



# **HILLS ROAD SPORTS & TENNIS CENTRE**

**1st August 2017 - 31st July 2018**

**[www.hillsroadsportscentre.co.uk](http://www.hillsroadsportscentre.co.uk)**

**01223 500009**

# **Welcome to Hills Road Sports & Tennis Centre, the sports centre with something for everyone.**

The Sports and Tennis Centre has been open since September 1996, and has established itself as an affordable, popular and high quality local facility which is open to everyone, whatever your age or ability. We're proud to be friendly, relaxed and fun, whilst still offering our customers the very best professional service.

## ***Membership***

Our membership allows you to book 7 days in advance and also receive approx. 25% discount.

(Unfortunately membership cannot guarantee availability & only applies to the centre facilities/classes)

For more information or a membership form please ask at reception.

**Adults £81.00**

**Family £113.00**

**Junior £33.00**

**Over 60 £48.00**

**Students (full time) £33.00**

## ***Corporate Membership***

**Corporate membership is available on request.**

**Please contact the Centre for more details or email Kate,  
[kstarling@hillsroad.ac.uk](mailto:kstarling@hillsroad.ac.uk)**

# Tennis

We have four acrylic indoor tennis courts, which have recently been refurbished, ideal for those who like to continue playing tennis throughout the winter.



**Indoor Off Peak**      **Members £13.40**  
**Non-Members £17.90**

**Indoor Peak**              **Members £20.60**  
**Non-Members £27.50**

**Indoor w/end Special**      **Members £15.70**  
**Non-Members £20.90**

We also have six outdoor tennis courts - two Conipur clay courts, two acrylic, courts and two macadam courts. The macadam courts are also floodlit so you can continue playing outdoors until 10pm.



**Outdoor**                      **Members £8.50**  
**Non-Members £11.30**

**Outdoor with Floodlights**      **Members £11.20**  
**Non-Members £14.30**

\*All activities are 1 hour unless stated otherwise (including equipment set-up/takedown)\*

# Cricket

The cricket hall has two nets and a specially designed playing surface called Uni-Turf. It has an anti-reflection embossed surface which ensures a positive true bounce plus the ability to take spin. We have two 'Bola' machines, which are capable of bowling spin and swing, as well as deliveries of up to 90 mph if you want to test your defensive batting techniques.



**2 Nets Peak**

**Members £28.60**

**Non-Members £38.10**

**1 Net Peak**

**Members £14.30**

**Non-members £19.05**

**2 Nets Off Peak**

**Members £24.20**

**Non-Members £32.30**

**1 Net off Peak**

**Members £12.10**

**Non-Members £16.15**

**1 Net + Bowling Machine**

**Members £19.70**

**Non-Members £26.00**

## Sports Hall

The Sports Hall is marked out to accommodate all sports such as football, basketball, badminton etc.

**Badminton Peak**

**Members £11.20**

**Non-Members £14.80**

**Badminton Off Peak**

**Members £8.60**

**Non-Members £11.30**

**5v5/Volleyball/Basketball Peak**

**Members £48.70**

**Non-Members £64.90**

**5v5/Volleyball/Basketball Off Peak**

**Members £34.80**

**Non-Members £46.30**



# Squash

We have one squash court which can also be used for racquetball, or table tennis. Squash court bookings are in 45 minute sessions.



<b>Weekdays</b>	<b>Members £7.60</b>
	<b>Non-Members £10.10</b>
<b>Weekends</b>	<b>Members £4.70</b>
	<b>Non-Members £6.30</b>

## Table Tennis

You can hire one or all of our five table tennis tables on a pay-and-play basis, two of which can be used by wheelchair users. These are mainly used in the Gallery but can be used elsewhere if the Gallery is unavailable.

**Per Table**  
**Members £6.10**  
**Non-members £7.90**  
**per hour.**





# Aspirations Fitness Suite

Before you can use the fitness equipment at Aspirations, you must undertake a short but comprehensive induction with the fitness consultant. This is a one off fee of £10 per induction.



**Casual Session Peak**

**Members £4.90**

**Non-Members £6.40**

**Casual Session off Peak**

**Members £3.90**

**Non-Members £5.00**

**12 for 10 Peak**

**Members £49.00**

**Non-Members £64.00**

**12 for 10 Off Peak**

**Members £39.00**

**Non-Members £50.00**

**\*Standing Order Monthly Payment £28**

**\*Gold Card 1 year unlimited £280**

## Vibration Training

Situated in the Sanctuary, vibration training plates provide a speedy workout to increase tone and flexibility, by using vibrations to stimulate the muscles to expand and contract at a much faster rate.



