

Sports Development Unit

Bookings taken by post only: Sports Development Unit, Chelmsford Borough Council, Civic Centre, Duke Street, Chelmsford, CMI 1JE

Telephone for information: 01245 606979

Website: www.chelmsford.gov.uk/sportsdevelopment



NEW! Non-Contact Boxing Training

Improve your fitness levels and learn the fundamentals of boxing and self defense in a fun, safe, non-contact environment. A qualified Boxing coach will work on showing pupils the value of respect for themselves as well as others.

Code	Day	Date	Time	Age	Venue	Price
ATBOX1	Monday	27 September to 22 November (excl. 25 October)	5pm to 6pm	11 to 16 years	Great Baddow Parish Hall	£28



Golf

Receive Golf Coaching from a PGA Golf Professional at Regiment Way Golf Centre. The course will involve all aspects of golf; full shots, short game, and putting. You will learn all about a golf course and how best to play. Take on the fun skills challenges each week to see how you improve throughout the course. An undercover driving range will be used during inclement weather. Parents are welcome to stay during the session and make the most of the Bistro where refreshments can be purchased.

Code	Day	Date	Time	Age	Venue	Price
ATGF1	Tuesday	21 September to 30 November (excl. 26 October)	4.30pm to 5.30pm	7 to 11 years	Regiment Way Golf Centre	£36

Hockey

The Hockey course is held on the Astroturf pitch at Chelmer Park. The course is suitable for both beginners and children who have played hockey in the past; involving the basics of passing, receiving and dribbling the ball and some games all whilst having fun!

Code	Day	Date	Time	Age	Venue	Price
ATHO1	Friday	17 September to 10 December (excl. 29 October)	4.30pm to 5.30pm	6 to 12 years	Chelmer Park	£48

Tennis

Not ready to join a competitive club yet? There is a range of Tennis courses taking place on Saturdays around Chelmsford for all abilities where you can improve your tennis skills and make new friends!

Beginners Tennis courses are for children who have little playing experience and introduce the basics of tennis such as hitting the ball and moving around the court.

The improvers and intermediate sessions are for children that have attended beginner sessions, or have a reasonable amount of playing experience and are aimed at improving their skills and game play.

Beginners

Code	Day	Date	Time	Age	Venue	Price
ATTC1	Saturday	18 September to 11 December (excl. 30 October)	9am to 10am	6 to 11 years	Chelmer Park	£42
ATTB1	Saturday	18 September to 11 December (excl. 9 & 30 Oct)	9am to 10am	7 to 11 years	Chancellor Park	£38.50

Beginners/Improvers

Code	Day	Date	Time	Age	Venue	Price
ATTO1	Saturday	18 September to 11 December (excl. 30 October)	1.30pm to 2.30pm	7 to 12 years	Oaklands Park	£42

Improvers

Code	Day	Date	Time	Age	Venue	Price
ATTC2	Saturday	18 September to 11 December (excl. 30 October)	10am to 11am	8 to 16 years	Chelmer Park	£42
ATTB2	Saturday	18 September to 11 December (excl. 9 & 30 Oct)	10am to 11am	8 to 14 years	Chancellor Park	£38.50

Intermediate

Code	Day	Date	Time	Age	Venue	Price
ATTB3	Saturday	18 September to 11 December (excl. 9 & 30 Oct)	11am to 12noon	8 to 16 years	Chancellor Park	£38.50





Mountain Biking Club

Become a mountain biker... develop your off-road skills and techniques with British cycling qualified coaches then put what you've learnt into practice when you hit the trails around Chelmsford, exploring woods, fields and wild places. Build your local trail knowledge and improve fitness while having fun with people your own age and ability. You'll also learn how to care for your bike, carry out simple maintenance and save money!

Who? Ages 10 to 14 years

When? Saturdays – 9.30am to 11.30am

Where? Chelmsford (venue tbc)

Call Matt Ewings on 01245 606635 for more information.

Where Do I Find?

Great Baddow Parish Hall – Maldon Road (opposite the Vineyards).

Regiment Way Golf Centre – Pratt's Farm Lane, off Back Lane via the A130.

Chelmer Park – Beehive Lane, Galleywood

Chancellor Park – At the end of Chancellor Avenue, off Chelmer Village Way.

Oaklands Park – At the top of Moulsham Street, just before it joins New London Road.

Please contact the Sports Development Unit on 01245 606979 if you would like further details on any of the above.



If you would like to receive regular e-mail updates contact us on sportmad@chelmsford.gov.uk or visit our website at www.chelmsford.gov.uk/sportsdevelopment

Bookings and payments for Sport Mad courses:

Booking is essential for all our courses so send the booking form and payment in early to avoid disappointment. Bookings are taken by post only to Sports Development Unit, Chelmsford Borough Council, Duke Street, Chelmsford, Essex, CM1 1JE. Alternatively you can drop your booking form and payment (no cash) into the Civic Centre Reception. Payment can be made by cheque, postal order or card.