

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	

Day	Time	Coached Session	Employee (s)	No.	Relocate to:	Time	Comments
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.