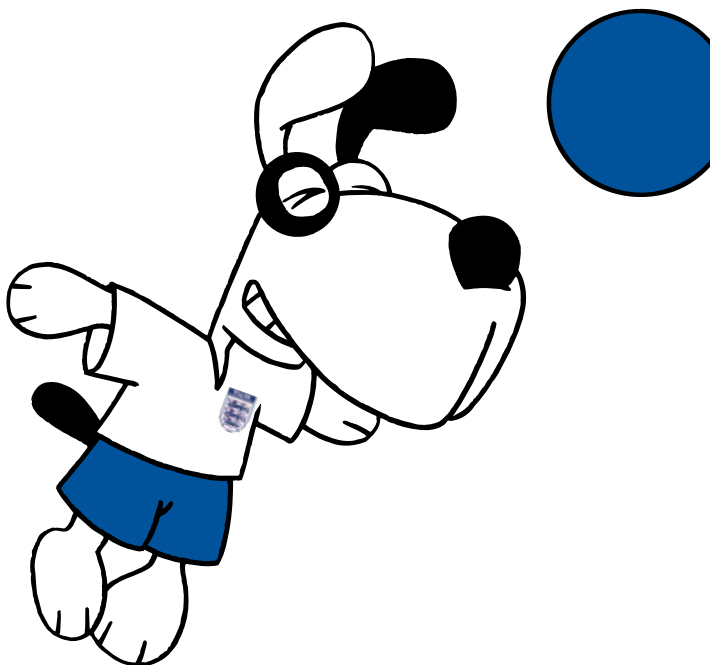




Wentworth



**infant** and  
**junior**  
essential guide  
spring term  
january - april

## contact

### GOLF

Chris Hedderman 01344 846306  
chedderman@wentworthclub.com

### SWIMMING

Elliot Hendy or Emma Staight 01344 846351  
swimming@wentworthclub.com

### TENNIS

Lisa Johnstone 01344 846339  
tennispro@wentworthclub.com

### KARATE

Debbie Richards 07719 645678  
debbiepink1000@yahoo.co.uk

### BALLET

Kathryn Whittle 07966 799161  
kathrynwhittle@yahoo.co.uk

### DANCE

Andrea Proudfoot 01344 846358  
fitness@wentworthclub.com

### FOOTBALL

David Newland 01344 846351  
dutysupervisor@wentworthclub.com

### CRÈCHE

Madeleine McGrath 01344 846369  
creche@wentworthclub.com

### CLUB EVENTS

Jo McLoughlin 01344 846340  
clubevents@wentworthclub.com

### PLEASE NOTE

Due to guest restrictions (number of visits),  
courses are not available to non-members.

## dates for your diary

### COURSE DATES

- GOLF** Tuesday 30 March, Thursday 1 April,  
Tuesday 6 April, Thursday 8 April,  
Tuesday 13 April and Thursday 15 April  
13.30-15.00
- SWIMMING** Monday 11 January to Sunday 28 March  
10 week course
- TENNIS** Monday 11 January to Sunday 28 March  
10 week course
- KARATE** Monday 11 January to Monday 22 March  
10 week course
- BALLET** Thursday 14 January to Thursday 25 March  
10 week course
- DANCE** Friday 15 January to Friday 26 March  
10 week course
- FOOTBALL** Thursday 4 to Thursday 25 March  
Friday 5 to Friday 26 March  
4 week course

### TIMETABLE

COURSE/DAY	MON	TUE	WED	THU	FRI	SAT	SUN
Golf							
Swimming							
Tennis							
Karate							
Ballet							
Dance							
Football							

