



EXTRAORDINARY BEDE'S SUMMER SCHOOL

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Academic Academies





CRITICAL THINKING

Bede's Critical Thinking Academy is for students who enjoy analysing different situations and reflecting on them. The purpose of critical thinking is for students to understand the correct language to use in certain scenarios.

OBJECTIVES

- To be able to assess the value of information accuracy
- To develop the ability to articulately express opinions in English
- To learn to assimilate complex information and create balanced viewpoints in English
- To be able to discuss and coherently respond to new and challenging ideas
- To appreciate the differences between good and poor reasoning processes
- To develop your curiosity and inquisitive nature
- To increase self-confidence in your communication skills.

SUMMARY

CENTRE	Lancing (13–17 years)
VENUE	Classrooms on-site
HOURS	3 hours per week (2x 1½ hour sessions)
DAYS	Tuesday and Friday
MINIMUM ENGLISH LEVEL	B1
INSTRUCTION	One teacher per maximum 14 students
FEE	£175 per week
DATES	Lancing – All Weeks

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



ESSAY WRITING

Bede's Essay Writing Academy looks to improve students' essay writing in English helping them to understand the key language to use and helping them with other key areas such as structure and tone.

FURTHER INFORMATION

This academy is a great opportunity for test-takers who may wish to enhance any exam course with extra practice on improving their writing techniques for exam preparation.

OBJECTIVES

- To demonstrate and apply basic knowledge of essay structures in English
- To learn to write concise and grammatically correct sentences
- To develop a sense of coherence from the beginning to the end of an essay
- To learn useful keywords and structures for essay writing
- To develop a style of writing, personalised to your knowledge of English
- To understand the differences between academic and informal writing
- To increase self-confidence in your communication skills.

SUMMARY

CENTRES	Royal Russell, Lancing, Dicker (12–17 years)
HOURS	3 hours per week (2x 1½ hour sessions)
MINIMUM ENGLISH LEVEL	B1
INSTRUCTION	One teacher per maximum 14 students
DATES	Royal Russell, Dicker and Lancing – All Weeks

VENUE	Classrooms on-site
DAYS	Lancing and Dicker – Tuesday and Friday Royal Russell – Wednesday and Friday
FEE	£175 per week

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



INTERNATIONAL RELATIONS

Bede's International Relations Academy offers students an opportunity to have a wider scope of understanding of different nationalities and how they interact and deal with everyday issues. There is a specific focus on English Language used in certain international scenarios to improve the use and implementation of English.

POSSIBLE TOPICS

- Introduction to contemporary International Relations
- Understanding Global Politics
- International Communication
- Gender and Society
- Democracy and Globalisation
- Europe in the World
- The Politics of the United States.

OBJECTIVES

- To develop an understanding of some key terms, concepts and processes involved in International Relations
- To gain an insight into the history and structure of the contemporary international political and economic system
- To learn about some contemporary international issues and consider some daily headlines and topical news
- To study a number of vital research techniques
- To increase your vocabulary relating specifically to International Relations.

SUMMARY

CENTRE Lancing (13–17 years)

HOURS 3 hours per week (2x 1½ hour sessions)

ACADEMIC LEVEL A Level

INSTRUCTION One teacher per maximum 14 students

DATES Lancing – All Weeks

VENUE Classrooms on-site

DAYS Tuesday and Friday

MINIMUM ENGLISH LEVEL B1

FEE £175 per week

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



MANAGEMENT

Bede's Management Academy offers students an opportunity to understand how to effectively manage and be an effective manager. Students will learn about the psychology of human behaviour and consider different ways of managing people.

POSSIBLE TOPICS

- People in Business
- Leadership and Performance Management
- Motivating People
- Managing Knowledge
- Decision-Making
- Consumer Behaviour
- Human Resource Management
- Total Quality Management
- Managing Yourself.

OBJECTIVES

- To understand how customers and consumers behave
- To study some of the practical aspects of motivating workers
- To gain an insight into the challenges of being a manager
- To develop an understanding of the psychology of human behaviour
- To recognise a range of different perspectives on leadership, including sociological, psychological, functional and critical
- To consider suitable ways by which businesses might recruit and retain their employees
- To learn about the core concepts of Total Quality Management
- To increase your vocabulary relating specifically to Management.

