

## STEPPING STONES PROGRAMME (September - December 2025)

Headland Sports Hall

Coaches Funded by Paul Gough Media for 2025

Date	Time	Activity	Coach
Tuesday	7-8pm	Tennis	Tony
Sept 2nd	8pm-9pm	Football	Anne Marie & Josh &
			Terry
Tuesday	7-9pm	Trampoline	Linsey & Connor
Sept 9th	8-9pm	Curling competition	Ann- Marie & Kim
		Spinning	
Tuesday	7-8pm	Dance	Holli
Sept 16th	8-9pm	Dodgeball	Andy
Tuesday	7-8pm	Boccia Competition	Anne-Marie
Sept 23rd	8-9pm	Volley Ball	Kim
Tuesday	7-8pm	Step fitness	Anne Marie
Sept 30th	8-9pm	Rugby	Kim and Anne Marie
Tuesday	7-9pm	Badminton Comp	Tony
Oct 7 <sup>th</sup>	8-9pm	Netball	Anne Marie & Kim
Tuesday	7-8pm	Trampoline	Linsey & Connor
Oct 14th	8-9pm	Golf Competition	Ann- Marie & Kim
		Spinning	
Tuesday	7-8pm	Dance	Holli
Oct 21st	8-9pm	Cricket	Ann-Marie & Kim
Tuesday	7-8pm	Boccia Final	Ann-Marie
Oct 28th	8-9pm	Basketball Comp	Sharon
Tuesday	7-9pm	Tennis	Tony
Nov 4th	8pm-9pm	Football Comp	Anne Marie & Kim Terry
Tuesday	7-8pm	Trampoline	Linsey & Connor
Nov 11th	8-9pm	Spinning	Ann- Marie & Kim
Tuesday	7-8pm	Dance	Holli
Nov 18th	8-9pm	Golf/Curling	Ann Marie & Kim
Tuesday	7-9pm	Competition	Anne – Marie-Kim
Nov 25th	8-9pm	Round Up	All
Tuesday	7-8pm	Badminton	Tony
Dec 2nd	8-9pm	Netball	Anne Marie
Tuesday	7-8pm	Christmas Fun & Games	Dougie Ingledew Trophy
Dec 9th	8-9pm		
Tuesday	7-11pm	Christmas Party	Ye Olde Durhams
Dec 16th			Club restarts Jan 6th

Josh will be holiday cover for coaches!

## Fitness Room open 7-8pm With Liz, Kim, Connor, Simon & Dan

Best Players Awards for team games will be chosen by Coaches Pool, Table Tennis and Bowls on-going September – December



You Have Got To Be In It To Win It!