## holiday dates

### **FEBRUARY HALF-TERM BREAK**

Monday 15 to Sunday 21 February

### **EASTER HOLIDAY BREAK**

Monday 29 March to Sunday 18 April

### **HALF-TERM BREAK DATES (NO CLASS)**

#### **SWIMMING**

Monday 15 to Sunday 21 February

#### **TENNIS**

Monday 15 to Sunday 21 February

#### **KARATE**

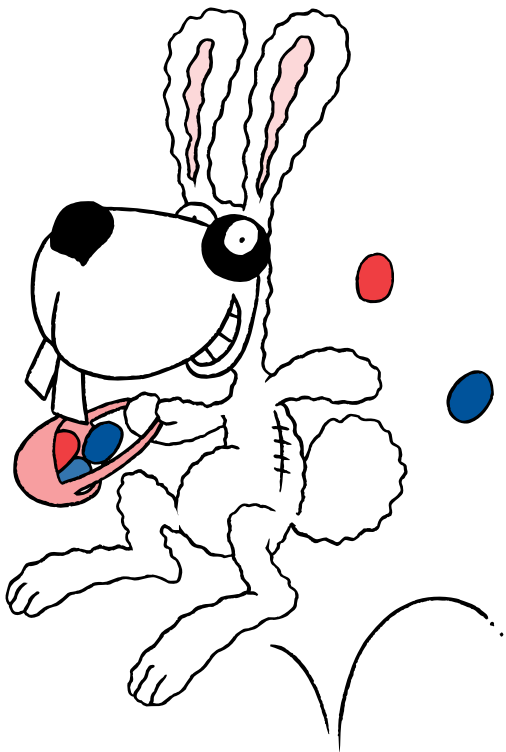
Monday 15 February

#### **BALLET**

Thursday 18 February

#### **DANCE**

Friday 19 February



## parties and events

Book events and parties through Club Events on 01344 846340 or email [clubevents@wentworthclub.com](mailto:clubevents@wentworthclub.com)

### **EVENTS**

Sunday 4 April  
Easter Egg Hunt  
Walking to 7 years  
£6 member, £7 guest  
15.30-16.30

### **PARTIES**

Saturday 6 February  
Junior party  
9-13 years  
Details available January 2010



## half-term activities

All half term activities can be booked and pre-paid at Reception.

### HALF-TERM CRÈCHE ACTIVITIES

Monday 15 February	Valentines treats
Wednesday 17 February	Plant Pot Pets
Friday 19 February	Hanging Bread Shapes

### EASTER HOLIDAYS

Monday 29 March	Decorate a Chocolate Egg
Wednesday 31 March	Chocolate Nests and Easter Cards
Wednesday 7 April	Flower Arranging
Friday 9 April	Design a Bag
Monday 12 April	Wizard Trifle
Wednesday 14 April	Decorate a Plate
Friday 16 April	Fluttering Fingerbuds

All Crèche activities take place from 14.00-15.30 in the Crèche, and the cost will be £7 per member, £8 per guest (+ guest fee). Please note a 24-hour cancellation fee applies.

### HALF-TERM SWIMMING LESSONS AVAILABLE

Monday 15 to Friday 19 February 09.00-12.00

### MULTI-SPORTS CAMP

Wednesday 17 February 09.00-13.00, ages 6-8 years £24

### TENNIS

Monday, Wednesday and Friday camps available for ages 3+ years		
3-4 years	13.00-14.00	£8
5+ years	13.00-15.00	£16

### HALF-TERM AND EASTER FOOTBALL COURSES

Mondays and Tuesdays,

15-16 February, 29-30 March, 12-13 April

3-4 years	09.00 - 10.00
4-5 years	10.00 - 11.00
6-8 years	11.00 - 12.00
9-12 years	12.00 - 13.00

**COST PER TWO DAY COURSE**

£15.60

## golf

Junior Clinics will be held on the grass driving range by the par 3 course. There will be two one hour clinics, hosted by PGA professional Adrian Rietveld, Kerry Knowles, Rob Gallon or Chris Hedderman.

The sessions are designed for groups of between four to six, and will cover the basics of golf from tee to green, including fun skill tests.

All Juniors aged from five to 12 years are welcome. Equipment is not necessary and can be supplied upon request.

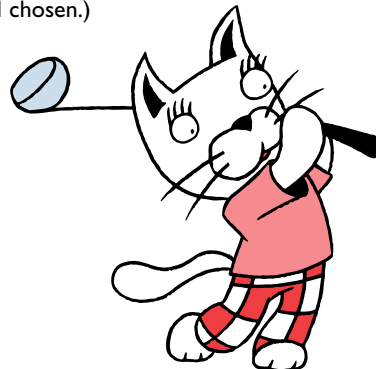
To make a booking, please contact the Professional shop.