SUMMARY

CENTRE Lancing (13–17 years)

HOURS 3 hours per week (2x 1½ hour sessions)

ACADEMIC LEVEL A Level

INSTRUCTION One teacher per maximum 14 students

DATES Lancing – All Weeks

VENUE Classrooms on-site

DAYS Tuesday and Friday

MINIMUM ENGLISH LEVEL B1

FEE £175 per week

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



PUBLIC SPEAKING

Bede's Public Speaking Academy offers students the opportunity to improve their English speaking in front of their peers. The Academy will give students confidence to speak freely and improve their communication in English.

FURTHER INFORMATION

This academy is a great opportunity for speaking exam test-takers who may wish to enhance their exam courses with extra practice on improving their speaking techniques for exam preparation.

OBJECTIVES

- To gain an insight into how to address people when speaking publicly
- To acquire an understanding of some of the key communication skills when publicly speaking
- To discover the benefits of the practical approach of addressing multiple people
- To use a wider variety of vocabulary when speaking publicly
- To become more confident when speaking publicly
- To learn to coherently present oral arguments within a given time frame
- To understand how to use your voice and body language to enhance your presentation
- To enhance flexibility and rapidity of thought in English
- To develop fluency in English
- To improve vocabulary and diction in English
- To increase self-confidence in your communication skills.

