

GALAXY

COACHING

Summer Scheme 2024

18 years of operating
summer Schemes...

Venues:

Grosvenor Grammar School Hillsborough Village Centre
Shaw's Bridge Sports Association Methodist College, Belfast

Dates: Various (PTO) **Programmes:** See below



Little Stars (4-7 yrs): Includes a variety of smaller-session sports each day and a multi-sport tournament on the final day.



Multi-Sports (8-12 yrs): Includes skills, games and matches in multiple sports and a multi-sport tournament on the final day.



Performing Arts (4-12 yrs): Dance, drama, singing and music activities, aimed to build confidence, with a final day performance.



Football (4-12 yrs): Skills based sessions and games, focusing on all aspects of football development, with a final day tournament.



Hockey (8-12 yrs): Combining skill development and match play, in hockey through drills, games and matches., with a final day tournament.



Rugby (8-12 yrs): Focusing on all aspects of rugby, sessions will help with technical skill development and game play, with a final day tournament.



Netball (8-12 yrs): Teaching in all aspects of Netball through skills sessions, games and matches, with a final day tournament.

www.galaxycoaching.com  02890605605

Dates: See below

Programmes: Various (PTO)

Venues: See below

Grosvenor Grammar School (GGS)
Shaw's Bridge Sports Association (SBSA)

Hillsborough Village Centre (HVC)
Methodist College, Belfast (MCB)

		GGS	HVC	SBSA	MCB
1	Monday 1st July— Friday 5th July	Little-Stars Multi-Sports Performing-Arts Football Netball	Little-Stars Multi-Sports		Little-Stars Multi-Sports
2	Monday 8th July— Friday 12th July*	Little-Stars Multi-Sports Performing-Arts			
3	Monday 15th July*— Friday 19th July	Little-Stars Multi-Sports Performing-Arts Rugby Hockey		Football	
4	Monday 22nd July— Friday 26th July	Little-Stars Multi-Sports Performing-Arts Football Netball	Little-Stars Multi-Sports	Rugby	
5	Monday 29th July— Friday 2nd August	Little-Stars Multi-Sports Performing-Arts Football Hockey			
6	Monday 5th August— Friday 9th August	Little-Stars Multi-Sports Performing-Arts Rugby Netball	Little-Stars Multi-Sports		Little-Stars Multi-Sports
7	Monday 12th August— Friday 16th August	Little-Stars Multi-Sports Perform-Arts Rugby Hockey		Football	
8	Monday 19th August— Friday 23rd August	Little-Stars Multi-Sports Performing-Arts Football Netball	Little-Stars Multi-Sports	Rugby	



GALAXY **COACHING**

Little Stars Schemes

Venues: Grosvenor Grammar School &
Hillsborough Village Centre
Methodist College, Belfast

Dates: Various (see timetable)

Programme Structure

Ages: 4-7 years

The programme will cover a variety of smaller session sports, with skills, drills, games and matches in many of the following sports: dodgeball, football, unihoc, basketball, golf, tennis, rugby and many more. There will also be a tournament on the final day.

All sessions delivered by qualified coaches

Children should bring a packed lunch, drinks and a snack each day. Suitable footwear and sports clothing for all weather should be worn.

www.galaxycoaching.com



02890605605

GALAXY COACHING



Multi-Sport Schemes

Venues: Grosvenor Grammar School &
Hillsborough Village Centre
Methodist College, Belfast

Dates: Various (see timetable)

Programme Structure

Ages: 8-12 years

The programme will cover a variety of sports, with skills, drills, games and matches in many of the following sports: dodgeball, football, unihoc, basketball, golf, tennis, rugby and many more. There will also be a tournament on the final day

All sessions delivered by qualified coaches

Children should bring a packed lunch, drinks and a snack each day. Suitable footwear and sports clothing for all weather should be worn.

www.galaxycoaching.com



02890605605



Venues: Grosvenor Grammar School

Dates: Various (see timetable)

Programme Structure

Ages: 4-12 years

The programme will cover a variety of fun activities to improve confidence and coordination. There will be a mix of dance routines, drama games, singing and music... and much more. There will also be a performance for parents on the final afternoon.

All sessions delivered by qualified coaches

Children should bring a packed lunch, drinks and a snack each day. Suitable footwear and sports clothing for all weather should be worn.

www.galaxycoaching.com



02890605605



GALAXY COACHING

Football Schemes

Venues: Grosvenor Grammar School &
Shaw's Bridge Sports Association

Dates: Various (see timetable)

Programme Structure

Ages: 4-12 years

The course will cover many technical aspects of Football, including passing & control, dribbling, shooting, attacking and defending. With a "fun based" theme, there will be games and matches throughout the week with a final day tournament also.

All sessions delivered by qualified coaches

Children should bring a packed lunch, drinks and a snack each day. Suitable footwear and sports clothing for all weather should be worn. Children must bring shin guards, trainers and boots, for use all surfaces.

www.galaxycoaching.com



02890605605



GALAXY COACHING

Netball Schemes

Venues: Grosvenor Grammar School

Dates: Various (see timetable)

Programme Structure

Ages: 8-12 years

The course will cover many technical aspects of Netball, including positions, passing, shooting, attacking and defending. With a "fun based" theme, there will be games and matches throughout the week with a final day tournament also.

All sessions delivered by qualified coaches

Children should bring a packed lunch, drinks and a snack each day. Suitable footwear and sports clothing for all weather should be worn.

www.galaxycoaching.com



02890605605



GALAXY COACHING

Rugby Schemes

Venues: Grosvenor Grammar School &
Shaw's Bridge Sports Association

Dates: Various (see timetable)

Programme Structure

Ages: 8-12 years

The course will cover many technical aspects of Rugby, including passing, tactics, defending, attacking and kicking. With a "fun based" theme, there will be games and matches throughout the week with a final day tournament also.

All sessions delivered by qualified coaches

Children should bring a packed lunch, drinks and a snack each day. Suitable footwear and sports clothing for all weather should be worn. Children should also have a gum shield, boots and trainers for all surfaces.

www.galaxycoaching.com



02890605605

GALAXY COACHING



Hockey Schemes

Venues: Grosvenor Grammar School

Dates: Various (see timetable)

Programme Structure

Ages: 8-12 years

The course will cover many technical aspects of Hockey, including passing, dribbling shooting, attacking and defending. With a "fun based" theme, there will be games and matches throughout the week with a final day tournament also.

All sessions delivered by qualified coaches

Children should bring a packed lunch, drinks and a snack each day. Suitable footwear and sports clothing for all weather should be worn. Children should also have a gum shield, shin guards and a hockey stick.

www.galaxycoaching.com



02890605605