



TENNIS PROGRAMME

Jan - Mar 2020



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 4th DECEMBER 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.



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

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
STJ BEG 1	Monday	9pm - 10.00pm	£51.00/£68.00	6 wks	Jan 6th - Feb 10 th
STJ BEG 2	Monday	9pm - 10.00pm	£51.00/£68.00	6 wks	Feb 24th - Mar 30 th

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
STJ IMP 1	Wednesday	7.30pm - 8.45pm	£64.00/£85.00	6wks	Jan 8th - Feb 12 th
2	Wednesday	8.45pm - 10.00pm			
STJ IMP 3	Wednesday	7.30pm - 8.45pm	£64.00/£85.00	6wks	Feb 26th - Apr 1st
4	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
STJ INT 1	Tuesday	7.30pm - 8.45pm	£64.00/£85.00	6wks	Jan 7th - Feb 11 th
2	Tuesday	8.45pm - 10.00pm			
STJ INT 3	Tuesday	7.30pm - 8.45pm	£64.00/£85.00	6wks	Feb 25th - Mar 31st
4	Tuesday	8.45pm - 10.00pm			

Tennis at Ten (16 years plus)

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 (Mem / Non-mem)	LENGTH	DATES
STJ TEN 1A	Monday	10.00am -11.30am	£64.00/£85.00	6wks	6th Jan– 10 th Feb
STJ TEN 2A	Tuesday	10.00am -11.30am	£64.00/£85.00	6wks	7th Jan– 11 th Feb
STJ TEN 3A	Wednesday	10.00am -11.30am	£64.00/£85.00	6wks	8th Jan– 12 th Feb
STJ TEN 4A	Thursday	10.00am -11.30am	£64.00/£85.00	6wks	9th Jan– 13 th Feb
STJ TEN 5A	Friday	10.00am -11.30am	£64.00/£85.00	6wks	10th Jan– 14th Feb
STJ TEN 1B	Monday	10.00am -11.30am	£64.00/£85.00	6 wks	24th Feb – 30th Mar
STJ TEN 2B	Tuesday	10.00am -11.30am	£64.00/£85.00	6 wks	25th Feb – 31st Mar
STJ TEN 3B	Wednesday	10.00am -11.30am	£64.00/£85.00	6 wks	26th Feb – 1st Apr
STJ TEN 4B	Thursday	10.00am -11.30am	£64.00/£85.00	6 wks	27th Feb – 2nd Apr
STJ TEN 5B	Friday	10.00am -11.30am	£53.40/£71.00	5 wks	6th Mar – 3rd Apr

Tennis Skills and Drills 'drop in' Sessions (16 years plus)

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

DAY	TIME	COST (Mem / Non-mem)	DESCRIPTION (improver level upwards)
Monday	7.30pm - 9.00pm	£6.20/£8.20	These sessions are designed to focus specifically on drills, tactics and match play.

Social Tennis (16 years plus) Please note this is a 'first come first served' session (payment not accepted before 6pm on the day) .

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 (improver level upwards)
Sundays	7.00pm - 9.00pm	£5.90/£7.90	Our highly popular social tennis evening continues for an opportunity to play some enjoyable doubles.

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 people of all abilities. During these sessions you will get to hit lots of tennis balls as well as having a great cardio workout at the same time.

Junior Tennis

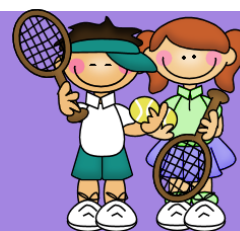
Saturdays - 4th January to 4th April (excl. 17th Feb - 12 weeks)

5 to 8 years - 9.00am-10.00am

9 to 12 years - 10.00am - 11.00am

£63.50 members £78.00 non-members

Places must be booked and paid for in advance



All course bookings will be taken from 7am on Wed 4th December

Payment is required at the time of booking. Places cannot be reserved without payment.

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