

Children's Courses for Spring 2017 at USSC



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Mini Red Tennis

Played on small courts with short rackets and soft balls, it's just like the real game and gives players the opportunity to have long rallies and play different types of shots. Players will learn technical, tactical and co-ordination based skills over the course which will be led by LTA level 3 coach Jack Hubbard.

Dates

Mondays
9 Jan to 20 Mar*

Duration

10 weeks

Time

16.00-16.45

Age range 5-8

Cost

£42 Members
£46 Non-members

All equipment provided

*Excludes week commencing 13 Feb (half term)



Mini Orange Tennis

Mini Orange Tennis is a great way for players to continue their progress from Mini Red Tennis and is for players aged 8 and 9. This allows players to develop a rounded game whilst learning a range of techniques.

Dates

Mondays
9 Jan to 20 Mar*

Duration

10 weeks

Time

16.45-17.45

Age range 8-9

Cost

£50 Members
£60 Non-members

All equipment provided

*Excludes week commencing 13 Feb (half term)



Trampoline Course

Bounce some fun and exercise into your child's activity programme with our trampoline course. They will learn and develop all the moves from front and back drops to a full somersault. Parents are more than welcome to watch them learn or develop a skill they will love.

Dates

Wednesdays
11 Jan to 22 Mar*

Duration

10 weeks

Time

18.00-19.00

19.00-20.00

Age range 5-16

Cost

£60 Members
£70 Non-members

*Excludes week commencing 13 Feb (half term)



Archery

This course has two levels of capability. 6-7pm for novices shooting from the 10 yard line and intermediates, 7-8pm for people who have experience with a bow and arrow shooting from the 20 yard line. The courses are designed to teach techniques of indoor target archery emphasizing safe use of equipment, range safety, stance and shooting techniques, scoring and competition.

Dates

Tuesdays
10 Jan to 21 Mar*

Duration

10 weeks

Time

18.00-19.00 Beginners

19.00-20.00 Intermediate

Age range 8+

Cost

£49 Members
£57 Non-members

All equipment provided

*Excludes week commencing 13 Feb (half term)



Junior Squash

Come and learn to play squash with Joe Green. All basic shots covered and within no time your child will be enjoying the game to its full. Great fun, meet new friends and enjoy a game you can play all year round.

Dates

Saturdays
7 Jan to 4 Feb
25 Feb to 25 Mar

Duration

5 weeks

Time

09:00-10:30

Age range 7-14

Cost

£35 Members
£40 Non-members



USSC Gymnastics

This is a great course to introduce your child into the sport of gymnastics. Learning basic routines from forward rolls to flips using trampettes and vaults, this course will help build your child's confidence, gymnastic ability and help them progress towards club level.

Dates

Fridays
13 Jan to 24 Mar*

Duration

10 weeks

Time

18.00-19.00

19.00-20.00

Age range 5-12

Cost

£60 Members
£70 Non-members

*Excludes week commencing 13 Feb (half term)

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Mini Squash

Mini squash is played with mini squash rackets and balls to help children develop their reactions and improve hand-eye coordination. Our experienced squash coach will create fun games and exercises to ensure children are always learning.

Dates

Sundays
8 Jan to 5 Feb
26 Feb to 2 Apr*

Duration

5 weeks

Time

10.00-11.00

Age range 4-6

Costs from

£20 Members

£25 Non-members

All equipment provided

*Excludes week commencing 13 Mar



Swimming Crash Courses

An intensive week of swimming lessons running through the school holidays. Offering a fast track way for your child to learn to swim, these lessons help children progress quickly and efficiently. This is a great way for your child to gain water confidence or improve their swimming technique.

Dates

13-17 Feb
10-13 Apr
18-21 Apr

Duration 4 & 5 days

Time

14.30-15.00 or

15.00-15.30

Age range 4+

Cost from

£28.80 Members

£32 Non-members



Rookie Lifeguard

Our Rookie Lifeguard programme is a popular, fun and educational junior award scheme for all 8 to 15-year-olds. For most children Rookie Lifeguard will be the first opportunity to explore water safety and learn valuable life skills.

Dates

Sundays
8 Jan to 26 Mar*

Duration

10 weeks

Time

12.00-13.00

Age range 8-15

Cost

£79.20

*Excludes weeks commencing
13 Feb & 13 Mar

Available in alternative formats on request

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