



Squash

Racketball

Table Tennis

Badminton

Tennis

The King's School Recreation Centre

Racket sports



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 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 3 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, sponsored in the past by Brett, Prince and PeterNicolSquash.com has run for the last six years, with last years event attracting 49 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 the Plate competition runs alongside the main event.

Cash prizes are there to be won!

The tournament runs annually in April, so watch out for details of the Canterbury Squash Open 2010.

There will also be the annual King's Closed Knockout tournaments to look forward to. The junior tournament will take place in October 2010 and the men's, ladies and handicap tournaments will take place in early 2010.

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

www.kingsrecreation.co.uk

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. This session is 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 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, 7+ years*)
 Thursday 18.00 – 19.00 **Pro** (Competent player, 8+ years*)
 Saturday 09.45 – 10.30 **FUN**dation (Complete beginner, 5–8 years*)
 10.30 – 11.30 **Im**prover (Can maintain a rally, 7+ years*)
 12.00 – 13.00 **Pro** (Competent player, 8+ years*)
 13.00 – 14.00 Advanced (League & Team standard, 13+ 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 or 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. Our qualified instructor, 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.

www.kingsrecreation.co.uk

Course Time:	Saturday	16.30 – 17.30
Course Dates:	Beginner:	27th February – 20th March 2010
	Intermediate:	1st May – 22nd May 2010
	Advanced:	16th January – 6th February 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:	7th February 2010
	Intermediate:	7th March 2010
	Advanced:	25th April 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. Each session will include coaching and matches to help improve your game. You will have the opportunity to play against people of different abilities and all standards are welcome!

Included in the price of these sessions is a cup of coffee. Enjoy this in the restaurant before or after playing.

There is also now a ladies ladder for those of you that would like some competitive games. See Tom for details.

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!

There is also now a ladies ladder for those of you that would like some competitive games. See Tom for details.

Time: Friday 10.00 – 11.00

Course Dates: 8th January – 29th January 2010
5th February – 26th February 2010
5th March – 26th March 2010
23rd April – 21st May 2010

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 (anyone in league 4 or above). 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: Wednesday 19.30 – 20.30

Course Dates: 6th January – 27th January 2010
3rd February – 3rd March 2010 (excluding 17th February)
24th March – 28th April 2010 (excluding 7th & 14th April)
5th May – 26th May 2010

Price per person per 4 week course:

Platinum: FREE Gold: £12.80 Silver: £14.00 Non Member: £20.00

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. Look on the Squash & Racketball Notice Board for Racketball Rules.

We have rackets available for hire and balls to purchase from Reception. Simply book a squash court and have a go.

Price for two rackets: £4.00

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

Sunday – 12noon – 13.30 hrs (Advanced – ages 13+) (ages are only a guide)

This session is a continuation from the Improvers class for the more advanced player. This specific coaching session is aimed at fine tuning previously learnt skills and techniques, allowing players to achieve tournament and league standard of play.

Price per person per session:

Platinum: Free Gold: £4.00 Silver: £4.65 Non Member: £6.75

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**

'All year round' Junior Tennis Courses

Our resident coach, Danny Wynne, will teach the basic skills of the game and depending on ability organise games and competitions.

Why not come along on a Saturday morning and meet Danny?

Times: Saturday 9.00 – 10.20 (4–7 years)
 10.20 – 11.40 (8–10 years)
 11.40 – 13.00 (11–12 years)
Sunday 12.00 – 14.00 (13+ Elite)

Junior Tennis Course dates for 2010

9th/10th January – 27th/28th March (12 Week Course)
10th/11th April – 26th/27th June (12 Week Course)
3rd/4th July – 21st/22nd August (12 Week Course)
4th/5th September – 23rd/24th October (8 Week Course)
30th/31st October – 18th/19th December (8 Week Course)

Junior Tennis Course prices for 2010

Saturday Prices

	12 wk Course	8 wk Course
Platinum	FREE	FREE
Gold	£48.00	£32.00
Silver	£54.00	£36.00
Non Member	£79.20	£52.80

Sunday Prices

	12 wk Course	8 wk Course
Platinum	FREE	FREE
Gold	£72.00	£48.00
Silver	£81.00	£54.00
Non Member	£118.80	£79.20

'All year round' Adult Tennis Courses

Come and play tennis on a social basis and improve your game. You will get to play against people of different abilities and your coach, Danny, will be available to give advice and coaching tips on your game.

Times: Sunday 14.00 – 16.00
 Tuesday 10.00 – 12.00

Adult Tennis Course dates for 2010

10th/12th January – 7th/9th February (5 Week Course)
21st/23rd February – 28th/30th March (6 Week Course)
25th/27th April – 23rd/25th May (5 Week Course)
6th/8th June – 4th/6th July (5 Week Course)
5th/7th September – 17th/19th October (7 Week Course)
31st October/2nd November – 5th/7th December (6 week course)

Adult Tennis Course prices for 2010

	5 wk Course	6 wk Course	7 wk Course
Platinum	FREE	FREE	FREE
Gold	£30.50	£36.60	£42.70
Silver	£34.50	£41.40	£48.30
Non Member	£48.00	£57.60	£67.20

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**

All Racket Hire - £3.50 per racket

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)

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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ADDITIONAL COMPANIES

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14, Major Close, Mariners View, Whitstable Kent CT5 3RE email:
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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