**Vibration Training Plates**

**Member £3.90**

**Non-Member £5.00**

**Vibration Training Plates 12 for 10**

**Members £39.00**

**Non-Members £50.00**

\* Membership is included with these two payment methods. If you intend to train more than twice a week, we recommend the GOLD CARD or STANDING ORDER.

# Pay & Play

## Social Badminton

A fun sociable way to meet new people by playing in a variety of doubles games.

**Monday 6pm - 8pm**

**Saturday 12pm - 2pm**

**Members £5.50**

**Non-Members £7.20**

(Improver standard and up)

## Social Tennis

Everyone welcome, with or without a partner, for an opportunity to play some enjoyable doubles.

**Sunday 7pm - 9pm**

**Members £5.70**

**Non-Members £7.50**

(Improver standard and up)

\*Please note, this activity has limited places - first come first served basis\*

## Tennis Skills & Drills

These sessions are designed to focus specifically on drills, tactics & match play.

**Monday 7.30pm - 9pm**

**Members £5.90**

**Non-Members £7.80**

(Improver standard and up)

\*Please note, this activity has limited places - first come first served basis\*

## Cardio Tennis

Fun session open to adults of all abilities. You will get to hit lots of tennis balls as well as having a great cardio workout.

**Saturday 8.00am-9.00am**

**Members £4.90**

**Non-members £6.10**

No need to book!

**Adult tennis courses & one to one tennis lessons are also available.  
Please ask at reception for further details or email**

**Natalie@hillsroad.ac.uk**

# ***The Gallery***

The Gallery is a large room which overlooks the sports hall and also has access to viewing areas for the squash court & the cricket hall. It is ideal for holding martial arts classes, aerobics, meetings & birthday parties. It is also used for soft play parties.



## ***Multi Purpose Room***

The multi purpose room is a smaller room which is situated in the corner of the sports centre. With its mirrored wall, it is ideal for dance classes, pilates & yoga. It's also suitable for smaller aerobics classes, meetings & training sessions.



**Cost Per hour**

**£24.10**



# ***Soft Play Birthday Parties***

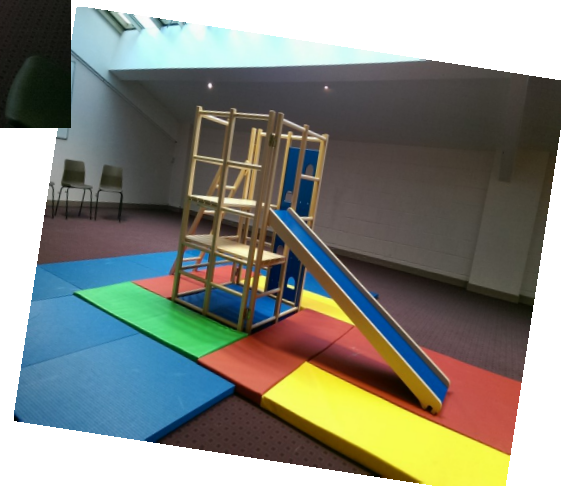
**We have a range of soft play equipment and toys to create a fun party.**

**Bring along your own party food & drinks  
(tables and chairs provided).**

**£40 per hour**

**Contact us for further details 01223 500009.**

**(Please note these parties must have adult supervision)**



# Birthday Parties

The Sports Hall, Cricket Hall & The Gallery are available to hire for birthday parties. These **are not** supervised by Sports Centre staff but contact details for party organisers are available.



The Sports Hall is available for activities such as football, basketball, badminton, uni-hock, volleyball etc.

**Cost per hour**

**Members £48.70**

**Non-members £64.90**

The Cricket Hall is available for activities such as cricket, slacklining & use of the traversing wall.

**Cost per hour**

**Members £28.60**

**Non-members £38.10**



If the Gallery is required for food & party games after the main activities this is offered at an additional £10 per hour.

For more information please contact the Sports Centre  
01223 500009.

# Party Organisers

Why not hire one of our recommended party organisers to help make your children's birthday party that little bit more special.

## First Choice Coaching

Our parties are perfect for sports & dance fanatics of all ages, and guarantee a fun & memorable experience

[www.firstchoicecoaching.co.uk](http://www.firstchoicecoaching.co.uk)

07900263700

[firstchoicecoaching@outlook.com](mailto:firstchoicecoaching@outlook.com)

## Kids Football Parties Cambridge

Experienced football coaches will deliver a fun filled & educational party that is customised to your child's need and age.