### COURSE PRICES AND BOOKING

Tuesday 30 March	13.30-15.00
Thursday 1 April	13.30-15.00
Tuesday 6 April	13.30-15.00
Thursday 8 April	13.30-15.00
Tuesday 13 April	13.30-15.00
Thursday 15 April	13.30-15.00
Price per session	£20 per child

**PLEASE NOTE** Clinics may be cancelled 24 hours prior to session due to low attendance numbers.

Members may wish to create private groups among themselves and should then contact the Club Professional to schedule in accordingly. (Please note private group rates reflect the private coaching rates of the specific Club Professional chosen.)



# swimming



## JUNIOR SWIMMING LESSONS

All our classes follow the National Plan For Teaching Swimming created by the Amateur Swimming Association (ASA). The scheme is based on a progression of skills and distance and ensures that each individual's potential is nurtured at every stage of development.

These 30 minutes lessons, consisting of 25 minutes tuition with five minutes for feedback, are run in courses each school term with group sizes no bigger than five. Participants work towards certificate and badges as part of the NPTS programme.

## CLASS DESCRIPTIONS

**NON-SWIMMER** This level covers the initial process of introducing those with no previous experience of swimming to the new water environment, developing confidence and a sense of ease in the water. From the child's first lesson they are initially taught front paddle then backstroke, as their confidence builds.

**NPTS STAGE 1 AND 2 (UP TO 5 METRES)**

**BEGINNER 1** For children who can swim five metres.

**NPTS STAGE 3 (UP TO 10 METRES)**

**BEGINNER 2** For children who can swim 10 metres on both front and back with over arm recovery.

**NPTS STAGE 4 AND 5 (UP TO 20 AND 25 METRES)**

**IMPROVER 1** For children who can swim 25 metres on both front and back. The main aim of improver groups is to perfect children's front crawl, backstroke and breaststroke technique with emphasis on breathing and timing.

**NPTS STAGE 6 (UP TO 50 METRES)**

**IMPROVER 2** For children wishing to develop stamina ability and stroke technique. Must be capable of swimming 50 metres in three different strokes competently.

**NPTS STAGE 7 (UP TO 100 AND 200 METRES)**

**ADVANCED** Correct stroke techniques with development of both basic aerobic swimming endurance and swimming speed is integrated within the programme.

**NPTS STAGE 8 (UP TO 400 METRES + SWIM CHALLENGE AWARDS)**

## ADULT AND INFANT CLASSES

Together with their infant, adults will be able to experience water skills whilst being led by one of our experienced qualified Swimming Instructors at Wentworth. These adult and infant sessions allow adults to spend quality time with their infant having fun and learning through water play, whilst at the same time it will undoubtedly increase the infant's confidence in the water.

**MEMBERS ARE REQUESTED TO USE THE FAMILY CHANGING FACILITIES FOR THIS ACTIVITY.**

## ROOKIE LIFEGUARD

The Rookie Lifeguard programme is aimed primarily at children from eight years old and above. The course, which has been designed by water safety specialists at RLSS UK, to ensure that every child in the country has essential water skills to keep themselves safe and gain knowledge of what to do in an emergency. The programme features swimming and lifesaving skills supported by water safety education, allowing participants to enjoy swimming as an activity and, visually, to protect their lives should an accident occur in or out of the water.

## COURSE PRICES AND BOOKING

**10 WEEKS COMMENCING MONDAY 11 JANUARY**

### INDIVIDUAL LESSONS

1 person	£183.50
2 people - price per person	£124
1:1 one off lesson	£20
2:1 one off lesson -price per person	£14

### GROUP LESSONS

Children and pre-schoolers	£94
Adult and infant	£70

### ROOKIE LIFEGUARD 8 YEARS +

Registration, badge and certificate	£15
-------------------------------------	-----

**NB** Total cost of all classes must be pre-paid at Reception at time of booking. Failure to pay will result in forfeiting the place on the course. No refunds will be given once the course starts or for any cancellations made within one week of the course commencing.

