

Watch out for future activities...

- Street Dance:** Street Dance is Body Popping, Hip Hop and Break Dancing incorporated together to introduce a new flavour to dance. Dance like the stars of MTV and learn choreographed routines.
- Water sports:** Try a range of fun water sport activities including wind surfing, sailing and canoeing and gain recognised qualifications at the end of the course. A great opportunity to meet people, learn new skills and have fun riding those waves!
- Hockey:** Come and try Quicksticks, a brand new game from England Hockey for young people who have little or no prior knowledge of hockey.
- Golf:** These lessons will ideally suit all beginners and young people that have given golf a try a few times but have not had any real tuition before. The sessions will introduce a step by step guide to the golf swing, which will include putting, wood shots, iron shots & pitching/chipping.
- Cheerleading:** Ever seen Bring it on? Learn the moves to the new up and coming sport that is Cheerleading. Open to all abilities, grab a friend & shake those pom-pom's.

For more information or to book a place on one of the above courses please contact:

Vic Howey or Leah Flynn on 01665 605030.

vic.howey@northcountryleisure.org.uk leah.flynn@northcountryleisure.org.uk

Places are limited, so book early!

Please make cheques payable to North Country Leisure and send to Alnwick Sports Development, Willowburn Sports & Leisure Centre, Willowburn Avenue, Alnwick, NE66 2JH.



Excellent Sports and Leisure for All.

North Country Leisure is supported by Alnwick District Council, Copeland Borough Council and Tynedale Council. North Country Leisure is a registered charity.

www.northcountryleisure.org.uk

Alnwick District Sports Development

Sport Unlimited Programme

January to April 2009



sport unlimited



www.activealnwick.co.uk

Sport Unlimited

Sport Unlimited is a nationwide initiative to get more children and young people taking part in sports that interest them outside school. Sport Unlimited offers young people 10 week taster sessions in a range of sporting activities including street dance, netball, golf and new age curling. The three year programme will enable 11 to 19 year olds to choose from a vast range of sports.

STREETDANCE

Street Dance is Body Popping, Hip Hop and Break Dancing incorporated together to introduce a new flavour to dance. Dance like the stars of MTV and learn choreographed routines.

Venue: Dance Studio, Willowburn Sports and Leisure Centre, Alnwick, NE66 2JH
Day: Thursday
Dates: 22nd, 29th Jan, 5th, 12th, (no session Feb half term 19th) 26th Feb, 5th, 12th, 19th, 26th Mar, 2nd Apr
Time: 4.45pm - 5.45pm
Coach: Nicola Sanders
Cost: £10 for 10 week block

Venue: Dovecote Centre, Dovecote Street, Amble, NE65 ODX
Day: Thursday
Dates: 22nd, 29th, 5th, 12th, (no session Feb half term 19th) 26th Feb, 5th, 12th, 19th, 26th Mar, 2nd Apr
Time: 6.30pm - 7.30pm
Coach: Nicola Sanders
Cost: £10 for 10 week block

MULTI SPORT

Come along and try new FUN activities including samba football, new age curling, skipping and volleyball. All abilities welcome!

Activity: Multi Sports Sessions
Venue: Amble Boys Club, Percy Street, Amble
Day: Wednesday
Dates: 21st, 28th Jan, 4th, 11th (no session Feb half term 18th) 25th Feb, 4th, 11th, 18th, 25th Mar, 1st Apr
Time: 5.00pm - 6.00pm
Coach's: Nicola Hepworth, Steph Down & Leah Flynn
Cost: £10 for 10 week block

NETBALL

An energetic non contact, team sport similar to basketball. Come along and have fun and meet new people. It does not matter if you are new to the sport as all abilities are welcome. Learn new skills through the enjoyment of netball.

Venue: Sports Hall, Willowburn Sports and Leisure Centre, Alnwick, NE66 2JH
Day: Tuesday
Age: 12-16 years
Dates: 27th Jan, 3rd, 10th, 17th 24th Feb, 3rd, 10th, 17th, 24th 31st Mar
Time: 4.30pm - 5.30pm
Coach: Nicola Sanders
Cost: £15 for 10 week block

GOLF

These lessons will ideally suit all beginners and young people that have given golf a try a few times but have not had any real tuition before. Golf clubs can be provided but we advise if you do own your own clubs please bring them along. Dress code - relaxed, trainers recommended. The sessions will introduce a step by step guide to the golf swing, which will include putting, wood shots, iron shots & pitching/chipping.

Activity: Golf
Venue: Percy Wood Golf Club, Swarland
Day: Saturday
Dates: 17th 24th, 31st Jan, 7th, 14th, 21st, 28th Feb, 7th, 14th, 21st Mar
Time: 12.00pm - 1.00pm or 1.00pm- 2.00pm
Coach: Pro Peter Ritchie
Cost: £25.00 for 10 week block

For more information regarding golf lessons or to book a place call Peter Ritchie at Swarland Golf Club 01670 787010.

Booking Form

Name: _____ Date of birth _____

Address: _____

_____ Postcode: _____

Telephone number: _____

Emergency contact number: _____

Does your child have any medical conditions that the coach needs to be aware of. If YES please give details: _____

Activity: _____ Venue: _____

Date: _____

I give permission for my child/children's photograph to be taken which may be used by North Country Leisure for publicity purposes.

Signed Parent/guardian: _____

Please make cheques payable to North Country Leisure and return the booking form along with payment addressed to: Alnwick Sports Development, Willowburn Sports and Leisure Centre, Willowburn Avenue, Alnwick, NE66 2JH. Tel: 01665 605030.