



University of Essex





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

**ESSEX
SPORT**

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.

Session	Skill level	Day	Time	Start	End	Weeks	Member Price	Non-member
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.

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.

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/>

For more information and enquiries, please email **sportsdevelopment@essex.ac.uk**