## CLASS DAYS AND TIMES

### CHILDREN'S GROUP LESSONS

<b>MONDAY</b>	Adult and baby new to water	13.00
	Adult and infant	14.30
	Non-swimmer	15.30
<b>TUESDAY</b>	Non-swimmer	15.00
	Advanced	18.00
<b>WEDNESDAY</b>	Improver 1	16.00
<b>THURSDAY</b>	Adult and baby new to water	09.15
	Adult and infant	09.45
	Adult and infant	10.15
	Non-swimmer	16.10
	Beginner 1	16.10
	Beginner 1	16.40
	Beginner 2	16.40
	Improver 2	17.10
	Rookie Lifeguard	18.30
	<b>FRIDAY</b>	Non-swimmer
	Beginner 1	15.30
<b>SATURDAY</b>	Improver 1	09.30
	Improver 2	11.00

If you are unsure which class is appropriate please call and arrange a 10 minute assessment.

NO refunds will be given for missed lessons / cancellations unless due to pool being out of action.

Private Lessons are available across all levels and provide the opportunity to have an intensive learning experience on a one to one basis covering specific needs.

Members may wish to create private groups or 2:1 lessons among themselves but please bear in mind the ability levels of the children, please contact the Swimming Co-ordinator to schedule in accordingly.

Booking forms are available at Reception and are to be returned to the Swimming Co-ordinator ASAP.

**NB** Priority is given to children currently on the Learn to Swim courses at Wentworth.

Please contact Elliot Hendy or Emma Staight for lesson availability and bookings on 01344 846351 or email [swimming@wentworthclub.com](mailto:swimming@wentworthclub.com)

## tennis

### CLASS DESCRIPTIONS

#### **RED STARTER** Minimum 4 years

Early learner who is just starting out, who needs to acquire forehand and backhand skills. Children will learn how to respond to instruction and understand the court lines and boundaries for play. Ball type: Red

#### **RED 2** Minimum 5 years

For children who can already perform static forehand and backhand strokes over the net and into court. All Juniors should respond well to instruction and be aware of all the lines / boundaries of a red court. Children will learn how to play a ball on the run, rally with a coach and underarm serve into service boxes. Ball type: Red

#### **RED 3** Minimum 6 years

For children who can rally from both wings with a coach and can start play with an underarm serve. Children will learn how to rally with fellow class mates and able to score a game to 10 points on a red court.

#### **ORANGE** Minimum 7 years

For children who can rally with peers a minimum of a four stroke rally and can already perform a match on a red court. Children will learn to rally both forehands and backhands with peers on an Orange court (approximately 3ft behind a regular court service line).

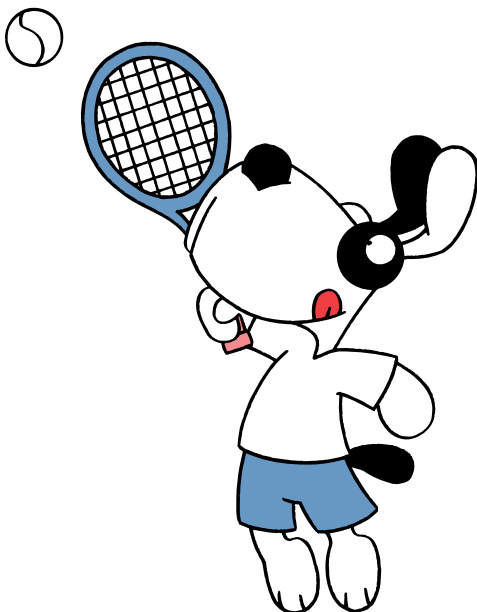
#### **GREEN** Minimum 8 years

For children who can rally  $\frac{3}{4}$  court with Orange balls, with peers and coach. Children should also be able to perform an over arm serve into the correct box. Children will learn to perform all of the above skills, however on a full tennis court.

#### **BRONZE, SILVER AND GOLD** Minimum 10 years

All Juniors are assessed to ensure they are suitably placed in the appropriate level group. Each grade has two pathways (Social and Performance). Performance groups are 'invite only'. Successful Juniors are encouraged to compete in competitions outside the Club and school.

\* Where appropriate orange and green performance groups may be put into the programme.



#### COURSE PRICES AND BOOKING

##### 10 WEEKS COMMENCING MONDAY 11 JANUARY

1 hour class	£80
45 minute class	£70
30 minute class	£60

Please call Reception for bookings on 01344 846366.