From age 4 upwards.

07814754520

[bookings@kidsfootballpartiescambridge.co.uk](mailto:bookings@kidsfootballpartiescambridge.co.uk)

[www.kidsfootballpartiescambridge.co.uk](http://www.kidsfootballpartiescambridge.co.uk)

## Neil O' Donohue

Tennis & multisport parties run by a fully qualified tennis instructor and sports teacher. Will customise on request.

Please call/email:

07841614131

[neilodonohue1@gmail.com](mailto:neilodonohue1@gmail.com)

## Can B Fit

Multisport parties for all ages run by a qualified fitness professional & teaching assistant

Paul Risdon

07568592995

[prisdon@can-b-fit.co.uk](mailto:prisdon@can-b-fit.co.uk)

[www.can-b-fit.co.uk](http://www.can-b-fit.co.uk)

## Little Kickers

Football parties for age 18months to 7th birthday

Ashley Jordan

07928765121

[ajordan@littlekickers.co.uk](mailto:ajordan@littlekickers.co.uk)

[www.littlekickers.co.uk](http://www.littlekickers.co.uk)

## Cambridge Kung Fu

Kung Fu games that are physical and different to typical party games.

01223 368299

[email@cambridgekungfu.com](mailto:email@cambridgekungfu.com)

[www.cambridgekungfu.com](http://www.cambridgekungfu.com)

# **CAN-B-FIT**

## ***Fitness Classes & Sports Massage***

**Paul Risdon**

**07568592995**

**prisdon@can-b-fit.co.uk**

**www.can-b-fit.co.uk**

### **Bootcamp**

An intensive group training program built to get results in the quickest way possible burning 100's of calories, improving strength, fitness and muscle definition.

**Monday, Wednesday, Friday**

**6.45 - 7.30am**

### **Boxercise**

A full body interval workout based on four types of punches while combining boxing movements with aerobic exercises.

**Tuesday, Thursday**

**7.30 - 8.15am**

### **Slam-Ball**

An exercise class based around a multitude of different exercises with a slam ball. You will get a full body workout burning hundreds of calories per session which is also a great way to relieve stress and any frustrations you may have by having fun at the same time.

**Tuesday**

**5.30 - 6.30pm**

### **Personal Training**

Whatever your goals in life whether it is to lose weight, tone up, get fit or just having the sense of general well being, then I can help you with one to one training without the distraction of others around.

**Available**

**throughout the week**

**Subject to availability**



# ***Martial Arts***

## **Kuk Sool Won**

Tuesdays 7.30 - 9.00pm

First hour children

Second hour adults

Darren Hart 07717886917

[www.kswcambridge.co.uk](http://www.kswcambridge.co.uk)

[www.kwcbl.co.uk](http://www.kwcbl.co.uk)

## **Karate**

Beginners to advanced

8 years to adult

Thursday 7.00 - 8.00pm

Ken Henville 01223 362321

07801551689

[www.cambridgetemplekarate.co.uk](http://www.cambridgetemplekarate.co.uk)

## **Kung Fu**

Children from 2 years upwards

Saturday 9.00 - 12.00pm

01223 368299

[www.cambridgekungfu.com](http://www.cambridgekungfu.com)

## **Aikido**

Monday 7.30 - 9.00pm

Wednesday 7.00 - 8.30pm

John Longford 01223 529899

[www.cambridge-aikido.com](http://www.cambridge-aikido.com)

# ***Drama***

## **Perform!**

**Age 4-7 years**

Weekly workshops work wonders for their confidence, concentration & social skills as well as giving them the best fun they'll have all week.

Free introductory class!

