

Junior football programme

Saturday 4 January – 4 April			14 weeks
Nursery	09:00 – 09:45	£168.00	
Reception	09:45 – 10:30	£168.00	
Year 1	10:30 – 11:30	£168.00	
Year 2	11:30 – 12:30	£168.00	
Year 3	11:30 – 12:30	£168.00	
Year 4	09:00 – 10:30	£196.00	
Year 5 – 8	10:30 – 12:00	£196.00	

Monday 6 January – 30 March			12 weeks
Nursery/Reception/Year 1	16:15 – 17:00	£144.00	

Wednesday 8 January – 1 April			12 weeks
Nursery/Reception/Year 1	15:45 – 16:30	£144.00	
Years 2 – 4 Girls football	17:00 – 18:00	£144.00	
Years 5 – 7 Girls football	17:00 – 18:00	£144.00	
Years 3 – 6	18:00 – 19:00	£144.00	

Thursday 9 January – 2 April			12 weeks
Years 2 – 3	16:00 – 17:00	£144.00	
Years 4 – 6	17:00 – 18:00	£144.00	

No lessons half term, Monday 17 – Friday 21 February.

Junior football squads



Players selected from junior coaching groups and Friday Night Fives to be part of a squad competing in West Middlesex & Hayes league. Children chosen from U7 upwards. Matches played at home in Chiswick and away in West London on Sunday mornings during term time.

Training

Saturday 4 January – 4 April			14 weeks
U11	09:00 – 10:30		

Tuesday 7 January – 31 March			12 weeks
U10	16:30 – 18:00		
U13	17:30 – 19:00		
U14	17:30 – 19:00		

Wednesday 8 January – 1 April			12 weeks
U7	16:00 – 17:00		
U8	17:00 – 18:00		

Thursday 9 January – 2 April			12 weeks
U9	16:00 – 17:30		
U12	17:30 – 19:00		

No lessons half term, Monday 17 – Friday 21 February.

One 2 one football coaching

One to one football coaching sessions for both children and adults now available with our FA qualified coaches. Coaching also available for goalkeepers.

£35 per hour.

This will also include a 5 minute debriefing from the coach. Please call the office or email chiswick@rockslane.com.

Junior tennis programme

Saturday 4 January – 4 April			14 weeks
Yellow Ball	11–14 years	9:00-10:00	
Green Ball	9–10 years	9:00-10:00	
Orange Ball	8–9 years	10:00-11:00	
Mini Red Ball	7–8 years	11:00-11:45	
Mini Red Ball	5–6 years	11:00-11:45	
Tots	3–4 years	11:45-12:15	
All Groups		£168.00	

Wednesday 8 January – 1 April			12 weeks
Tots	3–4 years	15:45-16:15	
Mini Red Ball	5–6 years	16:15-17:00	
Mini Red Ball	7–8 years	16:15-17:00	
Orange Ball	8–9 years	17:00-18:00	
Green Ball	9–10 years	17:00-18:00	
Yellow Ball	11–14 years	18:00-19:00	
All Groups		£144.00	

No lessons half term, Monday 17 – Friday 21 February.

LTA BRITISH TENNIS All children enrolled onto tennis courses will become members of the LTA.

Junior tennis private lessons

One on one or small groups available during the week. Please contact the office on 020 8994 1313.

Mini multi sport sessions

45 minute classes for 2–4 year olds.

Mini Multi Sports combines free flow games and physical development activities, with an introduction to tennis, football and athletics. Mini classes build on the basics, developing a child's sports foundation, and aiming to be a fun, and engaging introduction to further skills development.

Our learning goals...

- Catch a ball with a sticky mitt
- Move around obstacles with a racket and ball
- Balance on either foot for five seconds
- Hit a tennis ball over the net into a target area
- Strike a football to hit a target area
- Walk along court lines changing direction and speed
- Have a fun experience working as part of a team

Monday 6 January – 30 March			12 weeks
10:00–10:45, 14:00–14:45		£144.00	
First half term: £78, second half term: £78.			

Wednesday 8 January – 1 April			12 weeks
10:00–10:45, 14:00–14:45		£144.00	
First half term: £78, second half term: £78.			

Thursday 9 January – 2 April			12 weeks
10:00–10:45, 14:00–14:45		£144.00	
First half term: £78, second half term: £78.			

Friday 10 January – 3 April			12 weeks
10:00–10:45, 10:45–11:30		£144.00	
First half term: £78, second half term: £78.			

No lessons half term, Monday 17 – Friday 21 February.

Friday Night Fives Football



Friendship, Fairplay & Fun

Enter a team of friends in our floodlit 5 – a-side junior football league for boys and girls, school years 1-11

Friday 10 January – 3 April 12 weeks

Kick off from 16:00. **Cost per team £588.**

No match half term Friday 21 February.

Match Day Management

Rocks Lane Chiswick offers Match Day Management for all FN5 teams. Work with one of our FA qualified coaches and get advice and management for your FN5 team throughout the season.

Download the **new FN5 app** on Apple and Android to check your team's progress, top scorer and fair play awards.

FN5s Netball



Friendship, Fairplay & Fun

Enter a team in our junior netball league for school years 3–11 that takes place during term time. One game per week.

Friday 10 January – 3 April 12 weeks

Matches start 16:10 onwards. **Cost per team £588.**

No match half term 21 February.

Also available on Tuesdays

Tuesday 7 January – 31 March 12 weeks

Matches start 16:30 onwards. **Cost per team £588.**

No match half term 18 February.

Download the **new FN5 app** on Apple and Android to check your team's progress, top scorer and fair play awards.

Netball coaching

Wednesday 8 January – 1 April			12 weeks
Years 1 – 2	15:30 – 16:15	£144.00	
Years 3 – 4	16:15 – 17:15	£144.00	
Years 5 – 6	17:15 – 18:15	£144.00	

No classes half term, Wednesday 19 February.



Holiday courses

Spring half term

Monday 17 – Friday 21 February.

Easter holiday

Monday 6 April – Tuesday 21 April
(no camp on Fri 10 April & Mon 13 April)

Mini multi sports 3–5 years old

10:00 – 13:00 1 credit per hour

All day multi sports 6–11 years old

10:00 – 15:30 (lunch 13:00 – 13:30) 1 credit per hour

Flexible booking scheme

Book an hour, a morning, a day or a week playing a combination of tennis, football, cricket & rounders
Please call us for further information.

- Early drop off 9am, £5
- FREE lunch included if attending the full day

Holiday camps



All day football 6–11 years old

10:00 – 15:30 including lunch £35.00

Morning netball 6–12 years old

10:00 – 13:00 £21.00

Morning tennis camp 5–8 years old

10:00 – 13:00 £21.00

- Add on afternoon multi sports, 13:30–15:30 for £14. FREE lunch included as well.

Credits

Cost: £7 per credit or batch of 40 credits for £200

CALENDAR OF EVENTS Spring 2020

January

- 4 Spring term starts
- 7 Tuesday High 5s restarts
- 10 FN5s football and netball restarts

February

- 17–21 Half Term camp
- No FN5s 21 February
- Saturday/Sunday classes as normal

April

- 3 FNF and High 5s presentations
- 4 Term ends
- 6–21 Easter holiday camps
- 20 Summer term starts