCU/CANI Paddlepower Scheme.	05.07.10 - 08.07.10	7.00pm - 9.00pm	Mon - Thurs	Coleraine Marina	12
R17B	Kayaking	Beginners Course. BCU/CANI Paddlepower Scheme.	13.07.10 - 16.07.10	7.00pm - 9.00pm	Tue - Fri	Coleraine Marina	12
R17C	Kayaking	Beginners Course. BCU/CANI Paddlepower Scheme.	19.07.10 - 22.07.10	7.00pm - 9.00pm	Mon - Thurs	Coleraine Marina	12
R17D	Kayaking	Beginners Course. Minimum age 10 Must be able to swim 25 metres.	26.07.10 - 29.07.09	7.00pm - 9.00pm	Mon - Thurs	Coleraine Marina	12
R17E	Kayaking	Improvers Course.	02.08.10 - 05.08.10	7.00pm - 9.00pm	Mon - Thurs	Christie Park Jetty, Coleraine	12
R18A	Soccer School	Boys and Girls 5 - 8 years. IN ASSOCIATION WITH COLERAINE FC	02.08.10 - 06.08.10	10:30am - 12:00pm	Mon - Fri	Mon - Thurs - Rugby Avenue, Coleraine, Fri - CFC Showgrounds	100
R18B	Soccer School	Boys and Girls 9 -15 years. IN ASSOCIATION WITH COLERAINE FC	02.08.10 - 06.08.10	1:00pm - 3:00 pm	Mon - Fri	Mon - Thurs - Rugby Avenue, Coleraine, Fri - CFC Showgrounds	100
R19	Sports 'Mixtures'	Boys & Girls 7 - 14 years Tri-golf, new-age curling, Table Tennis, Tag Rugby, Midi Cricket, Sportshall Athletics	05.07.10 - 08.07.10	10:30am - 12:00pm	Mon - Thurs	Coleraine Leisure Centre	36
R20A	Squash	Beginners 9 - 12 years	26.07.09 - 29.07.09	1:30pm - 3.00pm	Mon - Thurs	UUC Sports Centre	12
R20B	Squash	Beginners 12 - 15 years	26.07.09 - 29.07.09	3:00pm - 4.30pm	Mon - Thurs	UUC Sports Centre	12
R21	Street Hockey	Boys and Girls 10 - 15 years Fast action, thrilling new urban sport!	02.08.10 - 05.08.10	10:30am - 12:00pm	Mon - Thurs	Ballysally Multi-Play Facility	20
SWIMMING MAIN POOL - PARTICIPANTS MUST BE OVER 4FT IN HEIGHT Please contact Leisure Centre Reception for criteria on each Level 1 - 7.							
R22A	Swimming	Level 1/2 Beginners	05.07.10 - 09.07.10 & 14.07.10 - 16.07.10	9:30am - 10:15am	Mon - Fri	CLC	8
R22B	Swimming	Level 5 Improvers	05.07.10 - 09.07.10 & 14.07.10 - 16.07.10	9:30am - 10:00am	Mon - Fri	CLC	10
R22C	Swimming	Level 1/2 Beginners	05.07.10 - 09.07.10 & 14.07.10 - 16.07.10	9:30am - 10:00am	Mon - Fri & Wed - Fri	CLC	8
R22D	Swimming	Level 4 Improvers	05.07.10 - 09.07.10 & 14.07.10 - 16.07.10	10:00am - 10:30am	Mon - Fri & Wed - Fri	CLC	10
R22E	Swimming	Level 3 Improvers	19.07.10 - 30.07.10	10:15am - 11:00am	Mon - Fri	CLC	10
R22F	Swimming	Level 6 Advanced	19.07.10 - 30.07.10	10:00am - 10:30am	Mon - Fri	CLC	10
R22G	Swimming	Level 3 Improvers	19.07.10 - 30.07.10	9:30am - 10:00am	Mon - Fri	CLC	10
R22H	Swimming	Level 5 Improvers	19.07.10 - 30.07.10	10:00am - 10:30am	Mon - Fri	CLC	10
R22I	Swimming	Level 4 Improvers	02.08.10 - 13.08.10	9:30am - 10:00am	Mon - Fri	CLC	10
R22J	Swimming	Level 7 Advanced	02.08.10 - 13.08.10	9:30am - 10:00am	Mon - Fri	CLC	10
R22K	Swimming	Level 4 Improvers	02.08.10 - 13.08.10	10:00am - 10:30am	Mon - Fri	CLC	10
R22L	Swimming	Level 6 Advanced	02.08.10 - 13.08.10	10:00am - 10:30am	Mon - Fri	CLC	10
SWIMMING MINOR POOL - PARTICIPANTS OVER 5 YRS AND UNDER 4FT IN HEIGHT Please contact Leisure Centre Reception for criteria on each Minnows Level.							
R23A	Swimming	Minnows 1	05.07.10 - 09.07.10 & 14.07.09 - 16.07.10	9:30am - 10:15am	Mon - Fri	CLC	8
R23B	Swimming	Minnows 2	05.07.10 - 09.07.10 & 14.07.10 - 16.07.10	9:30am - 10:00am	Mon - Fri	CLC	8
R23C	Swimming	Minnows 2	19.07.10 - 30.07.10	10:15am - 11:00am	Mon - Fri	CLC	8
R23D	Swimming	Minnows 3	19.07.10 - 30.07.10	10:00am - 10:30am	Mon - Fri	CLC	8
R23E	Swimming	Minnows 3	02.08.10 - 13.08.10	9:30am - 10:00am	Mon - Fri	CLC	8
R23F	Swimming	Minnows 4	02.08.10 - 13.08.10	10:00am - 10:30am	Mon - Fri	CLC	8
R24A	Tennis	Beginners Course 5 -7 years	05.07.10 - 08.07.10	9:30am - 10:30am	Mon - Thurs	Anderson Park, Coleraine	12
R24B	Tennis	Beginners Course 8 -12 years	05.07.10 - 08.07.10	10:30am - 11:30am	Mon - Thurs	Anderson Park, Coleraine	12
R24C	Tennis	Improvers Course 11 -16 years	05.07.10 - 08.07.10	11:30am - 12:30pm	Mon - Thurs	Anderson Park, Coleraine	12
R24D	Tennis	Beginners Course 8 -12 years	13.07.10 - 16.07.10	10:30am - 11:30am	Tue - Fri	Portrush Recreation Grounds	12
R24E	Tennis	Improvers Course 8 -12 years	13.07.10 - 16.07.10	11:30am - 12:30pm	Tue - Fri	Portrush Recreation Grounds	12
R24F	Tennis	Beginners Course 5 -7 years	19.07.10 - 22.07.10	10:30am - 11:30am	Mon - Thurs	Castlerock Recreation Grounds	12
R24G	Tennis	Improvers Course 8 -12 years	19.07.10 - 22.07.10	11:30am - 12:30pm	Mon - Thurs	Castlerock Recreation Grounds	12
R24H	Tennis	Beginners Course 5 -7 years	26.07.10 - 29.07.09	10:30am - 11:30am	Mon - Thurs	Warren - Portstewart	12
R24I	Tennis	Beginners Course 8 -12 years	26.07.10 - 29.07.09	11:30am - 12:30pm	Mon - Thurs	Warren - Portstewart	12
R25A	Trampolining	Boys & Girls 7 - 9 years	05.07.10 - 08.07.10	3:00pm - 4:00pm	Mon - Thurs	CLC	8
R25B	Trampolining	Boys & Girls 7 - 9 years	05.07.10 - 08.07.10	4:00pm - 5:00pm	Mon - Thurs	CLC	8
R25C	Trampolining	Boys & Girls Over 10 years	05.07.10 - 08.07.10	5:00pm - 6:00pm	Mon - Thurs	CLC	8
R25D	Trampolining	Boys & Girls 7 - 9 years	19.07.10 - 22.07.10	3:00pm - 4:00pm	Mon - Thurs	CLC	8
R25E	Trampolining	Boys & Girls 7 - 9 years	19.07.10 - 22.07.10	4:00pm - 5:00pm	Mon - Thurs	CLC	8
R25F	Trampolining	Boys & Girls Over 10 years	19.07.10 - 22.07.10	5:00pm - 6:00pm	Mon - Thurs	CLC	8
R26	Wildcubs Multi-skills and FUN Activity Camp	Boys and Girls 5 - 9 years. Fun games and activities based around agility, balance and co-ordination.	26.07.10 - 29.07.10	2:30pm - 4:00pm	Mon - Thurs	Coleraine Leisure Centre	24

