

Lancaster Sports Centre – Coaching Courses

| Day | Time | Coached Session | Employee (s) | No. | Relocate to: | Time | Comments |
|-----|---------------|-------------------------------|--------------------------------|-----|-----------------------------|--|---|
| Wed | 4.15 – 5.15 | General Gymnastics (5-7yrs) | Dean Walters Damien Walters | 20 | Springwood Leisure Centre | Times may have to vary slightly to match current programme and space | Add to and extend current sessions Transfer Sept |
| | 5.15 – 6.15 | General Gymnastics (8+ yrs) | | 20 | | | |
| | 6.15 – 7.15 | General Gymnastics (Advanced) | | 24 | | | |
| Sat | 10.00 – 11.00 | Badminton | William Brown | 14 | Moorways Sports Centre | 10.00 – 11.00 | 3 Badminton Courts Transfer October |
| | 11.00 – 12.00 | | | 12 | | 11.00 – 12.00 | |
| | 12.00 – 1.00 | | | 12 | | 12.00 – 1.00 | |
| Sat | 10.15 – 11.15 | Trampolining | Alistair Gray Ceri Gray | 20 | Shaftesbury Sports Centre | 10.15 – 11.15 | 1 Badminton Ct 3/4 beds required Transfer October |
| | 11.15 – 12.15 | | | 20 | | 11.15 – 12.15 | |
| | 12.15 – 1.15 | | | 20 | | 12.15 – 1.15 | |
| Sun | 10.00 – 11.00 | Trampolining | Diana Caunt | 12 | Derby College Sports Centre | 10.00 – 11.00 | 1 Badminton Ct 2 beds required Transfre October Find alter space |
| | 11.00 – 12.00 | | | 12 | | 11.00 – 12.00 | |

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|-------|---------------|--------------------------------|-------------------------------|-----|---------------------------|--|---|
| Tue | 11.30 – 12.30 | Pre school Gymnastics (3-5yrs) | Mark Dolman * Elaine Bland | 10 | Shaftesbury Sports Centre | Times / Age will have to vary slightly to match current programme: 9.30 – 10.15 10.30 – 11.15 11.30 – 12.15 12.30 – 1.15 | Include as part of current programme Only Elaine Bland to relocate 2 x Head Coach payments Transfer Sept |
| | 12.35 – 13.20 | Pre school Gymnastics (0-3yrs) | | 10 | | | |
| | 14.00 – 15.00 | Pre school Gymnastics (3-5yrs) | | 12 | | | |
| Wed | 6.30 – 7.30 | Judo | Raymond Bland | 16 | Springwood Leisure Centre | 6.00 – 7.00 | Play Cabin Mats required Transfer October |
| Thurs | 4.30 – 5.30 | 'GAP' Gymnastics | Mark Dolman * Elaine Bland | 12 | No space available | | |
| Thurs | 6.30 – 7.30 | Judo | Raymond Bland | 16 | Springwood Leisure Centre | 6.00 – 7.00 | Main Hall – 1 Badminton Ct Transfer October |
| Wed | 1.00 – 2.00 | Cardiac Rehab | | 0 | Not running at present | | |
| Sun | 10.00 – 11.00 | Cardiac Rehab | Jackie Bates | 8 | Queens Leisure Centre | 10.00 – 11.00 | Transfer October |

* Mark Dolman -full time employee

Coaching is included in his 37 hrs - there is no requirement to relocate him as part of this process.