Payment will be necessary on the first day of the course, by either cash or cheque direct to the Tennis Professional

Cheques should be made payable to the Professional coaching the course. Failure to pay will result in forfeiting the place on the course. No refunds will be given once the course starts or for any cancellations made within one week of the course commencing.

Please note all groups require a minimum of three children for the course to run. In the event of less than three children applying for a particular group, a shared private lesson will be offered at an increased fee.

#### ADDITIONAL INFORMATION

In the event of heavy rain or a session lost due to a Professional's absence, a further week will be added at the end of the course.

#### CLASS DAYS AND TIMES

<b>RED STARTER</b>	Monday	15.30-16.00	Robert Green
	Monday	16.00-16.30	Robert Green
	Friday	16.00-16.30	Michael Cooper
	Saturday	09.30-10.00	Stuart Rogers
	Sunday	12.30-13.00	Sarah McDonough
<b>RED 2</b>	Monday	16.00-16.30	Michael Cooper
	Monday	16.00-16.30	Stuart Rogers
	Wednesday	16.00-16.30	Stuart Rogers
	Wednesday	16.15-16.45	Alex Clapp
<b>RED 3</b>	Wednesday	16.15-16.45	Lisa Johnstone
	Friday	16.30-17.00	Michael Cooper
	Saturday	10.00-11.00	James Birtwistle
	Sunday	14.00-14.30	Sarah McDonough
<b>ORANGE</b>	Wednesday	16.45-17.30	Lisa Johnstone
	Thursday	16.30-17.00	Michael Cooper
	Saturday	12.00-13.00	Craig Thompson
<b>GREEN SOCIAL</b>	Thursday	17.00-17.30	Michael Cooper
	Friday	18.00-19.00	Michael Cooper
	Saturday	11.00-12.00	Craig Thompson
<b>GREEN PERFORMANCE (invite only)</b>			
	TBA	TBA	Robert Green
<b>BRONZE SOCIAL</b>	Wednesday	17.30-18.15	Lisa Johnstone
	Saturday	12.30-13.30	James Birtwistle
	Sunday	15.00-16.00	Sarah McDonough
<b>BRONZE PERFORMANCE (invite only)</b>			
	Saturday	12.30-13.30	Stuart Rogers
<b>SILVER SOCIAL</b>	Sunday	14.00-15.00	Robert Green
<b>SILVER PERFORMANCE (invite only)</b>			
	Sunday	17.00-18.30	Robert Green Sarah McDonough
<b>GOLD SOCIAL</b>	Sunday	17.00-18.30	Michael Cooper
<b>GOLD PERFORMANCE (invite only)</b>			
	Sunday	15.30-17.00	Michael Cooper

For further information please contact Lisa Johnstone on 01344 846339 or email [tennispro@wentworthclub.com](mailto:tennispro@wentworthclub.com)

# karate

## THE SCHOOL OF TRADITIONAL KARATE

The School of Traditional Karate was established in Windsor in 1991. It is an independent association practising and teaching an authentic martial art. The school is registered with the Amateur Martial Arts Association and English Karate Governing Body.

The club's senior instructors each have in excess of thirty years karate experience, training in this country and Japan and still study under various Karate Masters.

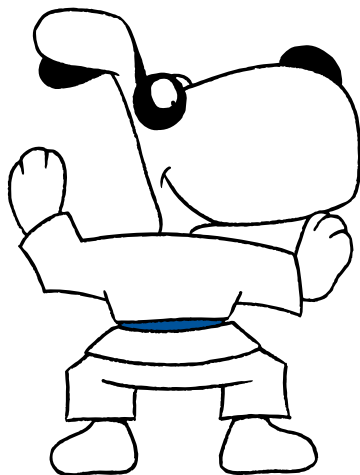
## WHAT IS KARATE-DO?

Karate literally means empty hand, it is a fighting art that employs defence and attacks using various parts of the body. Do – signifies a path or way.

## WHAT DO I WEAR?

To start with a tracksuit and tee shirt or similar loose clothing will do, if you then decide that you wish to continue training the club can provide, or advise you on obtaining a karate suit called a 'gi'.

