



### MONDAY SESSIONS

Tot Shots Advanced (3-5 yrs)	<b>16:00 - 16:45</b>
Football Coaching (5-7 yrs)	<b>17:00 - 18:00</b>

### TUESDAY SESSIONS

Tot Shots (3-5 yrs)	<b>16:00 - 16:45</b>
Football Coaching on 3G - Invite Only (8-11 yrs)	<b>17:00 - 18:00</b>

### SATURDAY SESSIONS

Tot Shots Beginners (3-5 yrs)	<b>09:00 - 09:45</b>
Tot Shots 2 (3-5 yrs)	<b>09:45 - 10:30</b>
Tot Shots Advanced (3-5 yrs)	<b>10:30 - 11:15</b>
Football Coaching on 3G (8-11 yrs)	<b>10:00 - 11:00</b>
Football Coaching on 3G (5-7 yrs)	<b>11:00 - 12:00</b>

### SCHOOL HOLIDAYS

Football Camps (5-11 yrs) - Get in touch for more information

**PRICES (PER SESSION)** - MEMBER £2.50 NON MEMBER £3.00

### Football at Hirst Welfare

All sessions involve maximum time spent with the football. The practices and small sided games will enhance the child's learning and development through challenges that suit the specific age group.

Fun and enjoyment is at the forefront of our sessions and we use this as a medium in which to develop skills and technical ability.

All staff are FA qualified with Level 1 and Level 2 Football Coaching badges, fully insured and are DBS approved.

### Get in touch:

For more information on the sessions please contact Scott Appleby by email: [sappleby@activenorthumberland.org.uk](mailto:sappleby@activenorthumberland.org.uk) or call: 01670 622182