

How to Book

All sessions are available to book online at www.theleisureplex.com
Simply click on the button for '**Sports Club Training Courses**'.

1. If you have an account already (membership or casual user) – **Log in**.
2. If you are a new casual user select the blue '**Sign Up**' button. You will need to enter your contact details, then you will be prompted to set a password.

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3. On the left hand side of the portal screen, click '**Make Bookings**'.
4. Then select '**Sports Courses**'.
5. Under the category heading, select '**Sports Development - Training Courses**'.
6. Next select your course choice from the list by clicking '**Pay in Full**'. Please review the name of the course, date and session times when considering your choice.
7. Select the blue '**Register**' button at the bottom right corner.
8. Select '**Participant**'. **YOU MUST MAKE THE BOOKING UNDER THE NAME OF THE PERSON ATTENDING**. If you wish to book another individual onto a course, select '**Create New Participant**'.
9. Then click '**Next**' at the bottom right corner.
10. Proceed to payment screen.

Community Sports Development

Training Courses for

Sports Clubs & Coaches

2021-22



Training Courses for Sports Clubs & Coaches **Timetable 2021/22**

All training course spaces will be limited and sessions will follow the latest Public Health advice.

Safeguarding Children & Young People in Sport

Date: Tuesday 12th October 2021
Venue: Lagan Valley LeisurePlex
Time: 7.00pm - 9.30pm
Cost: £15pp

First Aid in Sport

Date: Tuesday 16th November 2021
Venue: Lagan Valley LeisurePlex
Time: 6.00pm - 10.00pm
Cost: £25pp

Nutrition in Sport

Date: Tuesday 25th January 2022
Venue: Lagan Valley LeisurePlex
Time: 7.00pm - 9.00pm
Cost: £10pp

Safeguarding Children & Young People in Sport

Date: Tuesday 1st March 2022
Venue: Lagan Valley LeisurePlex
Time: 7.00pm - 9.30pm
Cost: £15pp

First Aid in Sport

Date: Tuesday 19th October 2021
Venue: Lagan Valley LeisurePlex
Time: 6.00pm - 10.00pm
Cost: £25pp

Defibrillator & CPR Training

Date: Tuesday 23rd November 2021
Venue: Lagan Valley LeisurePlex
Time: 7.00pm - 10.00pm
Cost: £10pp

First Aid in Sport

Date: Monday 31st January 2022
Venue: Lough Moss Leisure Centre
Time: 6.00pm - 10.00pm
Cost: £25pp

Inclusive Games Training (for people with disabilities)

Date: Tuesday 8th March 2022
Venue: Lagan Valley LeisurePlex
Time: 7.00pm - 9.00pm
Cost: £10pp

Safeguarding Children & Young People in Sport

Date: Monday 25th October 2021
Venue: Lough Moss Leisure Centre
Time: 7.00pm - 9.30pm
Cost: £15pp

Safeguarding Children & Young People in Sport

Date: Monday 29th November 2021
Venue: Dundonald International Ice Bowl
Time: 7.00pm - 9.30pm
Cost: £15pp

Safeguarding Children & Young People in Sport

Date: Tuesday 8th February 2022
Venue: Lagan Valley LeisurePlex
Time: 7.00pm - 9.30pm
Cost: £15pp

Social Media in Sport

Date: Tuesday 15th March 2022
Venue: Lagan Valley LeisurePlex
Time: 7.00pm - 9.00pm
Cost: £10pp

Strength & Conditioning in Sport

Date: Tuesday 2nd November 2021
Venue: Lagan Valley LeisurePlex
Time: 7.00pm - 9.00pm
Cost: £10pp

First Aid in Sport

Date: Tuesday 11th January 2022
Venue: Lagan Valley LeisurePlex
Time: 6.00pm - 10.00pm
Cost: £25pp

Sports Psychology

Date: Tuesday 15th February 2022
Venue: Lagan Valley LeisurePlex
Time: 7.00pm - 9.00pm
Cost: £10pp

Children's Designated Officer Training

Date: Tuesday 22nd March 2022
Venue: Lough Moss Leisure Centre
Time: 7.00pm - 10.00pm
Cost: £15pp

Safeguarding Children & Young People in Sport

Date: Tuesday 9th November 2021
Venue: Lagan Valley LeisurePlex
Time: 7.00pm - 9.30pm
Cost: £15pp

Children's Designated Officer Training

Date: Tuesday 18th January 2022
Venue: Lagan Valley LeisurePlex
Time: 7.00pm - 10.00pm
Cost: £15pp

First Aid in Sport

Date: Monday 21st February 2022
Venue: Dundonald International Ice Bowl
Time: 6.00pm - 10.00pm
Cost: £25pp

Stats, GPS & Video Analysis

Date: Tuesday 29th March 2022
Venue: Lagan Valley LeisurePlex
Time: 7.00pm - 9.00pm
Cost: £10pp