



# TENNIS PROGRAMME

## April - August 2012



HILLS ROAD

SPORTS & TENNIS CENTRE

01223 500009

Purbeck Road, Cambridge, CB2 8PF.

- A range of enjoyable courses for beginner, improver, intermediate & advanced adult tennis players.
- All our coaches are fully qualified and have excellent experience.
- Great value for money.
- **Please note - booking onto one course does not give you priority for the following courses.**
- **All courses must be booked and paid for in advance—please book early to avoid disappointment.**
- **Payment must be made at least two weeks before the course start date. After this time you will automatically be removed from the course.**

**BOOKINGS WILL BE TAKEN FROM MONDAY 26th MARCH ONWARDS**

Bookings, both face-to-face and telephone, will be taken **from 7.00am. Priority will not be given to customers who come in person**, giving people an equal opportunity to book.

## COACHING COURSES

### Beginner Courses

Learn the basics in a fun and relaxed environment.

COURSE	DAY	TIME	COST	Length	DATES
			Mem / Non-Mem		
ST1BEG 1	Wednesday	7.30 - 8.45pm	£51.60/£68.80	6 wks	April 18 <sup>th</sup> - May 23 <sup>rd</sup>
ST1BEG 2	Wednesday	7.30 - 8.45pm	£51.60/£68.80	6 wks	June 13 <sup>th</sup> - July 18 <sup>th</sup>
ST1BEG 3	Wednesday	7.30 - 8.45pm	£51.60/£68.80	6 wks	July 25 <sup>th</sup> - Aug 29 <sup>th</sup>
ST1BEG 4	Thursday	8.45 - 10.00pm	£51.60/£68.80	6 wks	April 19 <sup>th</sup> - May 24 <sup>th</sup>
ST1BEG 5	Thursday	8.45 - 10.00pm	£51.60/£68.80	6 wks	June 14 <sup>th</sup> - July 19 <sup>th</sup>
ST1BEG 6	Thursday	8.45 - 10.00pm	£51.60/£68.80	6 wks	July 26 <sup>th</sup> - Aug 30 <sup>th</sup>

### Improver Courses

An enjoyable course for those who have played a little bit and would like to make some improvements to their game.

COURSE	DAY	TIME	COST	Length	DATES
			Mem / Non-Mem		
ST2IMP 1	Thursday	7.30 - 8.45pm	£51.60/£68.80	6 wks	April 19 <sup>th</sup> - May 24 <sup>th</sup>
ST2IMP 2	Thursday	7.30 - 8.45pm	£51.60/£68.80	6 wks	June 14 <sup>th</sup> - July 19 <sup>th</sup>
ST2IMP 3	Thursday	7.30 - 8.45pm	£51.60/£68.80	6 wks	July 26 <sup>th</sup> - Aug 30 <sup>th</sup>
ST2IMP 4	Wednesday	8.45 - 10.00pm	£51.60/£68.80	6 wks	April 18 <sup>th</sup> - May 23 <sup>rd</sup>
ST2IMP 5	Wednesday	8.45 - 10.00pm	£51.60/£68.80	6 wks	June 13 <sup>th</sup> - July 18 <sup>th</sup>
ST2IMP 6	Wednesday	8.45 - 10.00pm	£51.60/£68.80	6 wks	July 25 <sup>th</sup> - Aug 29 <sup>th</sup>

### Intermediate Courses

For those players wanting to sharpen up their game and improve their technique.

COURSE	DAY	TIME	COST	Length	DATES
			Mem / Non-Mem		
ST3INT 1	Tuesday	7.30 - 8.45pm	£51.60/£68.80	6 wks	April 17 <sup>th</sup> - May 22 <sup>nd</sup>
ST3INT 2	Tuesday	7.30 - 8.45pm	£51.60/£68.80	6 wks	June 12 <sup>th</sup> - July 17 <sup>th</sup>
ST3INT 3	Tuesday	7.30 - 8.45pm	£51.60/£68.80	6 wks	July 24 <sup>th</sup> - Aug 28 <sup>th</sup>

## Intermediate Courses (cont.)

COURSE	DAY	TIME	COST	LENGTH	DATES
ST3INT 4	Tuesday	8.45 - 10.00pm	£51.60/£68.80	6 wks	April 17 <sup>th</sup> - May 22 <sup>nd</sup>
ST3INT 5	Tuesday	8.45 - 10.00pm	£51.60/£68.80	6 wks	June 12 <sup>th</sup> - July 17 <sup>th</sup>
ST3INT 6	Tuesday	8.45 - 10.00pm	£51.60/£68.80	6 wks	July 24 <sup>th</sup> - Aug 28 <sup>th</sup>

## Tennis at Ten - ish!

An enjoyable and fun social tennis session, which also provides an opportunity to be coached. This course is aimed at the intermediate player (additional course running throughout July & August)!

