

2017

Pro Activities



LINES

Learn & Smile in the Same Language



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LINES Pro Sport/Activities 2017

Exercise is a key component of a healthy mind “*work hard play hard*”. Since 2009 LINES has offered pro sports/activities for students additional to its academic program.

The goal of the LINES pro sport/activities programme is to provide quality instruction within an environment that is fun and exciting. The coaches will help players of all abilities improve their technique, increase self-confidence and enjoy the game. We teach beginners the basics or allow experienced students the chance to fine-tune their technique.

These activities are done with the best professional coaches from highly recognised organisations. All coaches are qualified and are supervised by our own staff.

- Football (Chelsea FC: Downe House & Arsenal FC: Queenswood)
- Basketball (Haverford)
- Tennis (Downe House, Queenswood, Valbonne & Haverford)
- Wellness/Fitness (Haverford)
- Golf (Downe House & Haverford)
- Horse Riding (Queenswood)
- Music (Downe House)
- Fashion (Haverford)
- Photography (Haverford)

The LINES professional programs are promised to be delivered at the highest standard. Excellence and quality are key.

- Students have up to 8 sessions per week block of expert instruction
- Each session is with qualified and professional coaches
- Each session is 45 min
- Students can choose on a weekly basis
- Equipment is provided if required

Pro-sport sessions take place on site during the week. Golf and Horse Riding take place offsite; transport is provided and included in the weekly fee.

As we have a limited number of places available, it is a good idea to reserve your space soon to ensure participation. Allocation of places will be a first come first served basis. Please note that the sessions will only be guaranteed with a minimum of 4 participants.

LINES pro sport/activity forms part of the daily academic program for students attending LINES Haverford. Only at LINES Haverford is the pro sport/activity included in the weekly fee. LINES pro sport/activity is an additional fee at all other LINES centres.

Please note that students will be required to bring their own clothing and footwear for Football (NB: Shin Guards), Tennis & Wellness. It is important that items of clothing and footwear are appropriate for the activity. Equipment is provided if required for Golf, Horse Riding & Music. If you require any further information, please contact the main office on office@lines.ac

REMEMBER: if you are opting to do a pro sport/activity program it is important that you state clearly the level to which you base yourself. If you are at an advanced level please provide a little information as to your background. This will enable LINES to ensure that your needs are met and that the service you expect can be delivered.





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LINES Pro Sport/Activities **Downe House 2017**

TEENS 10 to 13 JUNIORS 14 to 15 SENIORS 16+

- FOOTBALL (Chelsea FC)
- GOLF (Newbury Racecourse)
- TENNIS (Gosling Centre of Excellence of the LTA)
- MUSIC (Tim Walters & Gary Bentley)

Week 1	Monday 10/07/17 19.30-21.00	Tuesday 11/07/17 19.30-21.00	Wednesday 12/07/17 19.30-21.00	Thursday 13/07/17 19.30-21.00
Week 2	Monday 17/07/17 19.30-21.00	Tuesday 18/07/17 19.30-21.00	Wednesday 19/07/17 19.30-21.00	Thursday 20/07/17 19.30-21.00
Week 3	Monday 24/07/17 19.30-21.00	Tuesday 25/07/17 19.30-21.00	Wednesday 26/07/17 19.30-21.00	Thursday 27/07/17 19.30-21.00
Week 4	Monday 31/07/17 19.30-21.00	Tuesday 01/08/17 19.30-21.00	Wednesday 02/08/17 19.30-21.00	Thursday 03/08/17 19.30-21.00



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LINES Pro Sport/Activities Queenswood 2017

TEENS 10 to 13 JUNIORS 14 to 15 SENIORS 16+

- FOOTBALL (Arsenal FC)
- TENNIS (Gosling Centre of Excellence of the LTA)
- HORSE RIDING (Trent Park Equestrian Centre)

	Monday	Tuesday	Wednesday	Thursday
Week 1	10/07/17 19.30-21.00	11/07/17 19.30-21.00	12/07/17 19.30-21.00	13/07/17 19.30-21.00
Week 2	17/07/17 19.30-21.00	18/07/17 19.30-21.00	19/07/17 19.30-21.00	20/07/17 19.30-21.00
Week 3	24/07/17 19.30-21.00	25/07/17 19.30-21.00	26/07/17 19.30-21.00	27/07/17 19.30-21.00
Week 4	31/07/17 19.30-21.00	01/08/17 19.30-21.00	02/08/17 19.30-21.00	03/08/17 19.30-21.00



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Haverford 2017

JUNIORS 10 to 14 SENIORS 15+

- TENNIS
- GOLF
- BASKETBALL
- FITNESS
- FASHION
- PHOTOGRAPHY

Week 1	Monday 03/07/17 16.00-17.30	Tuesday 04/07/17 16.00-17.30	Thursday 06/07/17 16.00-17.30	Friday 07/07/17 16.00-17.30
Week 2	Monday 10/07/17 16.00-17.30	Tuesday 11/07/17 16.00-17.30	Thursday 13/07/17 16.00-17.30	Friday 14/07/17 16.00-17.30
Week 3	Monday 17/07/17 16.00-17.30	Tuesday 18/07/17 16.00-17.30	Thursday 20/07/17 16.00-17.30	Friday 21/07/17 16.00-17.30
Week 4	Monday 24/07/17 16.00-17.30	Tuesday 25/07/17 16.00-17.30	Thursday 27/07/17 16.00-17.30	Friday 28/07/17 16.00-17.30



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LINES Pro Sport

Valbonne 2017

JUNIORS 10 to 14 SENIORS 15+

- **TENNIS (CMT)**

Week 1	6 hours per Week Time & Date TBC
Week 2	6 hours per Week Time & Date TBC
Week 3	6 hours per Week Time & Date TBC