



HILLS ROAD SPORTS & TENNIS CENTRE

Open to everyone!

**1st August 2018
- 31st July 2019**



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 £83.00

Family £116.00

Junior £34.00

Over 60 £49.00

Students (full time) £34.00

Corporate Membership

Corporate membership is available on request. Please contact the Centre for more details or email Kate:

kstarling@hillsroad.ac.uk

Pay & Play Bookings

Activities are priced per hour unless stated otherwise (including set up/take down time).
Minimum booking time for activities is 1 hour.

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 £13.80 Non-members £18.40
Indoor Peak	Members £21.20 Non-members £28.20
Indoor w/end Special	Members £16.10 Non-members £21.40



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 £8.70 Non-members £11.60
Outdoor with Floodlights	Members £11.50 Non-members £14.70

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 £29.30 Non-Members £39.00
1 Net Peak	Members £14.65 Non-Members £19.50
2 Nets Off Peak	Members £24.80 Non-Members £33.10
1 Net Off Peak	Members £12.40 Non-Members £16.55
1 Net + Bowling Machine Peak	Members £22.40 Non-Members £27.20
1 Net + Bowling Machine Off Peak	Members £20.10 Non-Members £24.40



Sports Hall

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



Badminton Peak	Members £11.40 Non-Members £15.20
Badminton Off Peak	Members £8.70 Non-Members £11.60
5v5/Volleyball/ Basketball Peak	Members £49.90 Non-Members £66.50
5v5/Volleyball/ Basketball Off Peak	Members £35.60 Non-Members £47.50

Squash

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

Weekdays	Members £7.80 Non-Members £10.40
Weekends	Members £5.10 Non-Members £6.80



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 £6.20
Non-members £8.10
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**



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 - 2 pm
Members	£5.60
Non-Members	£7.40

(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	£5.80
Non-Members	£7.70

(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	7.30 pm - 9 pm
Members	£6.00
Non-Members	£8.00

(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 am - 9 am
Members	£5.00
Non-Members	£6.30

No need to book!

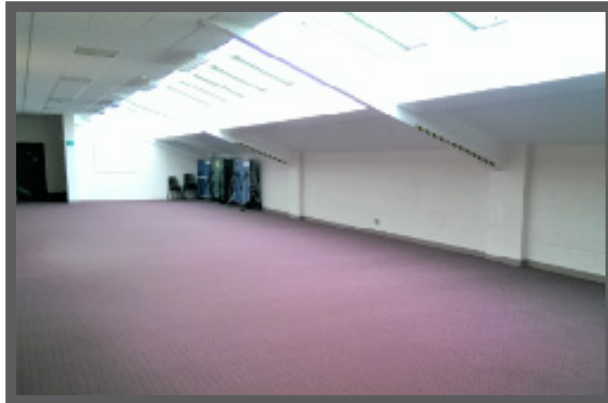
*Session starts promptly at 8 am. No admission after this time.

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
£24.70

Soft Play Birthday Parties

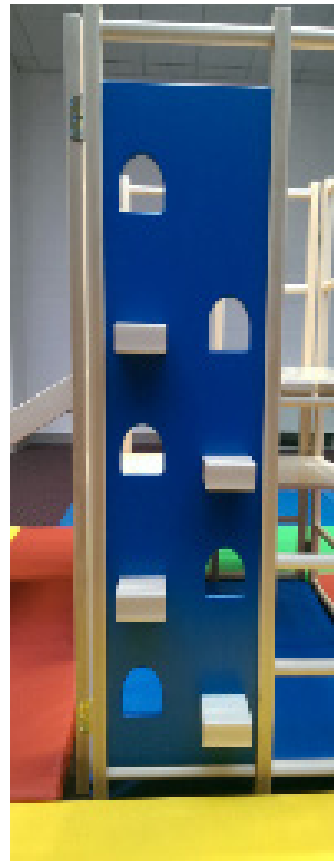
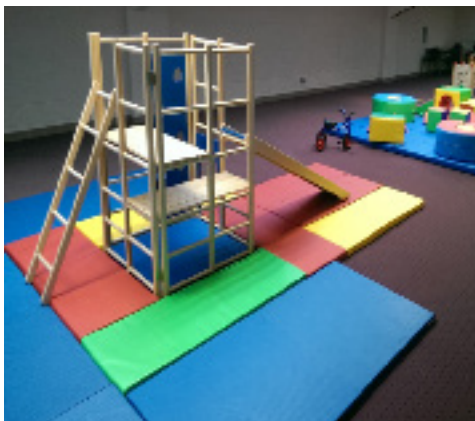
We have a range of soft play equipment and toys to create a fun party.

