



# TENNIS PROGRAMME

## April - August 2020



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 and places cannot be reserved without payment.**

BOOKINGS WILL BE TAKEN FROM **7.00AM** IN PERSON OR BY TELEPHONE ON THE FOLLOWING DAYS:

**JUNIORS - TUESDAY 17th MARCH**  
**IMPROVER/INTERMEDIATE - WEDNESDAY 18th MARCH**  
**TENNIS@TEN - THURSDAY 19th MARCH**

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 2	Monday Thursday	9pm-10pm	£51.00/£68.00	6 wks	Apr 20th - Jun 1st Apr 23rd - Jun 4th
STA BEG 3 4	Monday Thursday	9pm-10pm	£51.00/£68.00	6 wks	Jun 8th - Jul 13th Jun 11th - Jul 16th
STA BEG 5 6	Monday Thursday	9pm-10pm	£51.00/£68.00	6 wks	Jul 20th - Aug 24th Jul 23rd - Aug 27th

### 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 2	Wednesday Wednesday	7.30pm - 8.45pm 8.45pm - 10.00pm	£64.00/£85.00	6 wks	Apr 22nd - Jun 3rd
STA IMP 3 4	Wednesday Wednesday	7.30pm - 8.45pm 8.45pm - 10.00pm	£64.00/£85.00	6 wks	Jun 10th - Jul 15th
STA IMP 5 6	Wednesday Wednesday	7.30pm - 8.45pm 8.45pm - 10.00pm	£64.00/£85.00	6 wks	Jul 22nd- Aug 26th

### 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 2	Tuesday Tuesday	7.30pm - 8.45pm 8.45pm - 10.00pm	£64.00/£85.00	6 wks	Apr 21st- Jun 2nd
STA INT 3 4	Tuesday Tuesday	7.30pm - 8.45pm 8.45pm - 10.00pm	£64.00/£85.00	6 wks	Jun 9th - Jul 14th
STA INT 5 6	Tuesday Tuesday	7.30pm - 8.45pm 8.45pm - 10.00pm	£64.00/£85.00	6 wks	Jul 21st - Aug 25th

\*excluding w/c 25th May

## 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	£64.00/£85.00	6wks	Apr 20th - Jun 1st
*STA TEN 2	Tuesday	10.00am -11.30am	£64.00/£85.00	6wks	Apr 21st - Jun 2nd
*STA TEN 3	Wednesday	10.00am -11.30am	£64.00/£85.00	6wks	Apr 22nd - Jun 3rd
*STA TEN 4	Thursday	10.00am -11.30am	£64.00/£85.00	6wks	Apr 23rd - Jun 4th
**STA TEN 5	Friday	10.00am -11.30am	£64.00/£85.00	6wks	Apr 24th - Jun 12th
STA TEN 6	Monday	10.00am -11.30am	£64.00/£85.00	6wks	Jun 8th - Jul 13th
STA TEN 7	Tuesday	10.00am -11.30am	£64.00/£85.00	6wks	Jun 9th - Jul 14th
STA TEN 8	Wednesday	10.00am -11.30am	£64.00/£85.00	6wks	Jun 10th - Jul 15th
STA TEN 9	Thursday	10.00am -11.30am	£64.00/£85.00	6wks	Jun 11th - Jul 16th
STA TEN 10	Friday	10.00am -11.30am	£64.00/£85.00	6wks	Jun 19th - Jul 24th

\*excluding w/c 25th May

\*\*excluding 8th May (Bank Holiday) & 29th May

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

DAY	TIME	COST (Mem / Non-mem)	DESCRIPTION
Saturdays	8.00am - 9.00am	£5.10/£6.50	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	£6.20/£8.20	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	£5.90/£7.90	Our highly popular social tennis evening continues. Everyone welcome, with or without a partner, for an opportunity to play some enjoyable doubles.

## Junior Tennis

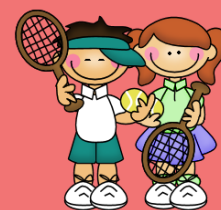
Saturdays - 25th April to 18th July - 12weeks (excludes 30th May)

9 to 12 yrs - 9.00am-10.00am

5 to 8 yrs - 10.00am - 11.00am

£63 members £84.00 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)



For latest court availability and course information follow us on Twitter @HillsRoadSTC **OR** find us on Instagram & Facebook.

**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.