

# Summer Sports Courses 2019

Activities for  
3-18 year olds\*

**Rowing • Tennis • Multi-Sport  
Wet 'n' Wild • Golf • Woodland Wild**



**Courses running from 22<sup>nd</sup> July to 30<sup>th</sup> August**

\*Depending on individual course requirements

For more information contact Bedford Borough Council Sports Development Unit:

☎ 01234 718834    @ sport@bedford.gov.uk    🌐 www.bedford.gov.uk/sport

🐦 @boroughsports    📘 www.facebook.com/bedfordsportsdevelopment

## Course descriptions:

### Rowing for Beginners - £75

Week: 1 22<sup>nd</sup> – 26<sup>th</sup> July

Venue: Star Rowing Club, Commercial Road, Bedford MK40 1QS

Ages: 12-15 years

R1.1 Monday to Friday 09.30-12.30 – total beginners

R1.2 Monday to Friday 13.30-16.30 – beginners with minimal experience

Star Club is a friendly family club. The summer course is to give a good opportunity to young people in Bedford to experience rowing. Rowing is normally associated with the Harpur Trust and independent schools, but Star gives other children the opportunity to come and have a go. Each day will consist of water and land sessions and by the end of the week we would hope everyone can row unaided a full stroke in singles and crew boats. Everyone is different so we will go at your pace and not rush. We welcome boys and girls that have never rowed before at the morning session [**R1.1**] and if you have some experience please sign up for the afternoon session [**R1.2**]. If you have any questions please get in touch with [starclubcoach@gmail.com](mailto:starclubcoach@gmail.com)

### Mini Tennis – Nippers Camp - £70

Week: 1 MTN 1 22<sup>nd</sup> – 26<sup>th</sup> July

Week: 2 MTN 2 29<sup>th</sup> July – 2<sup>nd</sup> Aug

Week: 3 MTN 3 5<sup>th</sup> – 9<sup>th</sup> Aug

Week: 5 MTN 5 19<sup>th</sup> – 23<sup>rd</sup> Aug

Week: 6 MTN 6 26<sup>th</sup> – 30<sup>th</sup> Aug (includes Bank Holiday)

Venue: Riverside Tennis Club Goldington Rd, Bedford MK40 3EA

Ages: 3 – 8 years

Monday to Friday 09:00 -12:00

Using scaled down courts and equipment for wicked fun. Improve co-ordination, movement and your tennis skills. At the end of the week play in a fun tournament

[www.riversidetennisbedford.co.uk](http://www.riversidetennisbedford.co.uk)

### Mini Tennis – ACERS Camp - £120

Week: 1 MTA 1 22<sup>nd</sup> – 26<sup>th</sup> July

Week: 2 MTA 2 29<sup>th</sup> July – 2<sup>nd</sup> Aug

Week: 4 MTA 3 12<sup>th</sup> – 16<sup>th</sup> Aug

Week: 5 MTA 5 19<sup>th</sup> – 23<sup>rd</sup> Aug

Venue: Riverside Tennis Club Goldington Rd, Bedford MK40 3EA

Ages: 8 – 10 years

Monday to Friday 09:00 – 15:00 [includes supervised lunchtime and option to do multi sports camp in the afternoons 13:00 – 15:00] please specify choice at time of booking.

Please send child with packed lunch and plenty to drink

Take your game to the next level with a week of tactics and technique for Mini Orange and Green players. Great Fundamentals coaching and fun match-play.

[www.riversidetennisbedford.co.uk](http://www.riversidetennisbedford.co.uk)

## **RAW Tennis – Camp - £120**

**Week: 1 RAW 1 22<sup>nd</sup> – 26<sup>th</sup> July**

**Week: 2 RAW 2 29<sup>th</sup> July – 2<sup>nd</sup> Aug**

**Week: 4 RAW 4 12<sup>th</sup> – 16<sup>th</sup> Aug**

**Week: 5 RAW 5 19<sup>th</sup> – 23<sup>rd</sup> Aug**

**Venue: Riverside Tennis Club Goldington Rd, Bedford MK40 3EA**

**Ages: 11 – 18 years**

**Monday to Friday 09:00 – 15:00 [includes supervised lunchtime.**

**Please send child with packed lunch and plenty to drink**

Take your game to the next level with a week of tactics, technique and match-play to improve all round play. Leagues every day. Fun singles and doubles tournament on Friday.

[www.riversidetennisbedford.co.uk](http://www.riversidetennisbedford.co.uk)

## **Multi Sports Camps - £52**

**Week: 1 MS 1 22<sup>nd</sup> – 26<sup>th</sup> July**

**Week: 2 MS 2 29<sup>th</sup> July – 2<sup>nd</sup> Aug**

**Week: 3 MS 3 5<sup>th</sup> – 9<sup>th</sup> Aug**

**Week: 4 MS 4 12<sup>th</sup> – 16<sup>th</sup> Aug**

**Week: 5 MS 5 19<sup>th</sup> – 23<sup>rd</sup> Aug**

**Week: 6 MS 6 26<sup>th</sup> – 30<sup>th</sup> Aug (includes Bank Holiday)**

**Venue: Riverside Tennis Club Goldington Rd, Bedford MK40 3EA**

**Ages: 12 and under**

**Monday to Friday 13:00 – 15:00**

Featuring Football, Kwik Cricket, Touch Tennis and Handball, the coaches will guide you through each afternoon with techniques, tactics and fun games.

