



The King's School Recreation Centre



*Racket sports*



The King's School  
Canterbury



**Autumn 2010**

## Individual Squash Lessons

Individual lessons can be arranged at the Centre and have proved very popular. They are suitable for all standards of play, for both adults and children. Please contact Reception to book your lesson with Tom May.

Adult Price per 45 mins:

Platinum: £18.00      Gold: £21.00      Silver: £23.00      Non Member: £26.00

Child Price per 45 mins:

Platinum: £16.00      Gold: £18.00      Silver: £20.00      Non Member: £23.00

**Buy a block of 5 lessons and receive an additional 10% off,  
ask at reception for more details**

## Squash Leagues

If you would like to play against different players, or want to find a partner of the same ability, why not join our Squash Leagues? Simply join at the bottom and work your way up or enter a league of your choice. Each league consists of four players and there are six weeks with which to play your games. Players will move up or down depending on the points they gain that month.

For further details of the Leagues please see the 'Squash Leagues' noticeboard or ask for Tom May at Reception.

## Squash Team

The King's School Recreation Centre Men's Teams are currently playing in the Kent South East Leagues, Division 2 and 4E.

Any player who wishes to play in the teams is welcome to do so. The teams are selected from where players stand within the squash leagues. The top players will be given the opportunity to play in the teams.

Come down to Club Night and talk to Tom and the team captains if you are interested in playing team squash.

## Squash Competitions

The successful Canterbury Squash Open Graded Tournament, sponsored in the past by Brett, DIVA Metalworks, Affinitext, Autoworld, Prince and PeterNico!Squash.com has run for the last seven years, with this years event attracting 60 players from around the country.

The standard of player ranges from recreational to county and everyone gets to play at least twice over the weekend, as a Plate competition runs alongside the main draw of each grade (A, B & C).

Cash prizes are there to be won!

The tournament runs annually in April, so watch out for details of the Canterbury Squash Open 2011.

There will also be the annual King's Closed Knockout tournaments to look forward to. The junior and senior (men's and ladies) tournaments will take place in October 2010.

Have a look on our website to find out more information on our squash competitions.

## Squash Club Night

Our Monday Squash Club Nights are run by our resident Squash Coach, Tom, as social occasions. These provide players with the opportunity to play against people of different abilities. Tom will also be available to give advice on how to improve your game. These sessions are open to both male and female players. Juniors are welcome at the coaches discretion. There is no need to book, just turn up!

Time: Monday 18.00 – 21.00

Price per person per session:

Platinum: FREE      Gold: £2.90      Silver: £4.60      Non Member: £7.10

## Junior Squash Coaching

Our Junior sessions now incorporate the 3 levels of Mini Squash (**FUN**dation, **Im**prover and **Pro**), plus a further session for the more advanced player.

Mini Squash is the England Squash approved game for children aged 5 to 11 years and offers an ideal introduction to the sport. This exciting game fits the needs of younger children and is played using specialised equipment designed to help children achieve maximum success. The advanced session will look further at the development of technique, racket control, hitting accurate shots, moving correctly, fitness and tactics.

Time:    Tuesday    17.00 – 18.00 **Im**prover (Can maintain a rally, 8+ years\*)  
          Thursday    18.00 – 19.00 **Pro** (Competent player, 10+ years\*) / Advanced  
          Saturday    09.45 – 10.30 **FUN**dation (Complete beginner, 5–8 years\*)  
                      10.30 – 11.30 **Im**prover (Can maintain a rally, 8+ years\*)  
                      12.00 – 13.00 **Pro** (Competent player, 10+ years\*)  
                      13.00 – 14.00 Advanced (League & Team standard, 12+ years\*)

\* Ages are a guideline only, since players will progress with ability not age.\*  
The coach can give further advice on this.

Price per person per 1 hour session:

Platinum: FREE      Gold: £2.70    Silver: £3.10      Non Member: £4.50

Price per person per 45 minute session

Platinum: FREE      Gold: £2.00    Silver: £2.30      Non Member: £3.40

We now have two Junior Squash Teams (under 19) playing in the Kent Junior Leagues, Division 2 and 3E. Anyone wanting to play in the Junior Teams should come to one of our coaching sessions and talk to Tom.

