

South Coast Summer Activities for children offer high quality coaching combined with great facilities, for **5 to 16 year** olds to learn, develop and refine their skills.

All coaches/instructors are fully qualified, insured and CRB checked so you can be confident your child is in safe hands.

All activities are organised by the University of Sussex and take place at the University of Sussex Sport Centre or Falmer Sports Complex

South Coast Basketball Camp

25th - 29th July 2011, 9.30am - 3.30pm

In association with 'Brighton Cougars Basketball Club' and the best coaches Sussex has to offer. Featuring guest coach Jerry Jenkins, ex Utah Jazz and Brighton Bears.

Basketball coaching for children with all levels of basketball experience. The course will include: talent/skills assessment; speed, agility and quickness seminars; shooting mechanics seminars; team/individual basketball workouts; team and individual competitions.

Boys and girls 7 - 16 years

Day Pass £23.00

Week Pass £99.00 (10% discount available for Cougars Club players)

Booking deadline 18th July 2011

Code: Bask01



South Coast Dance Camp

25th - 29th July 2011

In association with 'Sam LeBihan Dance'

Sam LeBihan is a professional dance teacher offering creative and credible dance. This includes a fusion of street, hip-hop and creative styles for all abilities. Suitable for anyone with an interest in dance from beginners to experienced dancers including those involved in GCSE dance.

Boys and girls 7 - 10 years

9am - 12 noon

Boys and girls 11 - 14 years

1pm - 4pm

Week Pass Only £55.00

Booking deadline 18th July 2011

Code: Dan01

South Coast Tennis Camp

Week 1 - 25th July - 27th July, 2.00pm - 5.00pm

Week 2 - 22nd - 24th August 2011, 2.00pm - 5.00pm

In association with 'Brett McDonald' (University of Sussex Head Tennis Coach).

Tennis coaching in association with Brett McDonald, catering for a wide range of abilities from beginner to county standard.

Boys and Girls 7 - 11 years

Day Pass £13.00

3 Day Pass £34.00

Booking deadline 18th July and 17th August 2011

Code: Ten01

South Coast Squash Camp

27th - 29th July 2011, 10.00am - 1.00pm

In association with 'England Squash'.

Squash and Mini-Squash coaching for all abilities, working towards the Mini-Squash Awards Scheme.

Boys and Girls 7 - 15 years

Day Pass £11.00

3 Day Pass £27.00

Booking deadline 20th July 2011

Code: Squ01



South Coast Badminton Camp

1st - 4th August 2011, 9.00am - 1.00pm

In association with 'Nicky Holness' (University of Sussex Head Badminton Coach).

4 days of badminton coaching in association with Nicky Holness, catering for a wide range of abilities from beginner to county standard.

Boys and girls 7 - 16 years

Day Pass £15.00

4 Day Pass £52.00

Booking deadline 25th July 2011

Code: Bad01

South Coast Cricket Camp

1st - 4th August 2011, 1.00pm - 4.00pm

In association with the University of Sussex Head Cricket Coach.

4 days of cricket coaching for all abilities from beginners to club players with the University of Sussex cricket coaching staff.

Boys and girls 7 - 14 years

Day Pass £13.00

4 Day Pass £45.00

Booking deadline 25th July 2011

Code: Cri01



South Coast Trampoline Camp

1st - 5th August 2011, 9.00am - 12.00 noon

Delivered by the University of Sussex Trampoline Club Head Coach.

Trampoline coaching catering for a wide range of abilities. Participants will have the opportunity to work towards their British Gymnastics Badges/Certificates.

9am - 10am 5 - 8 years (accompanied by parent/carer)

10.15am - 11.15am 9 - 12 years (beginners)

11.30am - 12.30pm 9 - 12 years (intermediate level)

Course cost £24.00 per week

Booking deadline 25th July 2011

Code: Tra01



Continued overleaf