COURSES

AUTUMN TERM

KARATE
PAY AND PLAY
BASKETBALL

- all abilities welcome
- DBS certified staff
- covid-19 secure
- competitive prices and loyalty reward
- fun and engaging environment
- qualified, experienced coaches

essex.ac.uk/sport/childrens-activities
Our range of sport courses give your child the opportunity to learn new skills and further their development in a fun and engaging environment.

**COURSES**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Weeks</th>
<th>Start</th>
<th>End</th>
<th>Excl Dates</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>KARATE</td>
<td>10-11am</td>
<td>5-8 yrs</td>
<td>12</td>
<td>20 Sep</td>
<td>13 Dec</td>
<td>01 Nov</td>
<td>£60</td>
</tr>
<tr>
<td></td>
<td>11am-12pm</td>
<td>9-12 yrs</td>
<td>12</td>
<td>20 Sep</td>
<td>13 Dec</td>
<td>01 Nov</td>
<td>£60</td>
</tr>
</tbody>
</table>

**PAY AND PLAY SESSIONS**

Our ‘pay as you go’ sessions are a great way to try out a new activity, without committing to a full course. We recommend booking in advance, as these sessions are very popular!

**ESSEX REBELS SLAM JAM BASKETBALL**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Weeks</th>
<th>Start</th>
<th>End</th>
<th>Excl Dates</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>10-11am</td>
<td>5-8 yrs</td>
<td>12</td>
<td>19 Sep</td>
<td>12 Dec</td>
<td>31 Oct</td>
<td>£5</td>
</tr>
<tr>
<td></td>
<td>11am-12pm</td>
<td>8-14 yrs</td>
<td>12</td>
<td>19 Sep</td>
<td>12 Dec</td>
<td>31 Oct</td>
<td>£5</td>
</tr>
</tbody>
</table>

You will need to arrive 10 minutes before the session starts, to go through the necessary registration and screening checks.

Please note that sessions will finish 10 minutes before the stated end time to allow for cleaning to take place for the following session.

**HOW TO BOOK**

To book your place on one of our tennis courses, please register your child(ren) by contacting Sports Centre reception on **01206 873250**, or e-mail **sport@essex.ac.uk**.

If you are a previous bookee, you can book and pay online by visiting [https://sportbookandpay.essex.ac.uk/connect](https://sportbookandpay.essex.ac.uk/connect) or by scanning the QR code with your smartphone camera.