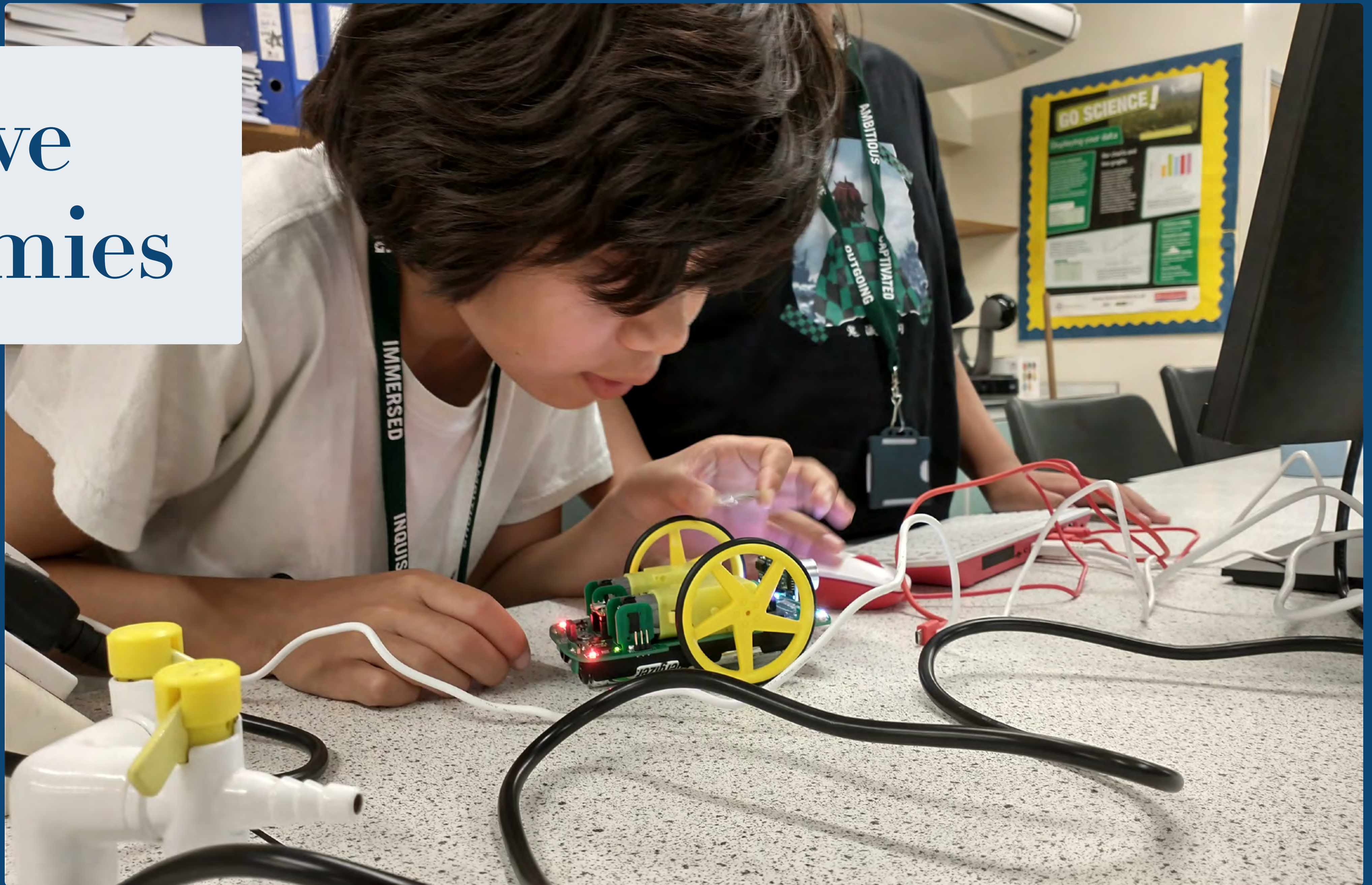
SUMMARY

CENTRES	Royal Russell and Dicker (12–17 years)
HOURS	3 hours per week (2x 1½ hour sessions)
MINIMUM ENGLISH LEVEL	B1
INSTRUCTION	One teacher per maximum 14 students
DATES	Royal Russell and Dicker – All Weeks

VENUE	Classrooms on-site
DAYS	Royal Russell – Wednesday and Friday Dicker – Tuesday and Friday
FEE	£175 per week

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.

Creative Academies





BAKING & DECORATING

Bede's Baking and Decorating Academy is perfect for students who enjoy getting creative in the kitchen. The sessions will include making baked goods from start to finish, looking at using techniques that are new to the students and developing their decorating skills using a variety of tools and methods.

- OBJECTIVES**
- To learn how to bake
 - To learn how to decorate
 - To learn key phrases related to baking and decorating
 - To learn how to manage time whilst baking
 - To learn which ingredients are used in the baking process.

SUMMARY

CENTRE	Eastbourne (6–11 years)
VENUE	Food Technology classroom on-site
HOURS	4½ hours per week (3x 1½ hour sessions)
DAYS	Tuesday, Thursday and Friday
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	One teacher per 14 students
FEE	£245 per week
DATES	Eastbourne – Week 1: 30/06/2024 Week 3: 14/07/2024 Week 4: 21/07/2024 Week 6: 04/08/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



CONTEMPORARY DANCE

Bede's Contemporary Dance Academy is for students who enjoy expressing themselves through movement and music. Dancers will improve their technique, work on choreography and develop a routine that they can perform at the end of the week.

OBJECTIVES

- To improve awareness about posture and position in Contemporary Dance
- To develop greater balance, flexibility and strength
- To increase confidence in performance
- To improve coordination
- To learn and improve skills and techniques specific to Contemporary Dance
- To choreograph and perform Contemporary Dance routines
- To increase your vocabulary relating specifically to Contemporary Dance.

SUMMARY

CENTRES	Royal Russell, Dicker and Lancing (11–17 years)	VENUE	Dance Studio on-site
HOURS	4½ hours per week (3x 1½ hour sessions)	DAYS	Royal Russell – Monday, Wednesday and Friday Dicker and Lancing – Tuesday, Thursday and Friday
LEVELS	Beginner, Elementary, Intermediate and Advanced	FEE	£245 per week
INSTRUCTION	One teacher per 14 students	DATES	Royal Russell – Week 2: 07/07/2024 Week 4: 21/07/2024 Week 6: 04/08/2024 Dicker – Week 1: 30/06/2024 Week 3: 14/07/2024 Week 5: 28/07/2024 Lancing – Week 2: 07/07/2024 Week 4: 21/07/2024 Week 6: 04/08/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



DRAWING & PAINTING

Bede's Drawing & Painting Academy offers students an opportunity to improve their technique and create. Every artist should enjoy painting and drawing in an individual way since art is unique to everyone. However, there are some common techniques that will help students to express their ideas more easily. This course will expose students to a variety of these techniques to help them create great art. Individual guidance and insights on how to enhance any drawing or painting will be given to help students to build on their skills and create a wonderful final piece to be proud of. This can be added with other artworks into a portfolio for students to take home at the end of the course.