## Adult Beginner/Intermediate/Advanced Squash Courses

The 4 week beginner courses are designed for adults who are new to the game of squash and the 4 week intermediate courses are designed for adults who are competent players looking to improve. These courses have been designed to provide the opportunity for individuals to learn and improve skills, keep fit and have fun. The 4 week advanced courses are for adults who are of team (or prospective team) standard, or for those that like a challenge! The advanced courses aim to help your consistency, accuracy and match play. These courses are open to anyone aged 18 and over.

If you are interested in attending any of the courses please book your place at Reception.

Course Time: Saturday 16.30 – 17.30

Course Dates: Beginner: January 2011, dates to follow  
Intermediate: 6th November – 27th November 2010  
Advanced: 11th September – 2nd October 2010

Price per person per course:

Platinum: £20.00 Gold: £21.50 Silver: £25.50 Non Member: £34.00

## One Day Adult Squash Courses

Alternatively there are three one day courses available; these day courses have been designed so they contain the same material covered in the 4 week courses, compact into one day of intensive squash.

Course Time: Sunday 10.00 – 15.00 (12.00 – 13.00 lunch)

Course Dates: Beginner: 17th October 2010  
Intermediate: 21st November 2010  
Advanced: 26th September 2010

Price per person per course:

Platinum: £20.00 Gold: £21.50 Silver: £25.50 Non Member: £34.00

## Ladies Squash Evening

These squash sessions are for ladies only. Our resident coach, Tom, will be organising each session to include coaching and matches, and will help to improve your game. You will have the opportunity to play against people of different abilities and all standards of player are welcome! Included in the price of these sessions is a cup of coffee. Enjoy this in the restaurant before or after playing.

Time: Wednesday 18.00 – 19.30

Price per person per session:

Platinum: FREE Gold: £4.80 Silver: £5.25 Non Member: £7.50

## Ladies Squash Morning

These squash courses are for ladies only. Each session will include coaching and matches to help improve your game. In 20-23 minutes of squash play you can burn 200 calories and it's rated as one of the healthiest sports you can participate in. Why not give it a go? Included in the price of these courses is a cup of coffee each week. Enjoy this in the restaurant before or after playing. All abilities welcome!

Time: Friday 10.00 – 11.00

Course Dates: 3rd September – 24th September 2010 (4 weeks)  
1st October – 22nd October 2010 (4 weeks)  
29th October – 19th November 2010 (4 weeks)  
26th November – 17th December 2010 (4 weeks)

Price per person per 4 week course:			
Platinum: FREE	Gold: £12.80	Silver: £14.00	Non Member: £20.00
Price per person per 5 week course:			
Platinum: FREE	Gold: £16.00	Silver: £17.50	Non Member: £25.00

## Squash Team Training

These courses are open to players of team and prospective team standard. The sessions will include coaching and routines to help improve technique and tactics, plus conditioned games and fitness training. They will aim to help players become more competent and consistent match players.

Time: Friday 18.00–19.00

Course Dates: 3rd September – 24th September 2010 (4 weeks)

1st October – 22nd October 2010 (4 weeks)

29th October – 19th November 2010 (4 weeks)

26th November – 17th December 2010 (4 weeks)

Price per person per 4 week course:			
Platinum: FREE	Gold: £12.80	Silver: £14.00	Non Member: £20.00
Price per person per 5 week course:			
Platinum: FREE	Gold: £16.00	Silver: £17.50	Non Member: £25.00

## COURT BOOKING DISCOUNTS

This allows off peak discounts for Gold & Silver Members. This applies for squash courts booked before 17.00hrs and after 20.30hrs 7 days a week!

Rates per 45 minute booking:

	PEAK	OFF PEAK
Gold	£4.80	£3.60
Silver	£6.90	£5.20

Squash Goggle Hire: £1.50

*We advise that all participants of squash under the age of 19 should where protective eye goggles at all times.*

## Racketball

The game of Racketball is an ideal sport for all ages and played on a standard squash court. Rules are similar to those of squash with slight variations; the rackets are slightly larger and the ball is bigger and bouncier, making it easy to get a rally going.