CREATIVE COURSES AT FLOWERFIELD FOR CHILDREN AGED 5-11 YEARS

Monday 19 July 2010 - Friday 13 August 2010

Twenty-four fun filled classes encouraging children to explore their creative talents. Choose from Arts & Crafts, Pottery & Computers. **Children ... wear old clothes - Genius can be Messy!** Each Course runs for 5 sessions, morning or afternoon, Monday-Friday.

Enrolment at Flowerfield Arts Centre

ENROLMENT OPENS:

Saturday 5 June 2010 - 10.00am - 12noon continues from Monday 7th June.

BOOK BY POST OR TELEPHONE:

Pay by Credit/Debit Card with phone bookings

Postal bookings accompanied by cheques payable to 'Coleraine Borough Council'

Tel: 028 7083 1400

TIME SAVER - fill out (IN FULL) the enclosed enrolment form and bring it with the payment to enrol for a course.

Terms & Conditions

1. Payment by Credit/Debit Card can be made by phone.
2. We cannot accept group bookings for friends by proxy.
3. Children younger than 5 years cannot be enrolled in this scheme.
4. Parent/guardian **MUST** sign all forms.

If a booking is not paid within 5 working days it will automatically be cancelled and the place released for sale.

Flowerfield Arts Centre: 185 Coleraine Road - Portstewart - BT55 7HU Tel: 028 7083 1400

	No	11am - 12.30pm	No	2pm - 3.30pm
Week 1 19 - 23 July	1	Arts & crafts 5-7yrs	4	Arts & crafts 5-7yrs
	2	Arts & crafts 5-7yrs	5	Arts & crafts 5-7yrs
	3	Arts & crafts 8-11yrs	6	Arts & crafts 8-11yrs
Week 2 26 -30 July	7	Arts & crafts 5-7yrs	10	Arts & crafts 5-7yrs
	8	Arts & crafts 5-7yrs	11	Arts & crafts 5-7yrs
	9	Arts & crafts 8-11yrs	12	Arts & crafts 8-11yrs
Week 3 2 - 6 August	13	Arts & crafts 5-7yrs	16	Arts & crafts 5-7yrs
	14	Arts & crafts 5-7yrs	17	Arts & crafts 5-7yrs
	15	Arts & crafts 8-11yrs	18	Arts & crafts 8-11yrs
Week 4 9 -13 August	19	Arts & crafts 5-7yrs	22	Arts & crafts 5-7 yrs
	20	Arts & crafts 5-7yrs	23	Arts & crafts 5-7 yrs
	21	Arts & crafts 8-11yrs	24	Arts & crafts 8-11yrs

FILL OUT THE APPLICATION FORM ENCLOSED - COMPLETE + SIGN BOTH SIDES