OBJECTIVES

- To develop Individual work on still life, landscape or portraiture
- To produce a series of drawn sketchbook pages using line, shape and tone in drawings
- To observe still life, breaking objects down into basic forms, studying the use of circles, cylinders and ellipses
- To study painting techniques, looking at the work of others and the techniques they have used
- To create and control three dimensions with shade, tone and use of texture
- To play with paint, having a go at wet techniques and use of colour washes
- To trial the use of waterproof and non- waterproof inks, painting trees and seas to create texture and atmosphere in your work
- To learn acrylic painting techniques, blending and brush strokes, creating texture and tone
- To broaden students' artistic horizons and improve language skills when talking about art.

SUMMARY

CENTRE Dicker (12–17 years)

HOURS 4½ hours per week (3x 1½ hour sessions)

LEVELS Elementary, Intermediate and Advanced

FEE £245 per week

VENUE Arts Studio on-site

DAYS Tuesday, Thursday and Friday

INSTRUCTION One instructor per 12 students

DATES Dicker – Week 2: 07/07/2024 | Week 6: 04/08/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



FILM & ANIMATION

Bede's Film & Animation Academy offers students the opportunity to create different shapes, usually with clay/Play-Doh. With these shapes, they will then create a short film/animation which is then presented at the end of the week.

FURTHER INFORMATION

Each academy will conclude with the filming of a short animated sequence of the clay model each student has created. The designs will be created during the week and each student will participate in creating their animation. Students will be given a digital copy of their animation after the academy course has been completed, as well as their very own clay model to be kept for further animation projects.

OBJECTIVES

- To learn some of the principles of stop motion animation with clay
- To use aluminium wire and animation clay to produce a clay model with armature for animating
- To learn what features make a clay model good for animating
- To produce an animation stage set using an animation theatre, props and backdrops
- To learn the fundamentals of how to operate animation software so this can be built on after the academy
- To learn how to photograph a stop motion animation so it is smooth and realistic
- To learn how sounds enhance animations and how to add sound using a sound library and animation software
- To improve your understanding of the many uses technology can have today
- To produce a short animated sequence with sounds and music
- To gain skills which can be built on after the Academy
- To increase your vocabulary relating specifically to Film & Animation.

SUMMARY

CENTRE	Eastbourne (6–11 years) and Lancing (13–17 years)
HOURS	4½ hours per week (3x 1½ hour sessions)
LEVELS	Beginner, Elementary, Intermediate and Advanced
FEE	£295 per week

VENUE	Classrooms on-site
DAYS	Tuesday, Thursday and Friday
INSTRUCTION	One teacher per 10 students
DATES	Eastbourne – Week 3: 14/07/2024 Lancing – Week 2: 07/07/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.

LEGO & CODING

Bede's LEGO & Coding Academy offers students an opportunity to combine creative building skills with the power of programming to design interactive and functional LEGO creations. LEGO & Coding is an exciting journey where creativity meets technology. In this Academy, students will build and program LEGO models, bringing them to life with coding. As they explore this dynamic combination, students will expand their language skills, mastering the terminology and language needed to create, code, and communicate in the world of LEGO and technology.

OBJECTIVES

- To use students' creativity and building skills to construct LEGO structures
- To develop a solid foundation in coding principles, learning how to use block-based or text-based coding languages to control and animate your LEGO creations
- To enhance your logical thinking and problem-solving abilities by devising coding solutions to bring your LEGO models to life, incorporating sensors and actuators
- To integrate STEM (Science, Technology, Engineering, and Mathematics) concepts into your projects, deepening your understanding of these crucial disciplines through hands-on experimentation
- To foster collaboration and communication skills by working in teams to solve coding challenges and construct LEGO structures, encouraging idea sharing and teamwork
- To expand your technical and coding vocabulary, enabling you to effectively communicate about LEGO and coding concepts, empowering you to share your knowledge and ideas within the field.