COURSE	DAY	TIME	COST	LENGTH	DATES
ST5TEN 1	Monday	10.30 - 12.00pm	£51.60/£68.80	6wks	April 16 <sup>th</sup> - May 28 <sup>th</sup> (excl. May 7 <sup>th</sup> B/H)
ST5TEN 2	Tuesday	10.00 - 11.30am	£51.60/£68.80	6 wks	April 17 <sup>th</sup> - May 22 <sup>nd</sup>
ST5TEN 3	Wednesday	10.00 - 11.30am	£51.60/£68.80	6 wks	April 18 <sup>th</sup> - May 23 <sup>rd</sup>
ST5TEN 4	Thursday	10.00 - 11.30am	£51.60/£68.80	6 wks	April 19 <sup>th</sup> - May 24 <sup>th</sup>
ST5TEN 5	Monday	10.30 - 12.00pm	£51.60/£68.80	6 wks	June 11 <sup>th</sup> - July 16 <sup>th</sup>
ST5TEN 6	Tuesday	10.00 - 11.30am	£51.60/£68.80	6 wks	June 12 <sup>th</sup> - July 17 <sup>th</sup>
ST5TEN 7	Wednesday	10.00 - 11.30am	£51.60/£68.80	6 wks	June 13 <sup>th</sup> - July 18 <sup>th</sup>
ST5TEN 8	Thursday	10.00 - 11.30am	£51.60/£68.80	6 wks	June 14 <sup>th</sup> - July 19 <sup>th</sup>
ST5TEN 9	Monday	10.30 - 12.00pm	£43.00/£57.40	5 wks	July 23 <sup>rd</sup> - August 20 <sup>th</sup>
ST5TEN 10	Tuesday	10.00 - 11.30am	£43.00/£57.40	5 wks	July 24 <sup>th</sup> - August 21 <sup>st</sup>
ST5TEN 11	Wednesday	10.00 - 11.30am	£43.00/£57.40	5 wks	July 25 <sup>th</sup> - August 22 <sup>nd</sup>
ST5TEN 12	Thursday	10.00 - 11.30am	£43.00/£57.40	5 wks	July 26 <sup>th</sup> - August 23 <sup>rd</sup>

## Early Birds A course for improver/intermediate levels who like to see the sunrise!

COURSE	DAY	TIME	COST Mem / Non-M	Length	DATES
ST TEN EB1	Thursday	7.15am-8.30am	£51.60/£68.80	6 wks	April 19 <sup>th</sup> - May 24 <sup>th</sup>
ST TEN EB2	Thursday	7.15am-8.30am	£51.60/£68.80	6 wks	June 14 <sup>th</sup> - July 19 <sup>th</sup>
ST TEN EB3	Thursday	7.15am-8.30am	£51.60/£68.80	6 wks	July 26 <sup>th</sup> - August 30 <sup>th</sup>

## Tennis Drills and Skills

A course designed to concentrate specifically on drills, tactics and match play.

COURSE	DAY	TIME	COST Mem / Non-M	Length	DATES
ST6SKIL 1	Monday	7.30pm - 9.00pm	£51.60/£68.80	6 wks	May 14 <sup>th</sup> - June 25 <sup>th</sup> (No session Monday 4 <sup>th</sup> June)
ST6SKIL 2	Monday	7.30pm - 9.00pm	£51.60/£68.80	6 wks	July 2 <sup>nd</sup> - Aug 6 <sup>th</sup>

**Social Tennis** Please note this is a 'first come first served' session — **payment not accepted before 6pm on the day** — and unfortunately admission cannot be guaranteed. In bad weather, when outdoor courts cannot be used, places will be limited to 24.

DAY	TIME	COST (Mem / Non-mem)	DESCRIPTION
Sundays	7.00pm - 9.00pm	£5.10/£6.50	Our highly popular social tennis evening continues into the summer. Everyone welcome, with or without a partner, for an opportunity to play some enjoyable doubles.

## Singles Box League

This gives people the opportunity to play singles against players of a similar standard. All players welcome. To enter the box league please collect an application form from the Centre reception..

**Bookings will be taken from Mon 26th March onwards.**

All courses must be booked and paid for in advance - please book early to avoid disappointment. Payment MUST be made at least two weeks before the course start date. After this time you will automatically be removed from the course.

Please make cheques payable to 'Cantabrigian Ltd'. For further information please contact the Centre reception on (01223) 500009.