LEARN TO COURSES

TENNIS / CLIMBING / DANCE
SELF-DEFENCE / KICKBOXING / SQUASH

SPRING TERM
20 JAN - 20 MAR 2020

/UoEsport
@Essex_Sport
essexsport
sport@essex.ac.uk
If you’re looking to try your hand (or feet) at a new skill, we offer a range of ‘Learn To’ sport courses, all delivered by expert, knowledgeable and qualified instructors. If you’re looking to further your skills, our ‘intermediate’ or ‘advanced’ courses are perfect to help you reach the next level.

**HOW TO BOOK**

To book your place on one of our courses, please visit the Sports Centre reception, or call **01206 873250**, and pay using a debit or credit card. You can also visit our website by scanning the QR code with your smartphone camera.

If you are an Essex Sport member, you can book and pay online using our ‘Connect’ booking system: [https://sportbookandpay.essex.ac.uk/connect/](https://sportbookandpay.essex.ac.uk/connect/)

For more information and enquiries, please email [sportsdevelopment@essex.ac.uk](mailto:sportsdevelopment@essex.ac.uk)

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### Session | Skill level | Day | Time | Start | End | Weeks | Member Price | Non-member Price
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Latin & Ballroom Dance | Beginner | Mon | 6-7pm | 27 Jan | 16 Mar | 8 | £28 | £40
Modern & Contemporary Dance | Beginner | Mon | 7-8pm | 27 Jan | 16 Mar | 8 | £28 | £40
Kickboxing | Beginner | Mon | 7-8pm | 20 Jan | 16 Mar | 9 | £31.50 | £45
Tennis Xpress | Beginner | Tues | 5-6pm | 21 Jan | 17 Mar | 9 | £31.50 | £45
Climbing | Beginner | Wed | 5:30-7pm | 22 Jan | 18 Mar | 9 | £54 | £81
Tennis | Intermediate | Thur | 5-6pm | 23 Jan | 19 Mar | 9 | £31.50 | £45
Self-defence (female only) | Beginner | Thur | 6-7.30pm | 30 Jan | 19 Mar | 8 | £28 | £40
Squash* | Beginner | Thur | 5.15-6pm | 30 Jan | 19 Mar | 7 | £24.50 | £35
Squash* | Intermediate | Thur | 6-6.45pm | 30 Jan | 19 Mar | 7 | £24.50 | £35
Couch to 5k | Beginner | Tues | 5.15-6.15pm | 21 Jan | 17 Mar | 9 | £27 | £40.50
Tennis Xpress | Beginner | Fri | 1-2pm | 24 Jan | 20 Mar | 9 | £31.50 | £45
Tennis | Advanced | Fri | 6-7pm | 24 Jan | 20 Mar | 9 | £31.50 | £45

*Excluding dates 23 Jan, 20 Feb.

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**KEY**

**RACKET**

Why not learn a new racket sport this year under the expert guidance of one of our coaches.

**FITNESS**

Work hard, play hard. These courses will get the blood pumping and help boost your overall fitness.

**CHALLENGE**

These courses are designed for those wanting to push themselves and learn a new skill or sport.