SUMMARY

CENTRE Windlesham (8–14 years)

HOURS 3 hours per week (2x 1½ hour sessions)

LEVELS Elementary, Intermediate and Advanced

FEE £245 per week

VENUE Classrooms on-site

DAYS Tuesday and Thursday

INSTRUCTION One instructor per 12 students

DATES Week 4: 21/07/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



MASTERCHEF

Bede's Masterchef Academy offers students an opportunity to create different dishes following a recipe. The academy has a trained chef who is there to help improve students' understanding of what to do in certain situations as well as some good tips to improve recipes.

OBJECTIVES

- To learn both local and international recipes
- To encourage creativity and individuality
- To develop a sense of satisfaction and accomplishment in cooking original meals
- To improve the ability to make quick (and correct) decisions
- To develop an understanding of basic culinary concepts
- To create new dishes by understanding how different flavours combine with one another
- To increase vocabulary specifically relating to cooking and dining.

SUMMARY

CENTRES	Royal Russell (11–17 years) and Lancing (13–17 years)	
VENUE	Food Technology classroom on-site	
HOURS	3 hours per week (2x 1½ hour sessions)	
DAYS	Royal Russell – Wednesday and Friday Lancing – Tuesday and Thursday	
INSTRUCTION	One teacher per 10 students	
FEE	£245 per week	
DATES	Royal Russell – Week 4: 21/07/2024 Week 6: 04/08/2024	Lancing – Week 1: 30/06/2024 Week 3: 14/07/2024 Week 5: 28/07/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



PERFORMING ARTS

Bede's Performing Arts Academy is perfect for students who love being on stage. They will work on a specific Musical each week developing skills and techniques of all three Performing Arts: Dance, Drama and Singing, with a view to create something to perform at the end of the week.

OBJECTIVES

- To appreciate the importance of a warm-up
- To build self-confidence and social skills
- To learn about acting, improvisation, choral speaking and/or creative movement
- To enhance the control of the body, voice and expression

- To use intonation to develop emotion, character or story
- To express an idea using your whole self
- To develop teamwork abilities
- To improve awareness of the importance of rehearsal and learning lines, moves or character development
- To further develop English language skills including pronunciation, speaking in public and confidence in discussion and collaboration
- To increase your vocabulary relating specifically to drama, choral speaking and creative movement.

SUMMARY

CENTRE	Dicker (12–17 years)
VENUE	Drama Studio on-site
HOURS	4½ hours per week (3x 1½ hour sessions)
DAYS	Tuesday, Thursday and Friday
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	One teacher per 12 students
FEE	£245 per week
DATES	Dicker – Week 2: 07/07/2024 Week 4: 21/07/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



PHOTOGRAPHY

Bede's Photography Academy offers students the opportunity to develop their photography skills in the picture perfect location, Royal Russell. Students will be guided in shooting images, building composition and getting the best shot. They will then have the opportunity to expand their editing skills using software under the instruction of an experienced photographer.

FURTHER INFORMATION

Please note all students must bring their own DSLR camera. If you do not have one, please contact us for more information.

OBJECTIVES

- To use a DSLR (Digital Single Lens Reflex) camera creatively using the Manual Mode (i.e. not relying on automatic exposure)
- To understand the essential functions of a DSLR camera (including ISO, aperture, shutter speed and focusing modes) and how to use these to obtain technically competent, creative photographs
- To create attractive, well-composed photographs
- To build an exciting image portfolio
- To establish a wide repertoire of photographic skills
- To expand the capacity for reflection and to develop critical-thinking skills
- To increase your vocabulary relating specifically to photography.

SUMMARY

CENTRE	Royal Russell (11–17 years)
VENUE	Various locations on-site
HOURS	3 hours per week (2x 1½ hour sessions)
DAYS	Wednesday and Friday
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	One teacher per 10 students
FEE	£245 per week
DATES	Royal Russell – Week 3: 14/07/2024 Week 5: 28/07/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.

