

# Easter - Summer Holiday Courses 2019



**Early Bird  
Discounts  
Available**

If booked before  
30 April 2019



**For further information:**

[www.sportsandleisure.abingdon.org.uk/courses](http://www.sportsandleisure.abingdon.org.uk/courses)

**Course and booking enquiries:**

**Email:** [ase.info@abingdon.org.uk](mailto:ase.info@abingdon.org.uk)

**Telephone:** 01235 849 062

**Abingdon School, Park Road, Abingdon, Oxfordshire, OX14 1DE**

Activities are run by Abingdon School Enterprises Limited on behalf of Abingdon School. Company No. 04442429.



## Fin2Fit - Become a Mermaid or Shark

### Sports Centre

**Times:** 45-minute sessions between 9.00am-10.30am

**Dates:** 8 - 12 April (5-day)

**Girls and boys:** Aged 8+ years

\*Must be Learn to Swim Stage 5+ (£60)

The Mermaid and Shark awards are a great way for children to learn how to swim with a mono-fin (both feet in one fin), whilst improving their fitness and safety in the water. Children can progress through the Bronze, Silver, and Gold awards, as well as achieve distance badges as they learn to swim like mermaids and sharks. The classes are energetic, fun, and a great way to keep your child active.

All classes are delivered by qualified Fin2Fit instructors, accredited by Swim England and part of an RLSS UK Water Safety Partnership.

**Please see our website for further course dates.**

## Hockey Camp

### Tilsley Park

**Times:** 9.00am - 3.00pm

**Dates:** 15 - 16 April (2-day) (£96)

**Girls and boys:** Aged 9-16 years

### Key areas of the course:

1 v 1 skill development, game play and movement, short corner skills, passing and techniques.

This is a high-quality coaching course led by professional players and current premier league and regional coaches.

Learn and develop core skills, such as hitting and slapping, tackling, movement, short corner skills and overall game play. These will be covered in a fun, safe and enjoyable environment. This camp is aimed at all levels.

## Abingdon Swim School - Swimming Intensive Course

### Sports Centre

**Times:** 30 minute lessons between 9.00am - 10.30am

**Dates:** 8 - 12 April (5-day)

**Girls and boys:** Aged 4-11 years (£46.25)

Our five-day swim courses are aimed at speeding up children's swimming progress and development. These courses are ideal for boosting children's swimming skills and increase their confidence in and around the water - as well as being a fun and productive way of filling up holiday time!

**Please see our website for further course dates.**

## Football Skills Camp

### Abingdon Prep School

**Times:** 09.00am - 3.00pm

**Dates:** 15-16 April (2-day) (£80)

28 - 29 May (2-day) (£80)

29 July - 2 August (5-day) (£200) ●

27-28 August (2 days) (£80) ●

**Girls and boys:** Aged 6-13 years

An exciting new football course led by FA Level 2 qualified coaches. You will develop individual and teamwork skills and gain valuable footballing experience. Available to girls and boys of all abilities, the emphasis will be on having fun in a safe and nurturing environment.

## Dance Academy

### Amey Theatre

**Juniors:** 9.30am-12.30pm

**Seniors:** 1.30pm-4.30pm

**Dates:** 23- 24 August (2-day) (£40) ●

**Girls and boys:** Aged 7-11 and 12-18 years

Dance Academy taught by ex-professional

dancer and now Principal of the renowned Abingdon based Marsh Tompsett School of Dance.

Be active this Summer! Learn a variety of Modern and Street Dance skills in a fun and friendly environment. No previous experience needed.

## Rugby Skills Camp

### Sports Centre & School Fields

**Times:** 9.00 am – 3.00pm

**Dates:** 29 July – 2 August (5-day) (£195) ●  
23 - 25 October (3-day) (£120) ●

**Boys:** Aged 8-16 years

This is a high-quality course led by ex-professional coaches and current academy and county level coaches. Learn and develop existing and new skills whilst experiencing the day to day life of a professional. Core skills, such as catch and pass, tackle, breakdown, support, back play and set piece play will be covered in a fun, safe and enjoyable environment.

#### Activities include:

- Skills workshop
- Becoming an elite player
- Injury prevention
- Sports nutrition
- Rugby specific physical conditioning
- Daily post-training hydrotherapy

## Multisport Camp

### Sports Centre & School Fields

**Times:** 9.00am – 3.00pm

**Dates:** 27 - 29 August (£125) ●

**Girls and boys:** Aged 9-12 years

Enjoy and experience a wide range of different sports throughout the week, led by qualified sports specialists. Each day will comprise of a range of different sports, activities, games and competitions to keep children active throughout the day.

The programme includes a range of sports such as:

- |            |            |            |
|------------|------------|------------|
| ■ Canoeing | ■ Football | ■ Swimming |
| ■ Climbing | ■ Hockey   |            |
| ■ Cricket  | ■ Rugby    |            |

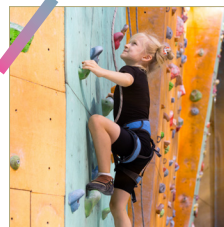
## Climbing – Taster Sessions

### Sports Centre

**Girls and boys:** Aged 5-15 years

**Price:** (£11 per 1 hour session)

Our taster sessions are group-based activities, designed to give an introduction into the world of climbing. Whilst focusing on enjoyment, your instructor will teach climbing techniques and basic safety skills required to progress in this sport. There are beginners and improvers sessions designed to target those new to the sport, or those wanting to brush up on their technique.



**Please see our website to book available holiday dates and times.**

## Qualifications and Training

### National Pool Lifeguard Qualification (with AED)

#### Sports Centre

**Times:** 9.00am - 6.00pm

**Dates:** 8-13 April 2019

19-24 August 2019 ●

**Adults:** Aged 16+ years (£220)

The NPLQ is an internationally recognised qualification and will cover vital lifesaving skills, CPR, first aid and pool rescue techniques. The day is split into two sessions; theoretical/classroom-based activity sessions and a two-hour pool session. Upon the successful completion of the exam, candidates may be considered for lifeguarding opportunities at the Abingdon School Sports Centre.

**Please see our website for further course dates.**



● - 10% Early Bird Discount Available

# Amey Theatre What's on



**ROH Live: La Forza Del Destino**  
Tuesday 2 April 2019,  
6.15pm



**RSC Live: As You Like It**  
Wednesday 17 April  
2019, 7.00pm



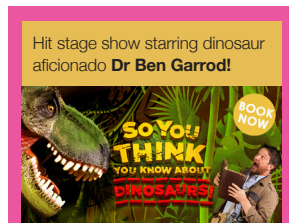
**NT Live: All about Eve (Delayed Live)**  
Thursday 25 April  
2019, 7.00pm



**ROH Live: The Faust**  
Tuesday 30 April 2019,  
6.45pm



**ROH Live: Within The Golden Hour...**  
Thursday 16 May 2019,  
7.15pm



**So You Think You Know About Dinosaurs**  
**Date:** Saturday 11 May 2019  
**Time:** 3.00pm  
**Price:** £12/£10

## Book Live Screenings and Events Now

**NT Live & RSC Live: Adult: £14 Concession: £12**  
**ROH Live: Adult: £16 Concession: £13**

To book your ticket or find out more about our upcoming events,  
please visit [www.ameytheatre.co.uk](http://www.ameytheatre.co.uk)

Amey Theatre, Abingdon School, Park Road, Abingdon OX14 1DE  
01235 849 063 | [boxoffice@abingdon.org.uk](mailto:boxoffice@abingdon.org.uk) | @AmeyTheatre

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