



ABINGDON
SPORTS &
LEISURE

Courses and Academies

APRIL – AUGUST 2017





Abingdon Sports and Leisure

We are proud to be able to offer extensive, high-quality sports and leisure facilities for the public to enjoy, along with a range of music, drama and sports courses, among others. We also offer courses for adults and businesses, such as our National Pool Lifeguard Qualification and Emergency First Aid at Work courses. These provide an opportunity for participants to develop new or existing skills in an environment designed and equipped to an exceptionally high standard. The courses are run by qualified, experienced and DBS-checked coaches and staff.



Rolling Courses

Abingdon Swim School

£99 per term, Sports Centre

**Saturdays 9am–12 noon; 12 weeks,
29 April to 22 July 2017**

Girls and boys aged 4–11 years

Abingdon Swim School aims to provide quality swimming lessons in a fun and safe environment, delivered by enthusiastic and dedicated swim teachers.

Abingdon Swim School is a friendly and caring swimming school situated in Abingdon School Sports Centre. Our lessons focus on teaching skills development for beginners and improvers through to competent swimmers. Our class sizes are small, with no more than six children in each class.

Abingdon Swim School is an Amateur Swimming Association (ASA) registered Swimming School. We teach all four competitive strokes, within the framework of the National Plan for Teaching of Swimming. Assessments are carried out in the final few weeks of term.

Badges and Certificates are awarded at the end of each term. Abingdon Swim School has six ASA Level 2 Teachers, two ASA Coaches, and two Level 1 Teachers.



Wattbike Performance Training Course

£100 per ten weeks, Sports Centre

7pm–8pm; 10 May to 12 July 2017

Adults and young people aged 16+

This is a performance-focused Wattbike course allowing you to accurately measure your power output and pedalling technique to improve your times and power. The specific features of a Wattbike can replicate any desired training session, from low-intensity recovery riding to maximal intensity sprints. Whether you are looking to monitor your power output, cadence, heart rate and/or the effectiveness of your pedalling, there is a measurement parameter for you. Unlike any other indoor bike, riding on the Wattbike feels like riding on the road or track no matter what resistance you choose.



Climbing £65 per six weeks, Sports Centre

Saturdays 9am–10am and 10am–11am;
6 May to 10 June and 24 June to
29 July 2017

Girls and boys aged 5–15 years

Our junior sessions are group-based activities designed to give an introduction to the world of climbing. Whilst focusing on enjoyment, your instructor will teach climbing techniques and basic safety skills required to progress in this sport. Offered in six-week blocks, our beginners' and improvers' courses cater for those who are completely new to the sport, as well as those looking to brush up on their techniques.

Squash

£40 per six weeks, Sports Centre

Junior Courses: Sundays 9am–10am and
10am–11am; 30 April to 4 June and
18 June to 23 July 2017

Adult Courses: Mondays 7pm–8pm;
24 April to 29 May and 12 June to
17 July 2017

Girls and boys aged 6–15 years

Boost flexibility and sprint speed, improve hand-eye coordination, develop the strength and power of muscles, and help with

concentration and mental strength on this fully instructed six-week course. Courses are offered for both beginners and improvers.

Adults and young people aged 16+ years

Just starting to play squash, or getting back into the game after a long break? Or perhaps you have not played since you were at school and would like to play again and meet some new people; if so, this fully instructed six-week course is for you.



Summer and Holiday Courses



Gymnastics £5 per day, Sports Centre

9am–11am; 29 May to 2 June 2017

Girls and boys aged 5–11 years

Our four-day introductory holiday course is focused on laying the foundations on which all sports programs are built and learning general gymnastics skills in a fun way. Each class is designed to be enjoyable and stimulating for children whilst introducing the basic elements in gymnastics. Children will learn gymnastics shapes and basic techniques through using a range of equipment, such as balance beam, vault, and bouncing and climbing apparatus.

- Basic floor gymnastics and games to improve foundation skills.
- Beam work focusing on balance and coordination.
- Vault work focusing on strength and flexibility.