Look on the Squash & Racketball noticeboard for Racketball Rules.

We have rackets available for hire (£4.00 for two) and balls to purchase (£3.00 for one) from Reception. Simply book a squash court and have a go.

## Individual Racketball Lessons

Individual lessons can be arranged at the Centre. They are suitable for all standards of play, for both adults and children. Please contact Reception to book your lesson with Tom May.

Adult Price per 45 mins:

Platinum: £18.00      Gold: £21.00      Silver: £23.00      Non Member: £26.00

Child Price per 45 mins:

Platinum: £16.00      Gold: £18.00      Silver: £20.00      Non Member: £23.00

Buy a block of 5 lessons and receive an additional 10% off,  
ask at reception for more details

## Adult Racketball Evening

These sessions are open to both male and female players, aged 18 and over. Our resident coach, Tom, will be organising each session to include coaching and matches, and will help to improve your game. You will have the opportunity to play against people of different abilities and all standards of player are welcome.

Time:      Wednesday 19.30 – 20.30

Price per person per session:

Platinum: FREE      Gold: £3.20      Silver: £3.50      Non Member: £5.00

## Adult Beginner Racketball Courses

Racketball is a perfect introduction for people looking to play a fun and competitive sport, as well as being a great game for experienced squash players. A forty minute racketball match is a fantastic cardio-vascular workout, for players of all abilities!

These two hour courses are an excellent introduction to the sport. Why not give it a go? Our resident coach, Tom, will be running the courses for anyone aged 18 and over. If you are interested in attending any of the courses please book your place at Reception.

Course Time:      Sunday 11.00 – 13.00

Course Dates:      19th September 2010  
                              7th November 2010  
                              12th December 2010

Price per person per course:

Platinum: £10.00      Gold: £10.75      Silver: £12.75      Non Member: £17.00

## Table Tennis

We have two table tennis tables available for hire here at the Recreation Centre. We sell table tennis balls and hire out bats from Reception. Your table will be set up in either the sports hall or on a squash court (depending on availability).

Price per 45 mins:

Platinum: FREE      Gold: £5.30      Silver: £7.40      Non Member: £10.70

## Badminton Club Night

Our Wednesday badminton club nights are organised by our badminton coach, Edward Strilesky, as social occasions. These provide players with the opportunity to play against people of different abilities, (minimum standard requirement for club night, all participants must be able to rally i.e play continuously). Edward will be available to give advice on how to improve your game. Also, for keen competitive players, we will be entering teams into the Northforland Badminton League. (The new season will start from September 2010)

Time:- Wednesday 19.15 – 22.00

Price:- Platinum: FREE Gold: £2.90 Silver: £4.60 Non Member: £7.10

Time:- Sunday 18.00 – 20.30 Squad training only (2 courts available,  
matches take priority)

Price:- Platinum: FREE Gold: £2.10 Silver: £3.60 Non Member: £6.00

## Badminton for Beginners

Our Wednesday beginners badminton session runs from 20.00–21.00hrs each week. It is run by our resident coach Lesley Uphill, and gives you the opportunity to learn a new sport with the aim of integrating into the Wednesday Club Night session once you feel comfortable. Lesley will teach you all aspects of the game using a fun and relaxed approach.

Time:- Wednesday 20.00 – 21.00

Price:- Platinum: FREE Gold: £3.20 Silver: £3.50 Non Member: £5.00

## Junior Badminton

Sunday – 10am – 11am (Beginners – ages 6 –10) (ages are only a guide)

This session is aimed at beginners with little or no badminton experience. Players will be coached to practice basic badminton movements and shot techniques including forehand net shots and clears. Emphasis is placed on high energy levels and fun with progression into improvers groups.

Sunday – 11am – 12noon (Improvers – ages 10 – 13) (ages are only a guide)

This session is aimed at those who can rally consistently and demonstrate the correct technique for net shots, clears and drives. Players will be coached to work on more advanced techniques including correct foot work, body movement and shot production.

