



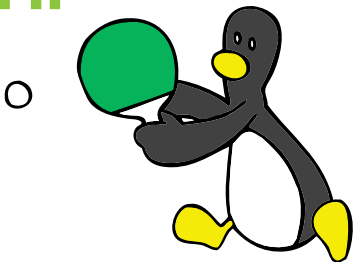
Wentworth



infant and junior

spring term
guide

january to
april



contact

FOOTBALL

Carlos Urrutigoity
01344 846351
dutysupervisor@wentworthclub.com

GOLF

Kerry Knowles, Luke Peterken and James Sharpe
01344 846306
proshop@wentworthclub.com

SWIMMING

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

TABLE TENNIS

Carlos Urrutigoity
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01344 846351

TENNIS

Stuart Rogers
01344 846339
tennispro@wentworthclub.com

KARATE

Debbie Richards
07719 645678
karateadm1n1000@gmail.com

BALLET

Kathryn Whittle
07966 799161
kathrynwhittle@yahoo.co.uk

CRÈCHE

Madeleine McGrath
01344 846369
creche@wentworthclub.com

CLUB EVENTS

Jo McLoughlin
01344 846340
clubevents@wentworthclub.com

dates for your diary

COURSE DATES

SWIMMING Monday 9 January to Sunday 25 March
10 week course

TENNIS Monday 9 January to Sunday 25 March
10 week course

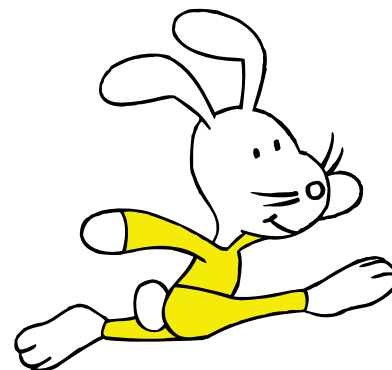
KARATE Monday 9 January to Monday 19 March
10 week course

BALLET Thursday 12 January to Thursday 22 March
10 week course

FOOTBALL Friday 13 January to Sunday 25 March
10 week course

PLEASE NOTE

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



TIMETABLE

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

holiday and half-term dates

HOLIDAY DATES

HALF-TERM BREAK

Monday 13 February to Sunday 19 February

EASTER HOLIDAY

Monday 2 April to Sunday 22 April

HALF-TERM BREAK DATES (NO CLASS)

SWIMMING Monday 13 February to Sunday 19 February

TENNIS Monday 13 February to Sunday 19 February

KARATE Monday 13 February

BALLET Thursday 16 February

FOOTBALL Friday 17 February and Sunday 19 February

half-term holiday camps, lessons & courses

HALF-TERM TENNIS CAMPS

Monday 13, Wednesday 15 and Friday 17 February

4 years	13.00 - 14.00	£9 per camp
5 + years	13.00 - 15.00	£18 per camp

HALF-TERM SWIMMING LESSONS AVAILABLE

Monday, Tuesday, Thursday, Friday

10.00 - 12.00	1:1	£21.25
	2:1	£14.50 per child

HALF TERM FOOTBALL CAMPS

Tuesday 14 February

5 - 8 years	10.00 - 11.00	£11 per session
9 - 13 years	11.00 - 12.00	£11 per session

Thursday 16 February

5 - 8 years	10.00 - 11.00	£11 per session
9 - 13 years	11.00 - 12.00	£11 per session

HALF-TERM & EASTER HOLIDAY MULTI SPORT CAMP

Wednesday 15 February, Wednesday 4, 11 and 18 April

5 - 8 years 09.00 - 13.00 £27 includes lunch

events

EVENTS

Friday 17 Feb Street Fighter Xbox 360 tournament
12 - 16 years, 17.00 - 21.00, Studio
Free entry

Friday 16 March FIFA 2012 Xbox 360 tournament
8 - 16 years, 17.00 - 21.00, Studio
Free entry

Sign Up Sheets for these events are on the Junior Noticeboard.

Sunday 8 April Easter Egg Hunt
Walking - 7 years,
15.30, Tennis & Health Reception
£9.00 members, £11.00 guests

Bookings for the above should be made through Club Events on 01344 846340 or email clubevents@wentworthclub.com

FRIDAY NIGHTS

Friday nights are back!! With the arrival of our new table tennis table, new Wii and PS3 games and films in the Junior Lounge and Wet n Wacky pool games, there is definitely something for everyone at Tennis & Health.

We will be holding regular video game tournaments in the Junior Lounge as well as table tennis matches throughout the night, host your choice of film from our selection. For those at home in the water there will be floats, woggles, surfboards, sinking cars and much much more every Friday.