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.

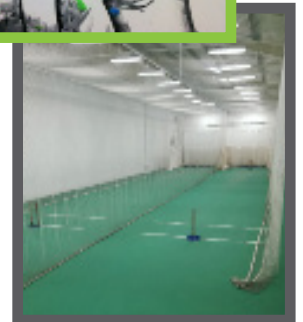


The Sports Hall is available for activities such as football, basketball, badminton, uni-hock, volleyball etc.

Cost per hour
Members £49.90
Non-members £66.50

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

Cost per hour
Members £29.30
Non-members £39.00



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
07900263700
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
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

Can B Fit

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

Paul Risdon
07568592995
paul@can-b-fit.co.uk
www.can-b-fit.co.uk

Little Kickers

Football parties for age 18 months to 7th birthday

Ashley Jordan
07928765121
ajordan@littlekickers.co.uk
www.littlekickers.co.uk

Cambridge Kung Fu

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

01223 368299
email@cambridgekungfu.com
www.cambridgekungfu.com

CAN-B-FIT

Fitness Classes & Sports Massage

Paul Risdon

07568 592995

paul@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 am - 7.30 am

and

Monday
7.30 pm - 8.15 pm



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
www.kwcbf.co.uk

Karate

Thursday 7.00 - 8.00pm

Beginners to advanced
8 years to adult

Ken Henville 01223 362321
07801551689
www.cambridgetemplekarate.co.uk

Kung Fu

Saturday 9.00 - 12.00pm

Children from 2 years
upwards

01223 368299
www.cambridgekungfu.com

Aikido

Monday 7.30 - 9.00pm
Wednesday 7.00 - 8.30pm

John Longford 01223 529899
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
www.perform.org.uk

External Clubs & Classes

Aerobics

Thursday 10.00 - 11.00 am

Heartbeat Fitness

Marlene Sharpe-Westwood

01223 571431

heartbeatfitness@ntlworld.com

www.heartbeatfitnessclasses.co.uk

VI Tennis

Tuesdays 12 - 2 pm

Tennis for visually impaired
players

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

enquiries@vision4growth.org.uk

www.vision4growth.org.uk

Kettlebells

Wednesday 12.40 - 1.40 pm

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

will@cambridgekettlebells.co.uk

www.cambridgekettlebells.co.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
www.songofyourbody.com
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	£9.40
Half Day (4 hours)	£28.20
Full Day (8 hours)	£49.60

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
paul@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

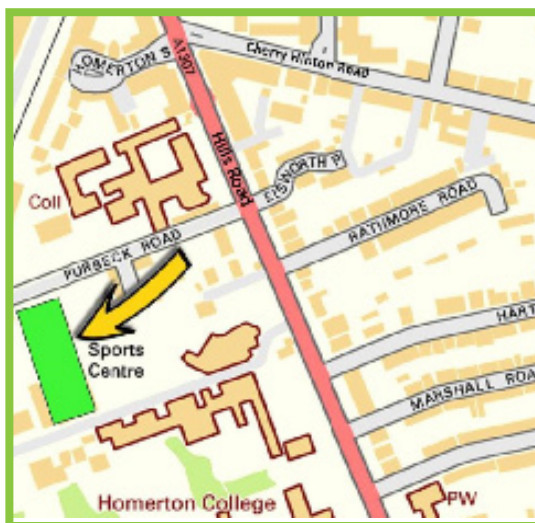
Monday - Friday	7 am - 10.30 pm
Saturday & Sunday	8 am - 9.00 pm

Fitness Suite Off Peak

Monday - Friday	9 am - 5 pm 9 pm - 10.30 pm
Saturday & Sunday	8 am - 9.00 pm

Sports Centre Off Peak

Monday - Friday	7 am - 6 pm
Saturday & Sunday	6.00 pm - 9.00 pm



Contact Us



Purbeck Road,
Cambridge,
CB2 8PF

www.hillsroadsportscentre.co.uk
Tel: 01223 500009

