

Coaching Courses 2010-2011

These are progressive courses of instruction and registration will be taken as a commitment to attend each week. Places are limited and early registration is recommended. Register for all courses at the sports centre reception desks and payment must be made at the time of booking. Please note that if insufficient numbers enroll on a course then the course may be subject to cancellation. In these cases the fee will be re-imbursed in full. Under no other circumstances will a refund be given in full or in part.

Badminton

Mixed Ability Courses - Suitable for those who would like to learn the game of badminton and cover the basic stroke techniques such as service, clear, smash and drop shot with an introduction for rules and tactics for singles and doubles play

Cost per 4 week course : Students £4 / Staff £6 / £8 non member

Cost per 6 week course : £6 students / £9 Staff / £12 non member

Bad 1: Tuesdays 6-7.00pm. 4 weeks University park sports centre
Oct 5, 12, 19, 26

Bad 2: Tuesdays 6-7.00pm. 4 weeks University park sports centre
Nov 2, 9, 16, 23

Bad 3: Tuesdays 6-7.00pm. 4 weeks University park sports centre
Feb 8, 15, 22, Mar 1

Bad 4: Tuesdays 12.30-1.30pm 6 weeks Jubilee sports centre
Oct 19, 26, Nov 2, 9, 16, 23.

Bad 5: Tuesdays 12.30-1.30pm. Jubilee sports centre
Feb 15, 22, Mar 1, 8, 15, 22.

Tennis

Beginners Courses : suitable for those new to the game. The course will cover the basic technique for groundstrokes and service.

Mixed Ability Courses: a course suitable for the recreational player that will cover the ground strokes and service with drills and practices.

Cost per 4 week course: Students £4 / Staff £6 / non members £8

Tenn 1: Beginners Tuesdays 4-5.00pm 4 weeks indoors
University park sports centre
Feb 1, 8, 15, 22

Tenn 2: Mixed Ability Tuesdays 4-5.00pm. 4 weeks indoors
University Park sports centre
Mar 1, 8, 15, 22

Tenn 3: Beginners Thursdays 4.30-6.00pm 4 weeks outdoors
University park sports centre
May 5, 12, 19, 26.

Squash

Beginners Courses ; Suitable for those just starting to play the game who would like to learn the correct techniques and basic tactics

Team squash training:

Suitable for those who play team squash and the top end of internal leagues looking to improve match play, strokes and tactics.

Improvers courses: Suitable for those who may play in internal leagues and looking to move up the leagues

Cost per 4 week course: Students £5 / Staff £8 / non members £12

Squ 1: Beginners Mondays 5.15-6.15pm 4 weeks University park sports centre Oct 4, 11, 18, 25

Squ 2: Team Squash Training Mondays 6.15-7.15pm.
University park sports centre Oct 4, 11, 18, 25

Squ 3: Improvers Fridays 4.45-5.45pm. 4 weeks University park sports centre Oct 8, 15, 22, 29.

Squ 4: Beginners Mondays 5.15-6.15pm. 4 weeks University park sports centre Nov 8, 15, 22, 29.

Squ 5: Team Squash Training Mondays 6.15-7.15pm.
University park sports centre Nov 8, 15, 22, 29.

Squ 6: Improvers Fridays 4.45-5.45pm. 4 weeks University park sports centre Nov 12, 19, 26, Dec. 3

Squ 7: Beginners Mondays 5.15-6.15pm 4 weeks University park sports centre Feb 7, 14, 21, 28.

Squ 8: Team Squash Training Mondays 6.15-7.15pm.
University park sports centre Feb 7, 14, 21, 28,

Squ 9: Improvers Fridays 4.45-5.45pm. 4 weeks University park sports centre Feb 4, 11, 18, 25

Racketball – an introduction to the fastest growing sport in the UK

Suitable for those new to the game and wanting to learn this exciting sport. Similar to squash and played on a squash court with a slightly larger ball than squash, racketball is a fast dynamic game that will improve your fitness and agility. If you are unsure what racketball is then take a look at <http://www.englishsquashandracketball.com/> and then sign up for our courses.

Cost per 4 week course: Students £5 / Staff £8 / non members £12

RKT 1: Mixed Ability Fridays 3.45-4.45pm. 4 weeks University park sports centre Oct 8, 15, 22, 29.

RKT 2: Mixed Ability Fridays 3.45-4.45pm. 4 weeks University park sports centre Nov 12, 19, 26, Dec. 3

RKT 3: Mixed Ability Fridays 3.45-4.45pm. 4 weeks University park sports centre Feb 4, 11, 18, 25