**FOR MORE INFORMATION REGARDING THE ORIGINS AND TYPES OF KARATE THIS INFORMATION IS AVAILABLE FROM [WWW.WINDSORKARATE.ORG.UK](http://WWW.WINDSORKARATE.ORG.UK)**



## WHAT IS TAUGHT?

A karate lesson starts with exercises to warm up and then gently stretch the body. As effective karate is achieved by body co-ordination, a lot of time is given to basic blocks, hand attacks and kicks, concentration on correct breathing and body control. These basics are put into pre-arranged sequences of attacks and defence, again using perfect control, so that injuries never occur.

The Shotokan Kata (set forms) are the most spectacular forms around and are the foundation of the fighting system, the latter part of each lesson is therefore dedicated to Kata. The lesson normally finishes with a few exercises to condition certain parts of the body, followed by a final light stretch and breathing exercise.

## CLASS DAY AND TIMES

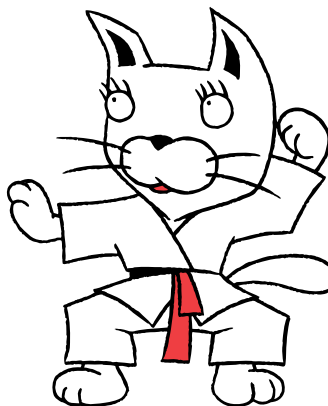
**MONDAY** 17.30-18.30  
Children must be aged seven or over to be eligible to attend this course. The course will be held in the Studio at the Tennis & Health Club.

## COURSE PRICES AND BOOKING

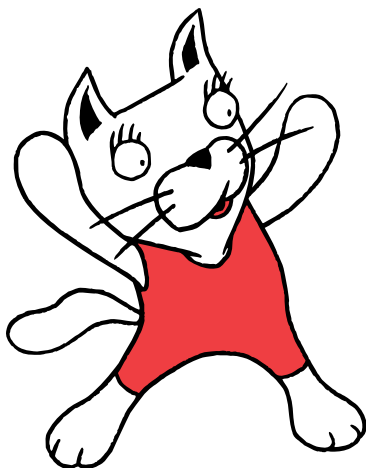
### 10 WEEKS COMMENCING MONDAY 11 JANUARY

Karate licence fee / insurance	£22
Term fee	£120
Per grade	£10
Per mock grade	£5

All bookings are made direct to Debbie on 07719 645678 or email [debbiepink1000@yahoo.co.uk](mailto:debbiepink1000@yahoo.co.uk)



# dance



## **BABY BALLET**

Kathryn Whittle ARAD, was born in Cape Town South Africa, following her relocation to the UK she studied at the Royal Ballet School, thereafter becoming a professional ballet dancer working with companies such as The Royal Ballet Company, Birmingham Royal Ballet and Scottish Ballet. Kathryn has been teaching ballet to children of all ages for several years and is currently studying to be an RAD recognised teacher.

Baby ballet is designed for young children to develop rhythm and co-ordination whilst listening to music, and to learn the fundamental basics of ballet in terms of grace and poise.

## **COURSE PRICES AND BOOKING**

### **10 WEEKS COMMENCING THURSDAY 14 JANUARY**

Enrolment fee		£50
(Refundable with a notice period of one term)		
2 ½-3 ½ years	£80	15.00-15.30
4-5 years	£95	16.00-16.45

**PLEASE NOTE** a minimum of seven members are required for any ballet course to run.

Please make all bookings directly to Kathryn Whittle on 07966 799161 or email [kathrynwhittle@yahoo.co.uk](mailto:kathrynwhittle@yahoo.co.uk)



## **DANCE CRAZE**

Our fun filled dance class is instructed by Stephanie Parkin. Stephanie is a trained dancer who has worked professionally in the theatre for many years performing various shows from contemporary style to classic musical theatre.

A fun dance class to all the latest chart sounds, bring along your favourite track to create a routine. Dance Craze is for children aged five and above.

All classes form an integral part of our Studio programme and are thus free of charge. Classes run term time only.

## **CLASS DAYS AND TIMES FROM 15 JANUARY**

**FRIDAY (TERM TIME ONLY) 17.45-18.30**

All dance classes must be booked prior to attending and can be booked up to two weeks in advance. Please contact Reception on 01344 846366.

# football

Wentworth's very own David Newland will be undertaking the spring term courses tuition. David is a fully qualified FA member level 2 football coach and currently combines his work at the Club with goalkeeper coaching duties for the Reading FC Women's 1st team.