POTTERY & CERAMICS

Bede's Pottery & Ceramics Academy offers students the opportunity to indulge in art whilst creating pottery and ceramics to convey their emotions and ideas through unique creations. Pottery and ceramics are art forms that involve shaping clay into beautiful and functional objects. In this creative craft, students will learn to mould, fire, and glaze clay to create intricate pottery pieces. As they explore this fascinating world, they will also enhance their language skills by mastering the terminology and expressions unique to this ancient and expressive art.

OBJECTIVES

- To learn to create pottery using handbuilding techniques such as pinching, coiling, and slab construction, enabling students to craft various forms, from functional mugs to decorative sculptures
- To develop the skills needed to operate a pottery wheel effectively, allowing students to craft symmetrical and intricate pieces such as bowls and vases
- To gain expertise in glaze preparation and application, understanding how different glazes can transform the appearance and texture of pottery
- To learn the art of kiln firing, including the ability to control temperature and firing cycles to achieve desired outcomes in pottery
- To improve language skills by mastering pottery-specific terminology and expressions, enhancing their ability to communicate about the art and creations they produced
- To encourage artistic exploration and self-expression through pottery and ceramics, fostering students' ability to convey emotions and ideas through their unique creations.

SUMMARY

CENTRE Dicker (12–17 years)

HOURS 3 hours per week (2x 1½ hour sessions)

LEVELS Beginner, Elementary and Intermediate

FEE £245 per week

VENUE Ceramics Department on-site

DAYS Tuesday and Thursday

INSTRUCTION In small groups

DATES Dicker –
Week 1: 30/06/2024
Week 3: 14/07/2024
Week 5: 28/07/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.





ZOOKEEPER EXPERIENCE

Bede's Zookeeper Experience Academy offers students an opportunity to become a zookeeper for a week. Students will interact with several different animals and species making sure that they are looked after and receive all of the necessary care they need.

FURTHER INFORMATION

Here are some of the animals which are cared for at Bede's: Marmosets, Meerkats, Polecats, Rabbits, Kinkajous, African birds, Squirrel Monkeys, Ring-tailed Lemurs, Dormice, Chipmunks, Owls.

OBJECTIVES

- To stimulate curiosity for the natural world
- To increase students' sense of responsibility towards animals and other living beings
- To learn about animal biology, typical animal behaviour traits and conservation
- To master the fundamentals of exotic animal management and aquarium management
- To acquire hands-on experience handling and looking after animals
- To develop awareness of animal welfare issues
- To exercise students' own judgement to assess and control risk relating to animals
- To broaden vocabulary relating specifically to animals and animal management.

SUMMARY

CENTRE	Eastbourne (6–11 years)
VENUE	Dicker Zoo on-site
HOURS	4½ hours per week (3x 1½ hour sessions)
DAYS	Tuesday, Thursday and Friday
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	One teacher per 10 students
FEE	£275 per week
DATES	Eastbourne – Week 1: 30/06/2024 Week 2: 07/07/2024 Week 5: 28/07/2024 Week 6: 04/08/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.

Sporting Academies





ADVENTURE & WATER SPORTS

Bede's Adventure & Water Sports Academy entails a variety of different outdoor activities in the local area. The core goal for this Academy is to help improve understanding and technique for different adventure and water activities.

FURTHER INFORMATION

Activities may include climbing, kitesurfing, abseiling, bouldering, mountain biking, paddleboard, bodyboard, wakeboard, windsurfing, high ropes and archery. Water Sports may be offered across lagoon, river or sea based activities.

OBJECTIVES

- To exercise students' own judgement to assess and control risk
- To be aware of own abilities and limitations
- To challenge students to step outside of their comfort zone
- To feel a sense of excitement
- To improve self-confidence
- To enhance students' fitness level
- To feel satisfaction for achieving a challenge through students' own effort
- To broaden vocabulary relating specifically to the sports undertaken.

SUMMARY

CENTRES	Dicker (12–17 years) and Lancing (13–17 years)
VENUE	External venues
HOURS	3 hours per week (2x 1½ hour sessions)
DAYS	Tuesday and Thursday
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	In small groups, depending on the sport
FEE	£325 per week
DATES	Dicker – Week 2: 07/07/2024 Week 4: 21/07/2024 Week 6: 04/08/2024 Lancing – Week 1: 30/06/2024 Week 3: 14/07/2024 Week 5: 28/07/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



BASKETBALL SKILLS

Bede's Basketball Skills Academy is for students who enjoy sports and match simulation. The academy will focus on improving technical skills as well as game understanding.