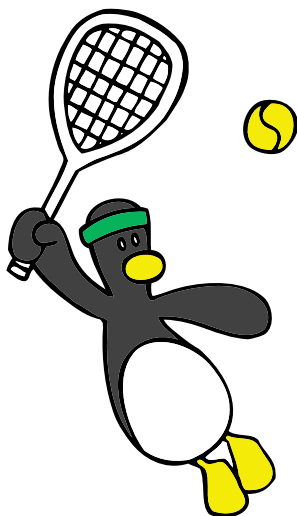
So what are you waiting for? Book your time slot for table tennis or choose your favourite film now.

To make a booking please contact Reception.
See Junior Noticeboard for further details.

HALF-TERM ACTIVITIES

COURSE/DAY	MON	TUE	WED	THU	FRI
Swimming					
Multi Sports					
Tennis					
Football					

tennis



Wentworth Junior Tennis Programme is changing its classes to fall within the LTA's (Lawn Tennis Association) mini tennis structure. The descriptions below will enable you to determine which colour ball Juniors should be using when competing in both internal and external competitions according to their date of birth. Obviously some Juniors within our current system fall into the correct category/ball whilst others are currently struggling to meet the LTA's criteria. It is the Professionals aim to bring as many Juniors forward to the point at which they could compete in the appropriate events for their age. In the interim the team of Professionals will continue to recommend the most appropriate group for your child to train in. If you have any queries regarding your child's playing level please do not hesitate to contact a Tennis Professional.

All Junior age groups, from 8 and under through to 18 and under, are aligned with the competition seasons. The competition season dates are: Summer Season: 1 April - 31 August. Winter Season: 1 September - 31 March.

The Competition age group a player will compete in for the up-coming season will be determined by their age on the last date of that up-coming competition season.

Further information (including an age group calculator) can be found on www.lta.org.uk/Competition/Your-Guide-to-Competition/

NEW INFORMATION REGARDING MUGA AREA

Please note that families / Juniors can now enjoy mini tennis in the MUGA area located next to the children's playground. Mini Red lines have now been painted in the area and a mini net is available ready for use.

To book the court for a ½ hour slot simply contact Reception. A great opportunity and location for family play.

CLASS DESCRIPTIONS

RED 1 Starter Age 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 Ages 5 and 6 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 Ages 7 and 8 years (8 yr old with little experience)

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 be able to score a game to 10 points on a red court.

ORANGE Ages 8 and 9 years (9 yr old with little experience)

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 Ages 9 and 10 years (10 yr old with little experience)

For children who can rally ¾ 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' where successful Juniors are encouraged to compete in competitions outside the Club and school.

JUNIOR SOCIAL PLAY Sunday 12.30 - 14.00

For Juniors who are able to score and are of a full court playing standard. Approximately 10 years.

* Where appropriate orange and green performance groups may be added to the programme.

COURSE PRICES AND BOOKING

10 WEEKS COMMENCING MONDAY 9 JANUARY

1 hour class	£90
45 minute class	£80
30 minute class	£70

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

RED 1	Monday	16.00 - 16.30	Robert Green	
	Tuesday	16.30 - 17.00	Sean Byrne	
	Tuesday	17.00 - 17.30	Sean Byrne	
	Wednesday	16.15 - 16.45	Sarah McDonough	
	Saturday	10.00 - 10.30	Sean Byrne	
	Sunday	13.00 - 13.30	Alex Clapp	
RED 2	Monday	16.00 - 16.30	Michael Cooper	
	Wednesday	16.15 - 16.45	Alex Clapp	
	Friday	16.00 - 16.30	Michael Cooper	
	Saturday	09.30 - 10.00	Craig Thompson	
	Sunday	13.30 - 14.00	Alex Clapp	
RED 3	Wednesday	16.45 - 17.30	Alex Clapp	
	Friday	16.30 - 17.00	Michael Cooper	
	Saturday	09.30 - 10.00	Stuart Rogers	
ORANGE	Wednesday	16.45 - 17.30	Sarah McDonough	
	Thursday	17.00 - 18.00	Sean Byrne	
	Saturday	10.00 - 11.00	James Birtwistle	
	Saturday	10.00 - 11.00	Craig Thompson	
	Sunday	14.00 - 15.00	Sarah McDonough	
GREEN	Friday	18.00 - 19.00	Michael Cooper Stuart Rogers	
	BRONZE SOCIAL	Wednesday	17.30 - 18.30	Sarah McDonough
		Saturday	15.00 - 16.00	Sean Byrne
BRONZE PERFORMANCE (INVITE ONLY)				
		Saturday	12.30 - 13.30	Stuart Rogers
SILVER SOCIAL	Sunday	14.00 - 15.00	Robert Green	
SILVER PERFORMANCE (INVITE ONLY)				
		Sunday	17.00 - 18.30	Robert Green
GOLD SOCIAL	Sunday	15.30 - 16.30	Michael Cooper	

swimming

JUNIOR SWIMMING LESSONS

All of 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 certificates and badges as part of the NPTS programme if they meet the required standard. Children may not receive a badge every term as each child progresses at a different rate.