David will be coaching the Mini Kickers groups and the Soccer Star group this term, utilising his coaching and playing experience, which has included a four year stint as a coach at Chelsea FC.

## WENTWORTH MINI KICKERS

The aim of these sessions is to give young Junior members the chance to try football for the first time, enjoying it enough to want to carry on and progress up the football ladder.

Both sessions will consist of fun and games to ensure that everyone enjoys the session. From the coach's perspective they will be learning new skills however, the children will just think it's fun!

For more information please contact David on 01344 846351 or email [dutysupervisor@wentworthclub.com](mailto:dutysupervisor@wentworthclub.com)

## CLASS DESCRIPTIONS

### WENTWORTH MINI KICKERS SOCCER COURSE

#### 3-4 YEARS COACHING

The session will be based on fun and games in conjunction with the learning of the basic skills required to play football through effective coaching by our qualified and experienced coach.

#### 4-5 YEARS COACHING

This class provides a combination of set drills, fun skills orientated games and mini matches offering a phased approach to building the skills of the game.

Classes will be held on the Multi Use Games Area (MUGA).

## THE FOOTBALL ASSOCIATION SOCCER STAR COURSE

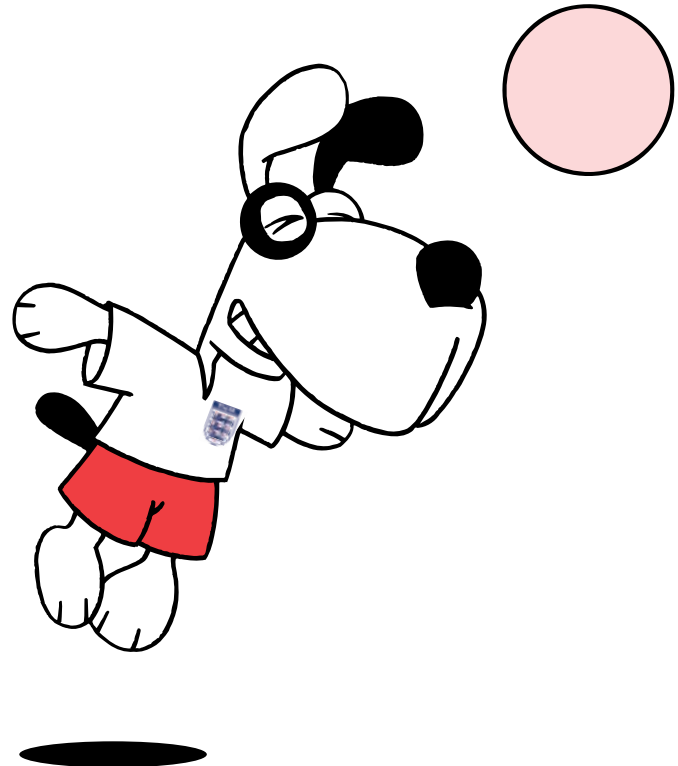
Since its launch in 1998 this unique Soccer Educational Programme has been used by over 20,000 coaches and teachers involving over 500,000 children.

The programme consists of practices and games to learn the essential soccer techniques, together with six simple, reliable and valid tests.

Designed for coaches and teachers of children aged six to 16, Soccer Star Tests are fun and engaging, while also challenging children to think about some of the simple issues covered within the game in an educational context.

The message is clear throughout, that the game should be inclusive and fun and children are able to challenge their friends and parents.

David is thrilled to be launching the Soccer Star Course at the Club and hopes it proves to be a hit with the Junior members.



### FOOTBALL KIT

- All players must wear the appropriate sports clothing, including non-marking soled trainers
- No football studs to be worn on the MUGA area
- Tracksuits are permitted during the cooler weather
- Please ensure all kit is clearly labelled with the player's name
- A baseball cap may be worn as a sun guard
- All players should bring a non-fizzy drink

### WENTWORTH MINI KICKERS

#### SPRING TERM CLASS DAYS AND TIMES

##### THURSDAY

15.45-16.15	Football Coaching	3-4 years
16.15-17.15	Football Coaching	4-5 years

### THE FA SOCCER STAR COURSE

#### SPRING TERM CLASS DAYS AND TIMES

##### FRIDAY

16.15-17.15	Football Coaching	6-8 years
17.15-18.15	Football Coaching	9-12 years

Please note a minimum of four children are required for any football course to run. A certificate and medal will be presented to each child upon completion of the course.