OBJECTIVES

- To understand the correct technique to pass and shoot
- To understand the correct technique to dribble
- To increase quick thinking during game situations
- To develop an understanding of which action to use in game situations
- To improve communication and teamwork during game situations
- To enhance endurance during game situations
- To increase self-confidence in game situations.

SUMMARY

CENTRE	Windlesham (8–14 years)
VENUE	Basketball Court on-site
HOURS	4½ hours per week (3x 1½ hour sessions)
DAYS	Tuesday, Thursday and Friday
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	One coach per 16 students
FEE	£245 per week
DATES	Windlesham – All Weeks

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



CLAY PIGEON SHOOTING

Bede's Clay Pigeon Shooting Academy is for students who have practised shooting activities. The academy will focus on improving handling of the rifle and technical details to improve accuracy.

OBJECTIVES

- To learn how to load, aim and shoot the shotgun
- To learn specific techniques on how to hit the target
- To enhance reflexes to use the short time window of hitting the target
- To develop a particular language used in shooting
- To improve hand eye coordination when using the shotgun
- To increase self-confidence in your communication skills.

SUMMARY

CENTRE	Dicker (12–17 years)
VENUE	External venue
HOURS	3 hours per week (2x 1½ hour sessions)
DAYS	Tuesday and Thursday
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	One coach per 10 students
FEE	£295 per week
DATES	Dicker – Week 3: 14/07/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



FLYING

Bede's Flying Academy offers students an opportunity to pilot an aircraft. Students will have a trained pilot in attendance for the 45-minute flight ensuring that they are able to take control of the aircraft should they need to. The main goal of this academy is to help students gain a better understanding of how to pilot an aircraft and can help them with future flying lessons.

OBJECTIVES

- To learn the basics of flying
- To understand the correct use of checklists
- To master take-off procedures
- To develop knowledge of the use of the power and flaps
- To be taught the effects of the primary controls
- To maintain straight and level flight
- To execute the climb, descend and landing
- To broaden vocabulary relating specifically to flying.

FURTHER INFORMATION

- Students must have perfect vision (glasses or contact lenses are acceptable) and be in good general health
- The student's height and weight is required for the Flying
- Your level of English must be at least Pre-Intermediate (A2)
- In addition to your own flying lessons, another student or staff member will usually sit in the back of the plane while you are receiving your flying instruction
- The plane has dual-controls, so the instructor can take control at any time
- There is no personal insurance cover for flying lessons
- Students will receive a logbook that officially records flying hours; this can go towards gaining a Pilot's Licence.

SUMMARY

CENTRE Lancing (13–17 years)

HOURS 3 hours per week (2x 1½ hour sessions)

LEVELS Beginner, Elementary, Intermediate and Advanced

FEE £875 per week

VENUE Flying school based at Shoreham Airport, close proximity to Lancing College

DAYS Tuesday and Thursday

INSTRUCTION One fully-qualified flying instructor per student

DATES Lancing – Week 2: 07/07/2024 | Week 4: 21/07/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



GOLF

Bede's Golf Academy offers students an opportunity to improve their golf skills. The Academy looks to provide lessons to improve technique and understanding of which shots are effective in certain scenarios.

OBJECTIVES

- To develop your knowledge of the fundamentals of golf
- To enhance golf course knowledge and management
- To practise the mechanics of the golf swing
- To increase the long game and the short game
- To know the different golf formats
- To play some holes of the course
- To progress further around the golf course
- To broaden vocabulary relating specifically to golf.

SUMMARY

CENTRES	Royal Russell, Dicker and Lancing (11–17 years)
VENUE	Golf Club close to the Centre
HOURS	4½ hours per week (3x 1½ hour sessions)
DAYS	Dicker and Lancing – Tuesday, Thursday and Friday Royal Russell – Monday, Wednesday and Friday
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	One coach per 10 students
FEE	£295 per week
DATES	Royal Russell, Dicker and Lancing – All Weeks

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



HORSE RIDING

Bede's Horse Riding Academy offers students an opportunity to have lessons in Horse Riding. Catering to levels from Beginners to Advanced, the Academy looks to improve understanding of skill and correct riding etiquette.