[www.riversidetennisbedford.co.uk](http://www.riversidetennisbedford.co.uk)

## **Golf - £85**

**Week: 2 GM2.1 (09:30-12:30) & GM1.2 (13:00-16:00) – 29<sup>th</sup> July – 2<sup>nd</sup> Aug**

**Venue: Mowsbury Golf & Squash Complex, Kimbolton Rd, Bedford MK41 8BJ**

**Ages: 8-12 years**

Beginner or advanced it doesn't matter come on down to Mowsbury Golf Course with SJF Golf Academy your guaranteed to have fun, play wicked games and improve your golf. Who knows you could be the next Tiger Woods!

## **Canoe Trail – Wet N Wild Course - £120 (Day passes £30 available)**

**Week: 1 WW1 – 22<sup>nd</sup> – 26<sup>th</sup> July – The Embankment, Bedford, MK403QF**

**Week: 3 WW3 5<sup>th</sup> – 9<sup>th</sup> Aug - The Embankment, Bedford, MK403QF**

**Week: 4 WW4 12<sup>th</sup> – 16<sup>th</sup> Aug - The Embankment, Bedford, MK403QF**

**Week: 6 ASC 3 27<sup>th</sup> – 30<sup>th</sup> Aug - The Embankment, Bedford, MK403QF (excludes Bank holiday)**

**Ages: 8-15 years**

### **'Wet and Wild' Course**

Based on Bedford's stunning Victorian Embankment this programme will include canoeing, kayaking and stand up paddle boarding in a fun, safe and progressive learning environment. Canoe Trail's instructor team have vast experience and qualifications to make sessions enjoyable, fun and inspiring. These sessions will also include some simple bush craft sessions on the riverbank whilst exploring Bedford's stunning river Great Ouse.

The 'wet and wild' course provides fantastic opportunities for young people to enjoy the outdoors and re-wild themselves immersed in nature.

## **Canoe Trail – Woodland Wild Course - £120 (Day passes £30 available)**

**Week: 2 WW2 29<sup>th</sup> July – 2<sup>nd</sup> Aug - Matchstick Wood, Nr Willington Dovecote, Bedford, MK44 3PX**

**Week: 5 WW5 19<sup>th</sup> – 23<sup>rd</sup> Aug - Matchstick Wood, Nr Willington Dovecote, Bedford, MK44 3PX**

**Ages: 8 -15 years**

### **'Woodland Wild' Course**

Based from our private woodland in Willington this programme will include a wide range of team challenges, bush craft activities as well some days spent doing water sports. Canoe Trail's instructors are experienced in bush craft with expert sessions on fire lighting, carving and camp fire cooking to name a few. This week will also include sessions on shelter building, low ropes and archery. It will also of course include a couple of days of water sports activities, we are after all a water sports and adventure business after all.

The 'woodland wild' course provides fantastic opportunities for young people to enjoy the outdoors and re-wild themselves immersed in nature. Activities will change day to day so individual days' activities structured according to weather and the *group*.

### **Canoe Trail**

Canoe Trail is a family run multi-award winning water sports and adventure business that runs a wide range of outdoor activities across the UK and further afield. Canoe Trail's instructors and programmes are structured around years of experience inspiring and teaching outdoor activities and life skills. Canoe Trail's Adventure School programme, provides a unique blend of paddling activities, adventure skills and life skills in a fun action packed week.

*Sir Ran Fiennes (World's Greatest Living Explorer offered these words about Adventure School...)*

*"Adventure School is a fantastic programme for young people offering a blend of outdoor activities and all important life skills. I have long maintained on my expeditions that selecting people with the right personal attributes is the key to success as you can teach and train the technical aspects. I am convinced that Adventure School will provide many young people with the foundation and grounding in life skills such as team work, leadership, problem solving and decision making to give them the best start in life. It will change lives and help prepare them for future challenges. Happy adventuring."*

For further in formation about Canoe Trail [click here](#)

## How to Book:

### Online Bookings open on Monday 3<sup>rd</sup> June at 9.30am

Click on the link below:

<https://www.bedford.gov.uk/leisure-and-culture/sports-and-physical-activity/activities-for-children-and-young-people/>

or [click here](#) for the on-line booking form and follow the instructions.

Any completed booking form submitted prior to this date and time will not be processed.

### Confirmation of your booking will be sent by email

If the course you would like to book is full, we will contact you with alternative suggestions for other courses. If we cannot accommodate you, we will return your payment in full.

## Other opportunities:

The sports Development Team also work in partnership with Fusion, who manage and operate the leisure facilities on behalf of the council. You can find out more about the leisure facilities and what's on offer by visiting [www.bedfordleisure.com](http://www.bedfordleisure.com)

There are also activities taking place at these facilities, please use the contact details below for further information.

- Bedford International Athletic Stadium 01234 351115
- Bunyan Sports Centre 01234 364481
- Kempston Outdoor Centre 01234 843204
- Kempston Pool 01234 843777
- Oasis Beach Pool 01234 272100
- Robinson Pool 01234 357157

We work closely with R & D Coaching who also provide competitively priced holiday courses at venues in and around Bedford. For further information [click here](#).