

Allerdale and Copeland Coach Ed Program 2008/09

| <u>November</u> | <u>Cost</u> | <u>Time</u> |
|--|-------------|-------------|
| 3 rd - SCUK Equity in your coaching - Workington RUFC | £5 | 6pm -9pm |
| TBC - Trampolineing - Whitehaven Sports Centre | | |
| <u>December</u> | | |
| 6 th - SAQ* (Speed, Agility, Quickness) - Lakes College, West Cumbria | £120 | 9am - 4pm |
| <u>January</u> | | |
| 25 th - Appointed Person 1 st Aid - Copeland | £25 | 9am - 4pm |
| <u>February</u> | | |
| 23 rd - SCUK Safeguarding and Protecting Children - Copeland | £5 | 6pm - 9pm |
| <u>March</u> | | |
| TBC - Netball Level 1*- Copeland | TBC | 10am - 5pm |
| TBC - Walk Leaders - Copeland | TBC | 10am - 5pm |
| <u>April</u> | | |
| TBC - Basketball L1* - Copeland | TBC | 9am - 5pm |
| <u>May</u> | | |
| 30/31 st - Badminton L1* - Cockermouth Leisure Centre | TBC | 9am - 4pm |
| <u>June</u> | | |
| 15 th - Running Sports Club for All - Netherhall Sports College | £5 | 6pm - 9pm |
| <u>July</u> | | |
| 5 th - Appointed person 1 st Aid - Copeland | £25 | 9am - 4pm |
| 13 th - SCUK Safeguarding and Protecting Children - Copeland | £5 | 6pm - 9pm |

* - There are subsidies available for residents of Allerdale and Copeland of up to 50% on those courses marked with an asterix. Please contact appropriate co-ordinator for more information.

For all Allerdale courses call 01900 702711, For all Copeland courses call 01946 593042/593043