



RSC SUMMER COACHING CAMP 2010 (5th April 2010 to 22nd May 2010)

Ph: 2204068, 2205071

Sl. No.	Disciplines	Coach	Timings	Mem.	Fees Non Mem.
1	Aerobics (ladies only) (Its new version)	Mrs. Rani Navaz for more details: 96333 00533	8 am - 9 am & 9 am - 10 am Monday - Friday Tuesday & Thursday 9 am - 10 am only	1100/-	1200/-
2	Basket Ball (9-12 years)	V. T. Xavier	9 -11 am (Beginners) 4 - 6 pm (Advanced)	Rs. 800/-	Rs. 900/-
3	Billiards & Snooker	Sadanandan M.S.	9 am to 12 noon & 3 pm to 6 pm	Rs. 800/-	Rs. 1000/-
4	Checkers / Draughts (2 batches) <i>1st Batch - 5th to 30th April</i> <i>2nd Batch - 3rd to 22 nd May</i>	Sam Joseph	9 am to 10 am (3 days a week) <i>Mon, Wed & Fridays</i>	Rs. 500/-	Rs. 600/-
5	Chess	Antony M.D (KSSC) & Alfred K.V	3 pm to 4:30 pm (Beginners) 4:30 pm to 6 pm (Advanced)	Rs. 600/- Rs. 600/-	Rs. 700/- Rs. 700/-
6	Football (3 batches)	Hony.Supervison - K.Gokulan	3.30 to 4.30 pm, 4.30 pm to 5.30 pm & 5.30 pm to 6.30 pm	Rs. 300/-	Rs. 400/-
7	Fencing	KSSC Coach	4.30 pm - 5 pm <i>Monday - Thursday</i>	Rs. 600/-	Rs. 750/-
8	Handball	Bennysen		Rs. 200/-	Rs. 300/-
9	Karate	T. S. Ivan Jojo Joseph	5 pm to 6 pm (Beginners) 6 pm to 7.30 pm (Advanced) <i>Monday, Wednesday, Friday</i>	Rs. 500/-	Rs. 750/-
10	Kalari	Abdul Jaleel Gurukkal .	10 am to 11.00 am	Rs.500/-	Rs.750/-
11	Kung Fu	Sabu Sebastian	5 pm to 6.30 pm <i>Tuesday, Thursday, Saturday</i>	Rs. 500/-	Rs. 750/-
12	Magic Class <i>(for children above 10 years)</i>	Nilambur Sethumadhavan	10 am - 11 am (10 to 12 years) 11 am to 12 noon (12 to 15 years) <i>Monday, Wednesday, Friday</i>	Rs. 750/-	Rs. 1000/-
13	Scrabble (2 batches) <i>1st Batch - 5th to 30th April</i> <i>2nd Batch - 3rd to 22 nd May</i>	Sam Joseph	10 am - 11 am (3 days a week) <i>Monday, Wednesday, Friday</i>	Rs. 400/-	Rs. 500/-
14	Powertraining & Powerlifting <i>1st Batch - 5th to 30th April</i> <i>2nd Batch - 3rd to 22 nd May</i>	Sam Joseph	7.30 am - 8.30 am (3 days a week) <i>5 pm to 6 pm (Mon, Wed & Friday)</i>	Rs. 300/-	Rs. 400/-

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15	Skating	Anil Kumar Menon Ajith Kumar Menon	7.30 am - 9 am & 3 pm - 4.30 pm 4.00 pm to 5.00 pm (Advanced)	Rs. 800/-	Rs. 1000/-
16	Shuttle Badminton (2 batches) Beginners (7 to 12 years) 1st Batch - 5th to 30th April 2nd Batch - 3rd to 22nd May Advanced Stage I 1st Batch - 5th to 30th April 2nd Batch - 3rd to 22nd May	B. G. Thampi (NIS), Sreekanth " " Bose Ninan (NIS) Hon. Supervision, Antony " "	9 am to 10.30 am & 2 pm to 3.30 pm " " 3.30 pm to 5.30 pm " "	Rs. 800/- " " Rs. 1000/- "	Rs. 1200/- " " Rs. 1500/- "
17	Swimming - Beginners (3 batches) 1st Batch - 5th to 23rd April 2nd Batch - 24th Apr.-13th May 3rd Batch - 14th to 31th May Swimming (Advanced) Intermediate (20 days) Regular / Advanced (for 2 months)	C.J. Robert / T.K.Pradeep Winner Thomas / P.M.Susheela " P. M. Susheela V. T. Prasanna (NIS)	8.30 am to 10 am 9.30 am to 11 am 1.30 pm to 3 pm 10.30 - 12 noon (ladies only) 2.30 pm to 3.45 pm 3.45 pm to 5.30 pm	Rs. 1000/- " " " Rs. 1000/- Rs. 1200/-	Rs. 1200/- " " " Rs. 1300/- Rs. 1600/-
18	Table Tennis Beginners Regular/Advanced	B. Sudheendran & Gladyson Correya "	7.30 am to 9 am & 3 pm to 5 pm 5 pm to 7 pm	Rs. 750/- Rs. 900/-	Rs. 1000/- Rs. 1200/-
19	Taekwondo	Jeevarajan.P.K.	4 pm to 5 pm (Beginners) 5 pm to 6.30 pm (Advanced) <i>Monday, Wednesday, Friday</i>	Rs. 500/-	Rs. 750/-
20	Tennis	RSC - MBTT (for more details please contact RSC office)	Six days weekly camp (Total 8 camps)	Rs.600/-	Rs.750/-
21	Volley Ball	Xavier Louis	2.30 pm to 4 pm	Rs. 500/-	Rs. 750/-
22	Yoga	S.Srikkanth, S.Ayyappan S.Rajendran	8 am to 9 am (Tuesday & Thursday)	Rs. 750/-	Rs. 1000/-
23	Piano	Ann	5.30 - 6.30 pm (Monday & Thursday)	Rs. 750/-	Rs. 1000/-
24	Hobbies - Summer Camp <i>5th to 30th April (20 days)</i>	Art, Painting, needle work, dance, creative craft, magic, cookery, etc.	10 am to 12 noon 2 pm to 4 pm	Rs. 1500/-	Rs. 1500/-

N.B. The Coaching Fee is inclusive of a Cultural Programme followed by "Dinner" on the culmination day of the Summer Coaching Camp, i.e. the Annual Day on 22nd May 2010. Dinner Coupons includes 'lucky dip' coupons also.

Swimming will be open strictly for children over 7 years of age.

Golf, Horse Riding, Sailing & Scuba Diving coaching classes will be provided at other venues in association with RSC.

For specific details and brochure contact Sam Joseph - 9846042421.