Price per person per session:

Platinum: Free Gold: £2.70 Silver: £3.10 Non Member: £4.50

## Individual Badminton Lessons – (With Lesley Uphill)

This is a one hour session available to adults and children of all ages and abilities. To book your lesson please go to Reception and leave your details. Our coach Lesley Uphill will then contact you to arrange a mutually convenient time for your lesson.

Adult price per 1 hour lesson:

Platinum: £27.00 Gold: £28.00 Silver: £30.00 Non Member: £34.00

Junior price per 1 hour lesson:

Platinum: £21.00 Gold: £24.00 Silver: £26.00 Non Member: £30.00

Buy a block of 5 lessons and receive an additional 10% off,  
ask at reception for more details

[www.kingsrecreation.co.uk](http://www.kingsrecreation.co.uk)



## Individual Tennis Lessons

This is a one hour session available to adults and children of all ages and abilities. To book your lesson please go to Reception and leave your details. Our coach will then contact you to arrange a mutually convenient time for your lesson.

Price per 1 hour lesson:

Platinum: £30.00      Gold: £31.00      Silver: £33.00      Non Member: £37.00

Junior price per 1 hour lesson:

Platinum: £24.00      Gold: £27.00      Silver: £29.00      Non Member: £33.00

**Buy a block of 5 lessons and receive an additional 10% off,  
ask at reception for more details**

## Adult Improver Course

This Course is designed for players who want to improve their game structure and technical skills. Our qualified instructor, Danny, will be running the course for anyone aged 18 and over. (all courses running are dependant on numbers)

All Racket Hire – £3.50 per racket

## Court & Class Booking/Cancellation Procedure

- Platinum, Gold and Silver Member's bookings for Squash, Badminton, Tennis and Table Tennis may be made in person or by telephone up to seven days in advance.
- No more than one hour and a half sessions per day may be booked.
- When booking, the Member's name and membership number must be quoted.
- At least 24 hours notice of cancellation must be given. Failure to do so or to show up will render the Member (whether Platinum, Gold or Silver) liable for the full Silver Membership activity fee for the activity booked. Failure to pay this fee will result in suspension of Membership privileges.
- If you turn up more than 15 minutes late for a booking, your booking may be offered to another Member and any fee paid forfeit.
- If you are taking part in a class for the first time, please ensure you arrive 10 minutes prior to the start of the class, therefore enabling the instructor to run through class structure and set up's with you.
- All Members will pay the court hire fee (if fee applicable) of the highest membership category on court. Any member bringing non-member/s to the Centre must report to reception and pay a daily membership fee for each non-member. (The cost of the daily membership fee maybe increased by the Centre after a one month notification period has been given). The daily membership fee may vary depending on what activity is being used.
- Cancelling private coaching** – To cancel a private coaching session, at least 24hrs notification must be provided. Failure to do so may result in you being invoiced for the cost of the session.

## Course Cancellation Charges

Refunds will only be given in exceptional circumstances. All requests for a refund of course fees must be put in writing to the Centre Manager. If cancellation is due to illness then the letter must be accompanied by a doctor's note. If the Centre Manager agrees a refund, the following policy will be followed:

Notice given before the course start date	% of course refunded
More than 30 days	90%
From 29 – 20 days	70%
From 19 – 10 days	50%
From 9 – 1 days	30%

No refunds thereafter, except in the case of a doctor's note presented in person to the Centre Manager. All refunds are at the Manager's discretion.



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(NO BROKERAGE OR ADVICE FEE

to all King's School Recreation Centre Members).

### The Abode Hotel

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(Free Glass of house wine or soft drink with every main course ordered in the  
Michael Caines Fine Dining Restaurant or Old Brewery Tavern at lunch or dinner &  
Complimentary ½ Bottle of House Champagne in your room on arrival with every  
accommodation booking)

### Pourquoi Pas

Beauty Salon – Book three full body Hot Stone Therapy Session and receive a fourth free