During swimming lessons a parent/guardian of children under the age of 13 must remain poolside and be visible to the instructor at all times.

CLASS DESCRIPTIONS

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

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

PRE-SCHOOL Children enter the water with their parents. Teachers use games and songs to motivate and enthuse the children, whilst simultaneously developing strokes and skills.

DUCKLING 3 (UP TO 5 METRES)

PRE-SCHOOL ADVANCED As above except children enter water without parents.

DUCKLING 4 AND 5 (UP TO 10 METRES)

NON-SWIMMER At this level pupils should be comfortable without parental support in the water. The pupil will learn basic movement and water confidence skills.

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 As well as the further development of the main swimming strokes, this class acts as an introduction to early stages of training in competitive swimming.

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

JUNIOR SWIM FITNESS 10 YEARS+ For children having attended NPTS Stage 8 and above who are interested in continuing their swimming. Each session will be structured around fitness and technique improvements (all strokes and turns).

ROOKIE LIFEGUARD 10 + YEARS

Rookie Lifeguard is the Royal Life Saving Society's lifesaving skills programme for young people and is aimed primarily at children from ten years old and above. The course, features swimming and lifesaving skills supported by water safety education, Rookie Lifeguards will work towards bronze, silver and gold awards, with each award having three badges.

WENTWORTH SQUAD

Must be able to swim 1500m in any one stroke and 100m of butterfly. Children will be preferably school club swimmers who are looking to continue, develop and maintain fitness.

COURSE PRICES AND BOOKING

10 WEEKS COMMENCING MONDAY 9 JANUARY

INDIVIDUAL LESSONS

1 child	£212.50
2 children - price per child	£145
1:1 one off lesson	£21.25
2:1 one off lesson – price per person	£14.50

GROUP LESSONS

Children and pre-school	£112.50
Adult and child	£85
Junior Swim Fitness 10 + years	£100
Wentworth Squad	£100

ROOKIE LIFEGUARD 10 + YEARS

Registration, badges and certificate	£22
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NB Total cost of all classes **must** be pre-paid at Reception before the start of term. 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.

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 Senior Swim Teacher Emma with your request. Booking forms are available at Reception and should be returned to the Senior Swim Teacher ASAP.

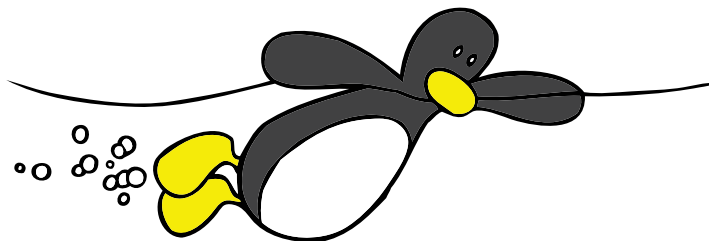
NB Priority is given to children currently on the Learn to Swim courses at Wentworth when re-booked within a specified period denoted on the enrolment letter. Please contact Elliot Hendy or Emma Staight for lesson availability and bookings on 01344 846351 or email swimming@wentworthclub.com

CLASS DAYS AND TIMES

CHILDREN'S GROUP LESSONS

MONDAY	Pre-school	14.00
	Advanced pre-school 3 - 4 years	14.30
	Beginner 1	16.00
	Pre-school 3 - 4 years w/adult in water	16.00
TUESDAY	Advanced pre-school 3 - 4 years	16.00
	Adult and infant 12 - 18 months	09.30
	Adult and child 24 - 36 months	10.00
	Adult and child 24 - 36 months	10.30
WEDNESDAY	Advanced group lesson	18.00
	Pre-school 3 - 4 years w/adult in water	15.30
	Beginner 2	16.00
	Junior Fitness (10 + years)	18.30
THURSDAY	Adult and child 18 - 24 months	09.15
	Adult and child 18 - 24 months	09.45
	Pre-school 3 - 4 years w/adult in water	10.15
	Adult and baby 6 - 14 months	10.45
	Beginner 1	16.10
	Beginner 2	16.10
	Non-swimmer	16.40
	Improver 1	17.10
FRIDAY	Non-swimmer	17.40
	Rookie Lifeguard (10 + years)	18.40
	Wentworth Squad	16.45
	SUNDAY	Adult and baby 6 - 14 months
	Wentworth Squad	12.00

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



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.

