

CITISPORT IN NEWPORT

We at citisport aim to improve sports training and facilities in Newport, giving you more opportunity to try both new and traditional sports.

As well as running our own courses, Citisport can also provide sports advisers and qualified coaches for youth groups, schools and colleges in and around Newport.

And if you can't find the sport you want to take up, let us know and we'll try to find you a local club which will help you.

Golf

We are pleased to be able to offer lessons at Kingsway Golf Centre just outside Newport. These are run by experienced golf professionals, and are held on an all-weather practice area. The Centre also has Pay and Play golf facilities so you can continue to play and make progress after the lessons have finished. These facilities are available to all players, whether or not they are members of the Centre.

The adult lessons are open to anyone aged 13 and over, and are suitable for all levels from beginners upwards. These take place on Wednesdays from 3.00 to 4.00 pm over a period of six weeks, children's lessons for 7-12 year olds are held from 2.00 to 3.00 pm on Saturdays during term time.

Tennis

The Citisport tennis courses provide an opportunity for local people to develop their skills on the brand new indoor tennis court at Newport Leisure Centre. All equipment can be provided, but please feel free to use your own racket if you prefer. Our Starter course is held on Mondays from 7.00 to 8.00 pm, and is for beginners of 12 years and over. Our Improver course, which takes place on Tuesdays from 8.00 to 9.00 pm, is for players with some experience.

Football for girls

By popular request, Citisport is holding another one-day, girls-only football course. This aims to give local girls, whether new or experienced players, the chance to learn essential skills and develop more advanced ones. One of Newport City Football Club's players will come along to take part in a question and answer session during the day. The course fee of £30 includes morning and afternoon refreshments. Please bring a packed lunch. The course will take place on Saturday, 9th November from 9.00 to 5.00 pm, and is open to all girls aged 10-14 years living in the Newport area.

Gymnastics

This course is for beginners aged 8-14 and will provide an introduction to basic skills. There is a maximum of six pupils per coach in each class. At the end of the course there is a demonstration for friends and family of all the skills learnt there. Thursdays, 6.00 to 7.00 pm

Questions 1-10

Look at the sentences below about sports courses available in Newport.

Read the text on the opposite page to decide if each sentence is TRUE or FALSE.

1. Citisport can send their own instructors to schools in the area.
2. If the sport you want is unavailable, Citisport will set up a course for you.
3. The golf lessons can take place even in bad weather.
4. It is necessary to join the Kingsway Golf Centre in order to practise there.
5. Teenagers can attend golf lessons on Wednesday afternoons.
6. Citisport will provide you with a tennis racket if necessary.
7. The football course is for girls of all levels of ability.
8. A Newport City player will organise the day's football training.
9. A midday meal is included in the price of the girls' football course.
10. Each coach will teach up to six people on the gymnastics course.