### COURSE PRICES AND BOOKING

#### 4 WEEKS COMMENCING

##### THURSDAY 4 MARCH

3-4 years	30 mins	£24
4-5 years	60 mins	£32

##### FRIDAY 5 MARCH

6-8 years	60 mins	£32
9-12 years	60 mins	£32

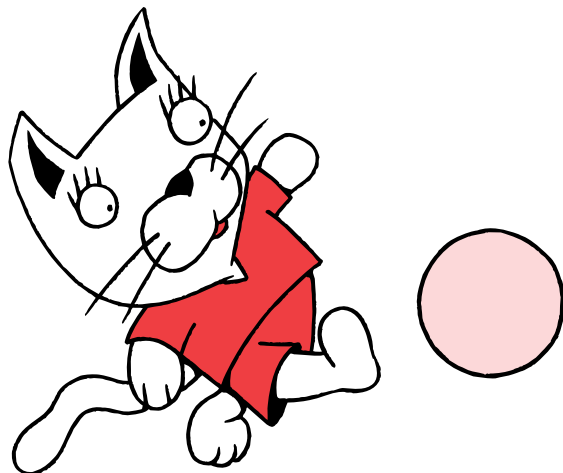
Please contact David Newland for bookings on 01344 846351 or email [dutysupervisor@wentworthclub.com](mailto:dutysupervisor@wentworthclub.com)

#### ADDITIONAL INFORMATION

In the event of heavy rain or a session lost due to a Coach's absence, an alternative session will be provided.

Please note these courses are extremely popular, with limited spaces offered on a first application basis.

Booking and payment will be necessary before the first day of the course and can be made at Reception.



# crèche

## CRÈCHE OPENING TIMES

Monday - Saturday	08.30-13.00 and 13.30-17.00
Friday	08.30-17.00
Sunday	08.30-13.00

## CRÈCHE FEES

Per hour	£4.75
Block of 10 hours	£42.50
Block of 20 hours	£75
Guests (limited to six visits)	£4.75 per hour (+ guest fee)



## CRÈCHE INFORMATION

Bookings can be made two weeks in advance, for a maximum of three hours per day, per child. New members are advised to book only half an hour for the first session.

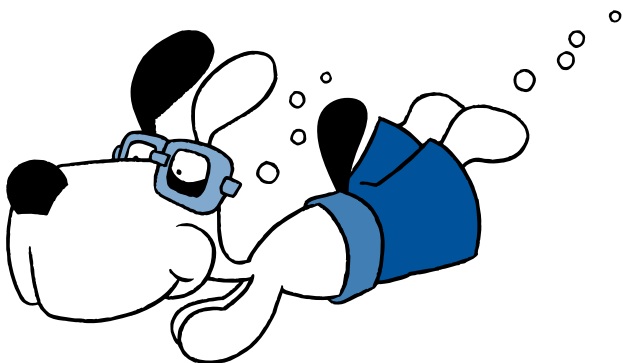
Children should arrive in clean, dry clothes and nappies however, we are happy to give feeds and change nappies whilst the children are in our care. The children may bring snacks, drinks and anything that may help the child settle e.g. a comfort blanket, the Crèche team will provide water and seasonal fruit.

The Crèche offers members the opportunity for the children to meet and make friends, play and relax. Activities include arts and crafts, a book area and many other toys. Children must be signed in and out by an adult, the parent/guardian should remain on the T&H premises.

Please make sure Crèche staff are aware if the person collecting the child is different to the one dropping off and a password may be required if the team is unsure who the person collecting is (this is to ensure children are not being collected by the wrong person or a stranger).

In order for children to use the Crèche regularly they must be members, otherwise they may come up to six times a year as a guest and payment of a guest fee.

Enquiries and bookings can be made by calling the Crèche direct on 01344 846369.



Wentworth

Wentworth Club  
Wentworth Drive  
Virginia Water  
Surrey GU25 4LS

T&H Reception 01344 846366  
[www.wentworthclub.com](http://www.wentworthclub.com)