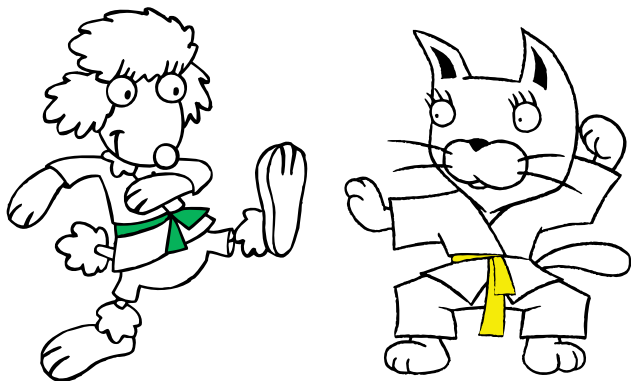
WHAT IS KARATE-DO?

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



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 17.00 - 17.30

Children must be aged 4 - 7 years. Karate is introduced through relevant fun games that encourages an improvement in self confidence and heightened awareness whilst learning the basics of this martial art. A grade system at the end of every term to highlight our young Juniors progress and feeling of achievement will be included on the course.

MONDAY 17.30 - 18.30

Children must be aged 8 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 9 JANUARY

Karate Licence fee / insurance		£25
Term fee	4 - 7 years	£80
Term fee	8 + years	£120
Per grade		£15
Per mock grade		£5

All bookings are made direct to Debbie on 07719 645678 or email karateadm1n1000@gmail.com

golf



WENTWORTH JUNIOR COACHING

From March 2012 the Wentworth Professional Golf Staff will be holding regular Junior academy sessions at the Club. The sessions will be designed to enhance your child's golfing experience and development whilst prioritising enjoyment and fun for greater sustainability in the game.

If this sounds like something your child would like to be a part of, you can register your interest by completing a form (available from the Professional Shop OR Tennis & Health Reception). You will then be contacted with further details and upcoming dates. Or look out for posters in the New Year.

In the meantime, if your child is still keen to brave the winter freeze - private lessons can be booked in the Professional Shop.

For pricing and availability please call 01344 846306 or email proshop@wentworthclub.com

dance

BABY, PRE-PRIMARY & PRIMARY BALLET

Kathryn Whittle A.R.A.D 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 four years and is an RAD recognised teacher.

These ballet classes are 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 12 JANUARY

Enrolment fee			£50
Refundable with a notice period of one term			
Baby Ballet	2 - 3 years	15.30 - 16.00	£80
Pre-primary Ballet	3 - 4 years	16.00 - 16.30	£80
Primary Ballet	5 - 6 years	16.30 - 17.00	£80

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



crèche

CRÈCHE OPENING TIMES

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

CRÈCHE FEES

Per hour	£5.50
Block of 10 hours	£49.50
Block of 20 hours	£88
Guests (limited to six visits)	£5.50 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. All sessions should be paid for prior to your child attending the Crèche.

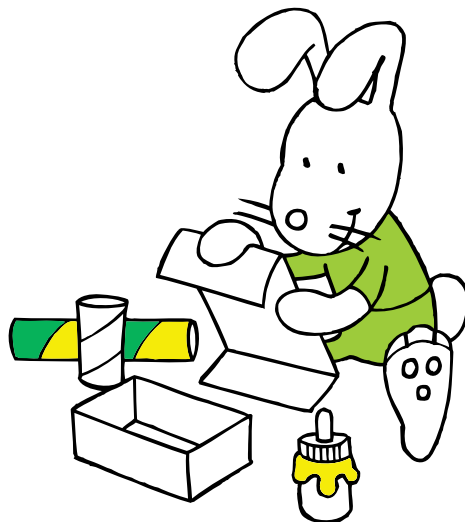
Children should arrive in clean, dry clothes and nappies however, we are happy to give feeds and change nappies whilst the children are in our care. Please note the Crèche does not provide nappies or wipes. The children may bring snacks, drinks and anything that may help the child settle e.g. a comfort 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 is required.

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





Wentworth Club
Wentworth Drive
Virginia Water
Surrey GU25 4LS

Tennis & Health Reception 01344 846366
www.wentworthclub.com