FURTHER INFORMATION

Students will be given additional tuition, extra to the three hours of riding, in Stable Management (horse care) at the riding stables. The Students height and weight is required for this academy.

OBJECTIVES

- To understand and achieve safe position and handling of a pony or horse
- To demonstrate control and give effective signals to the pony or horse when mounted
- To recognise the importance of balance in walk and trot
- To be able to mount, ride and walk in trot independently
- To practise the canter transition (if possible)
- To experience riding on different terrains
- To ride over poles and fences (if possible)
- To develop riding skills and build your confidence
- To broaden vocabulary relating specifically to horse riding.

SUMMARY

CENTRES Eastbourne, Windlesham, Royal Russell, Dicker and Lancing (6–17 years)

HOURS 4½ hours per week (3x 1½ hour sessions)

LEVELS Beginner, Elementary, Intermediate and Advanced

INSTRUCTION Students receive instruction in small groups

DATES Eastbourne, Windlesham, Royal Russell, Dicker and Lancing – All Weeks

VENUE At riding stables near the centre. There may also be the opportunity for students to go on a hack (horseback walk) close to the riding stables

DAYS Eastbourne, Windlesham, Dicker and Lancing – Tuesday, Thursday and Friday

Royal Russell – Monday, Wednesday and Friday

FEE £325 per week

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



RUGBY SKILLS

Bede's Rugby Skills Academy offers students an opportunity to improve their Rugby skills. Rugby is an exhilarating sport that demands teamwork, agility and precision. In this Academy, students will develop essential Rugby Skills, from passing and tackling to understanding the rules and strategies. Along the way, students will enrich their vocabulary with rugby-specific terminology, enhancing your ability to appreciate and discuss this dynamic sport.

OBJECTIVES

- To develop an understanding of some key technical rules of rugby
- To increase confidence in game scenarios and key decision making
- To practice technical skills such as passing, catching, kicking, and tackling, ensuring a strong foundation for playing the game effectively
- To gain a comprehensive understanding of rugby rules, positions, and gameplay strategies, enabling confident and informed participation in matches
- To cultivate teamwork and communication skills crucial for effective collaboration with teammates, both on and off the pitch
- To foster a sense of sportsmanship, fair play, and respect for opponents, officials, and fellow players, promoting a positive and inclusive rugby environment
- To enrich students' rugby vocabulary with specific terminology related to positions, moves, and game situations, enhancing your ability to discuss and analyse rugby matches.

SUMMARY

CENTRE	Dicker (12–17 years)
HOURS	4½ hours per week (3x 1½ hour sessions)
LEVELS	Beginner, Elementary, Intermediate and Advanced
FEE	£245 per week

VENUE	Grass Pitch on-site
DAYS	Tuesday, Thursday and Friday
INSTRUCTION	One coach per 10 students
DATES	Dicker – Week 4: 21/07/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.



TENNIS

Bede's Tennis Academy offers students the opportunity to improve their tennis technique with and without the racket. There will be sessions that will specifically look at offensive and defensive actions as well as how to position and improve your tennis ability.

OBJECTIVES

- To establish ball sense skills and apply them to tennis
- To use first and second serves effectively
- To learn about court positions and where to stand when competing
- To become more tactically aware and effective in playing the game of tennis
- To develop match play techniques, skills and fitness
- To practice specific techniques to enhance consistency
- To improve students' standard of game play
- To broaden vocabulary relating specifically to tennis.

SUMMARY

CENTRES	Eastbourne, Windlesham, Royal Russell, Dicker and Lancing (6–17 years)
VENUE	Outdoor hard tennis courts on-site
HOURS	4½ hours per week (3x 1½ hour sessions)
DAYS	Eastbourne, Windlesham, Dicker and Lancing – Tuesday, Thursday and Friday Royal Russell – Monday, Wednesday and Friday
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	One coach per 10 students
FEE	£245 per week
DATES	Eastbourne, Windlesham, Royal Russell, Dicker and Lancing – All Weeks

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.