

TEAM SURREY STARTER SESSIONS

Free beginner coaching by University Sports Clubs for local children to explore new sports at Surrey Sports Park.

Touch Rugby | Thursdays 15:30 - 16:30

A fast, non-contact form of rugby that emphasises agility, teamwork, and ball-handling, teaching passing, positioning, and simple tactics in a fun, inclusive setting for all abilities.

Flag Football | Mondays 16:00 - 17:00

A non-contact version of American football that swaps pads for flags, teaching core skills and simple tactics in a fun, low-pressure environment suitable for all abilities and genders.

Dance | Mondays 15:30 - 16:30

Open to all levels. Build rhythm and confidence while learning a fun routine for celebration day.

Cheerleading | Fridays 15:30 - 16:30

Covers cheer fundamentals - chants, jumps, and basic stunts - building teamwork, flexibility, and performance skills in a supportive environment.

Netball | Thursdays 15:30 - 16:30

Suitable for all levels, with sessions focusing on skill-building drills and match play.

Basketball | Fridays 15:30 - 16:30

Open to all levels, focusing on dribbling, shooting, and defence, while building coordination, teamwork, and game awareness.

Tennis | Fridays 16:00 - 17:00

Our beginner's tennis session is all about learning how to hit the ball, move around the court, and play cool mini-games with new friends. Come along, have fun and learn to play!

*All sessions subject to changes, see details online.

**All sessions are for School Years 3-8 with a capacity of 20 children.

BOOK NOW



For more information and enquiries please contact:

activewellbeing@surreysportspark.co.uk.

To book: <https://qrco.de/bgb7D9>



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