0845 400 4024

[sophieladds@perform.org.uk](mailto:sophieladds@perform.org.uk)

[www.perform.org.uk](http://www.perform.org.uk)

# ***External Clubs & Classes***

## **Aerobics**

Thursday 10.00 - 11.00am

Heartbeat Fitness

Marlene Sharpe-Westwood

01223 571431

heartbeatfitness@ntlworld.com

www.heartbeatfitnessclasses.co.uk

## **Kettlebells**

The perfect combination of strength, cardiovascular fitness, explosive power, balance, mobility, agility and fat loss

Wednesday 12.40 - 1.40pm

will@cambridgekettlebells.co.uk

www.cambridgekettlebells.co.uk

## **VI Tennis**

Tennis for visually impaired players

Tuesdays 12 - 2pm

Vi-tennis-Cambridge@vi-at.co.uk

enquiries@vision4growth.org.uk

www.vision4growth.org.uk

## **Junior Korfball**

Cambridge City Korfball

secretary@camcitykorf.co.uk

www.camcitykorf.co.uk

## **Junior Football**

Age 18 mths to 7th birthday

Ashley Jordan 07928765121

ajordan@littlekickers.co.uk

www.littlekickers.co.uk

# ***Tennis & Multi-Sport Holiday Camps***

with Neil O'Donohue (licensed coach PE teacher)

in partnership with and located at Hills Road Sports & Tennis centre

For children aged 5-13 years of age.

The camps run during the school holidays.

**For further details and to make bookings please contact:**

**neil.odonohue1@gmail.com or telephone 07841 614131**

# Pilates & Yoga

## Move Better Pilates

Nicki O'Clarey  
07941620186  
nicki@movebetter.co.uk  
www.movebetter.co.uk

## Pilates

Ashley Styring  
ashley.styring@gmail.com

## Yoga

Tiffany Thorne  
tiffanythorne@gmail.com

## Sanctuary

Comfortable and well-equipped, the Sanctuary provides the means to offer a range of treatments to meet all your therapeutic needs, including Aromatherapy, Holistic massage, Physiotherapy & Remedial Sports Massage/Sports Injury Massage



Per Hour	£9.10
Half Day	£27.20
Full Day	£48.00

## Sports Therapists & Massage

### Cambs Therapy

Dr Rod Dunn  
07958943183/ 01733 321185  
info@cambstherapy.co.uk  
www.cambstherapy.co.uk

### The Expert Physio

Khaled Esmair  
07838320838  
Khaled\_yakob@yahoo.co.uk  
www.theexpertphysio.co.uk

### CAN-B-FIT Sports Massage

Paul Risdon  
07568 592995  
prisdon@can-b-fit.co.uk  
www.can-b-fit.co.uk

### Elena Gonzalez

Aromatherapist, Manual Lymphatic  
Drainage Practitioner, Reiki Master,  
Trigger Point Therapy,  
Masseuse (incl Pregnancy massage)  
07838 200237  
elenamassageincambridge@gmail.com

# Opening Hours

**Monday - Friday**

**7am - 10.30pm**

**Saturday & Sunday**

**8am - 9pm**

## ***Fitness Suite Off Peak***

**Monday - Friday**

**9am - 5pm**

**9pm - 10.30pm**

**Saturday & Sunday**

**8am - 9pm**

## ***Sports Centre Off Peak***

**Monday - Friday**

**7am - 6pm**

**Saturday & Sunday**

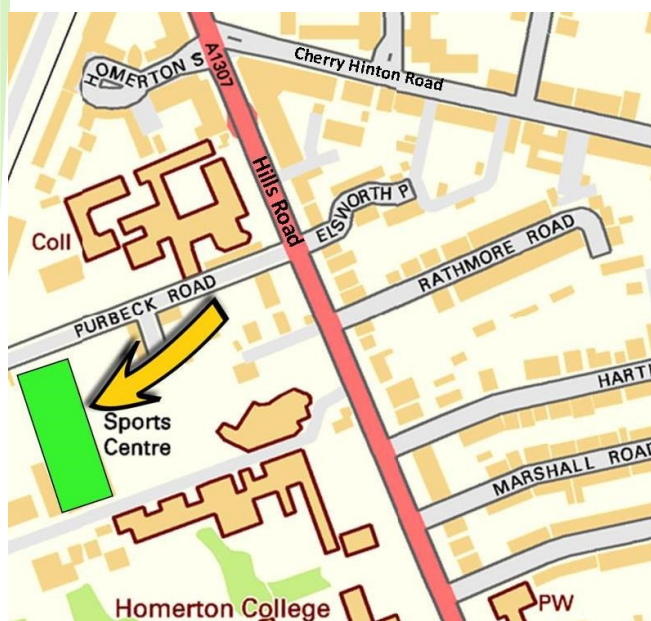
**6pm - 9pm**

## ***Contact Us***

**Purbeck Road,  
Cambridge,  
CB2 8PF**

**[www.hillsroadsportscentre.co.uk](http://www.hillsroadsportscentre.co.uk)**

**Tel: 01223 500009**



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