

# TENNIS PROGRAMME

## April - August 2019



HILLS ROAD  
SPORTS & TENNIS CENTRE

01223 500009

Purbeck Road, Cambridge, CB2 8PF

- A range of enjoyable courses for beginner, improver & intermediate 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. Payment is required at the time of booking.**  
**Places cannot be reserved without payment.**

BOOKINGS WILL BE TAKEN FROM **WEDNESDAY 13th 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 (16 years plus)

Learn the basics in a fun and relaxed environment.

COURSE	DAY	TIME	COST Mem / Non-Mem	LENGTH	DATES
STA BEG 1	Monday	9pm - 10pm	£34.80/£46.00	5 wks	Apr 29th - Jun 10th*
STA BEG 2	Monday	9pm - 10pm	£34.80/£46.00	5 wks	Jun 17th - Jul 15th
STA BEG 3	Monday	9pm - 10pm	£34.80/£46.00	5 wks	Jul 22nd - Aug 19th

\*excluding 6th & 27th May (Bank Holiday)

### Improver Courses (16 years plus)

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 Mem / Non-Mem	LENGTH	DATES
STA IMP 1	Wednesday	7.30pm - 8.45pm	£51.60/£68.80	5 wks	Apr 24th - May 22nd
2	Wednesday	8.45pm - 10.00pm			
STA IMP 3	Wednesday	7.30pm - 8.45pm	£61.90/£82.50	6 wks	Jun 5th - Jul 10th
4	Wednesday	8.45pm - 10.00pm			
STA IMP 5	Wednesday	7.30pm - 8.45pm	£61.90/£82.50	6 wks	Jul 17th - Aug 21st
6	Wednesday	8.45pm - 10.00pm			

### Intermediate Courses (16 years plus)

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

COURSE	DAY	TIME	COST Mem / Non-Mem	LENGTH	DATES
STA INT 1	Tuesday	7.30pm - 8.45pm	£51.60/£68.80	5 wks	Apr 23rd - May 21st
2	Tuesday	8.45pm - 10.00pm			
STA INT 3	Tuesday	7.30pm - 8.45pm	£61.90/£82.50	6 wks	Jun 4th - Jul 9th
4	Tuesday	8.45pm - 10.00pm			
STA INT 5	Tuesday	7.30pm - 8.45pm	£61.90/£82.50	6 wks	Jul 16th - Aug 20th
6	Tuesday	8.45pm - 10.00pm			

## Tennis at Ten - ish!

An enjoyable and fun social tennis session, which also provides an opportunity to be coached. These courses are aimed at the improver/intermediate player.

COURSE	DAY	TIME	COST	LENGTH	DATES
STA TEN 1	Monday	10.00am -11.30pm	£51.60/£68.75	5wks	Apr 29th - Jun 10th*
STA TEN 2	Tuesday	10.00am -11.30am	£51.60/£68.75	5wks	Apr 23rd - May 21st
STA TEN 3	Wednesday	10.00am -11.30am	£51.60/£68.75	5wks	Apr 24th - May 22nd
STA TEN 4	Thursday	10.00am -11.30am	£51.60/£68.75	5wks	Apr 25th - May 23rd
STA TEN 5	Friday	10.00am -11.30am	£51.60/£68.75	5wks	Apr 26th - May 24th
STA TEN 6	Monday	10.00am -11.30am	£51.60/£68.75	5wks	Jun 17th - Jul 15th
STA TEN 7	Tuesday	10.00am -11.30am	£61.90/£82.50	6wks	Jun 11th - Jul 16th
STA TEN 8	Wednesday	10.00am -11.30am	£61.90/£82.50	6wks	Jun 12th - Jul 17th
STA TEN 9	Thursday	10.00am -11.30am	£61.90/£82.50	6wks	Jun 13th - Jul 18th
STA TEN 10	Friday	10.00am -11.30am	£61.90/£82.50	6wks	Jun 14th - Jul 19th

\*excluding 6th & 27th May (Bank Holiday)

## Cardio Tennis 'drop in' sessions (16 years plus)

DAY	TIME	COST (Mem / Non-mem)	DESCRIPTION
Saturdays	8.00am - 9.00am	£5.00/£6.30	These fun sessions are open to all abilities. During these sessions you will get to hit lots of tennis balls as well as having a great cardio workout.

## Tennis Skills and Drills 'drop in' Sessions

Please note this is a 'first come first served' session with places limited to 12.

DAY	TIME	COST (Mem / Non-mem)	DESCRIPTION
Mondays	7.30pm - 9.00pm	£6.00/£8.00	These sessions are aimed at improver level upwards and designed to focus specifically on drills, tactics and match play. Payment not accepted before 7pm on the day.

## Social Tennis

Please note this is a 'first come first served' session, payment not accepted before 6.30pm on the day and unfortunately admission cannot be guaranteed. In bad weather, when outdoor courts cannot be used, places will be limited to 24. For improver, intermediate and advanced players.

DAY	TIME	COST (Mem / Non-mem)	DESCRIPTION
Sundays	7.00pm - 9.00pm	£5.80/£7.70	Our highly popular social tennis evening continues. Everyone welcome, with or without a partner, for an opportunity to play some enjoyable doubles.

## Junior Tennis

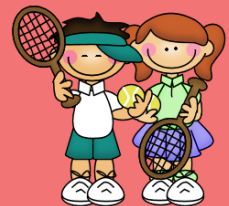
Saturdays - 27th April to 20th July - 12weeks (excludes 1st June)

5 to 8 yrs - 9.00am-10.00am

9 to 12 years - 10.00am - 11.00am

£60.00 members £78.00 non-members

Places must be booked and paid for in advance



If you would like to be placed on our mailing list for news on future tennis courses please email Kate Starling: [kstarling@hillsroad.ac.uk](mailto:kstarling@hillsroad.ac.uk)



Follow us on Facebook.

**Course bookings will be taken from 7.00am on Wed 13th March.**

**Payment is required at the time of booking. Places cannot be reserved without payment. Once started courses are non-refundable.**

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