Orchestral Course

£190, Amey Theatre

9.30am–4.30pm; 24 to 28 July 2017

Girls and boys aged 9–15 years (must be able to play at Grade 3 standard or above)

The course is designed to give participants the chance to demonstrate their musical ability and potential, and, most importantly, to give them the chance to enjoy making music in the company of other talented musicians of their own age.

Participants will be given the opportunity to perform in an orchestra, work with the latest Music IT programs, and participate in a Master Class. The course will culminate with a concert in the afternoon on the final day, to which parents are warmly invited.



High Performance Rugby Camp

£190, Sports Centre

9am–3pm; 17 to 21 July 2017

Boys aged 11–16 years

This is a high-quality, four-day coaching 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 safe and enjoyable environment. This is aimed at participants who are currently playing, or aspiring to play, at first team level at their school or club.

Activities include:

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



Music and Drama Combined Workshop

£180 per week, Amey Theatre

9am–3pm; 7 to 11 August 2017

Girls and boys aged 8–13 years

This course will combine both drama and music activities aimed at teaching children new skills and developing existing ones ready for a final production at the end of the week. Children will spend half a day on each section, focusing on improvisation and composing, stagecraft and live performance skills, rhythm, ear training, auditioning, rehearsals, reading and writing scripts, stage presence, and mini performances.

Participants will need to bring their own instruments for the week.



Swimming Course

£40 per week, Sports Centre

3.30pm–4pm, 4pm–4.30pm,
4.30pm–5pm, 5pm–5.30pm;
31 July to 4 August 2017

Girls and boys aged 4–11 years

Our five-day swim courses are aimed at speeding up children's swimming progress and development (with an intensive batch of lessons, held over five consecutive days). These courses are ideal for boosting children's swimming skills and increasing their confidence in and around the water – as well as being a fun and productive way of filling up holiday time!

Multisport Camp

£160, Sports Centre

9am–3pm; 21 to 24 August 2017

Girls and boys aged 9–12 years

Enjoy and experience a wide range of different sports throughout the week, led by qualified P.E. specialists. Each day will comprise an array of sports, activities, games and competitions to keep children active throughout the day. The programme includes a variety of sports such as:

- Canoeing
- Climbing wall
- Cricket
- Football
- Hockey
- Rugby
- Swimming



Qualifications and Training

World Host – The Principles of Customer Service £95

Adults and young people aged 16+ years

Course 1: Wednesday 31 May 2017,
9am–4.30pm

Course 2: Thursday 8 June and Thursday
22 June 2017 (two half days),
6pm–9.15pm

The Principles of Customer Service course is about focusing on the needs of your customers. The skills and techniques you will learn are the principles of service professionalism. By the end of the workshop, you will be able to:

- Demonstrate an understanding of the importance of excellent customer service skills.
- Describe the communication process, and the skills required to make your communication effective.
- Demonstrate how to listen to customers in a way that shows that you care about them and their needs.
- Explain the five principle commitments (GREET) that assist you to 'go the extra mile'.
- Those who successfully complete the course will receive a World Host certificate.



National Pool Lifeguard Qualification (with AED) £240

Adults and young people aged 16+ years

Please see website for all available dates

The NPLQ is an internationally recognised qualification and covers 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 successful completion of the exam, candidates may be considered for lifeguarding opportunities at the Sports Centre.

First Aid Training Courses

Price dependent on number of days

Adults and young people aged 16+ years

Please see website for all available dates

The course will provide participants with the skills and knowledge to offer treatment to casualties in a prompt, safe and effective manner. A variety of first aid courses are on offer and participants will be issued with certificates, subject to successful assessment (both practical and written).

An example syllabus:

- Responsibilities and reporting
- Assessment of the situation
- Dealing with an unresponsive casualty
- Basic hygiene in first aid
- Burns
- Epilepsy
- Resuscitation and AED awareness
- Anatomy
- Minor injuries
- Bleeding control
- Choking
- Certification



Further information, course dates,
duration and online booking:

www.sportsandleisure.abingdon.org.uk/courses

Course and booking enquiries:
ase.info@abingdon.org.uk



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