



Sports on Saturdays

Swimming

Lessons take place in the **heated indoor swimming pool**, and are taught by **qualified trainers** from the school's sports and extracurricular activities club.

The pool has all the facilities necessary to teach classes adapted to different age groups. It also complies with all **safety regulations** and is specially designed to give swimming lessons for very small children.

The trainers remain standing throughout the entire lesson, and there is a closed off area/safe area where the children can wait while their monitor gets into the water with them.

Each of our courses includes a series of objectives for each trainer to work on, so that the swimmers can see an improvement every term.

Essential equipment for swimming sessions: swimsuit, diving goggles, a swimming cap, flip flops and a towel. In the school store you can find everything you need to practise this sport.

Aquagym

This sport is taught by **Carmen María Moreno**, a swimming trainer with many years' experience in our sports and extracurricular activities club.

These sessions are given in the **heated indoor swimming pool** and guarantee gentle, **physical exercise** that can help to relieve back and joint pain. In addition, the music and choreography that accompany this sport make it much more enjoyable to do!

Essential equipment for the classes includes: swimsuit, diving goggles, a swimming cap, flip flops and a towel.



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Tennis and Paddle tennis

The lessons take place on the **two outdoor tennis courts or the paddle tennis court**. The trainers in charge of these sports are professionals who teach throughout the whole academic year in the school sports and extracurricular activities club.

The classes are given to **reduced groups** and, depending on the age of the players, the trainers will work on a series of objectives which the students must meet in order to advance in this exciting sport.

During the year, we organise **tournaments** with other clubs so that students can also acquire competitive skills.

Essential equipment for the classes: tennis or paddle tennis racquet, sports shoes specifically designed for this sport and appropriate sports clothes.

Judo

The trainer for this activity is the elite judoka, **David Fernández**, Overall Spanish Champion as well as a European Cup and World Cup medallist, among many other titles. The classes are given in the **martial arts gymnasium** and during the course of the year, students will work intensively in order to attain **their next coloured belt**.

Essential equipment for judo classes: Regulation judoka kit with the belt corresponding to their level.

Ballet

The prestigious **Mari Cruz Alcalá ballet academy** collaborates with Caxton College to teach and develop this artistic discipline. Teachers from the school ensure that the students maintain the correct discipline and training that will enable them to take the **Royal Academy examinations**.

Essential equipment for the classes: Pink tutu (without a skirt), ballet shoes, tights and hair tied back.



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Latin dance

This activity is led by the **professional Venezuelan dancer, Jonathan Feliz** who, through the rhythms of Latin music, ensures that the students feel energetic and cheerful while they exercise their minds and bodies. These classes are taught in the **three dance classes** available in the school's Sports Centre.

Essential equipment for the classes: sports clothes

Personal Training sessions

This activity, under the guidance of a **professional trainer**, can be carried out in the **school's outdoor sports facilities or in the fitness room** which is equipped with everything necessary for intensive training: elliptical trainers, treadmills, exercise bikes with different positions, a deadlifting bar and much more.

Essential equipment for the classes: sports clothes.