

# Adult Courses for Spring 2017 at USSC



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## Archery

This course has two levels of capability. 6-7pm for novices shooting from the 10 yard line and intermediates, 7-8pm for people who have experience with a bow and arrow shooting from the 20 yard line. The courses are designed to teach techniques of indoor target archery emphasizing safe use of equipment, range safety, stance and shooting techniques, scoring and competition.

### Dates

Tuesdays  
10 Jan to 21 Mar\*

**Duration** 10 weeks

### Time

18.00-19.00 Beginners  
19.00-20.00 Intermediate

**Age range** 8+

### Cost

£49 Members  
£57 Non-members

All equipment provided

\*Excludes week commencing 13 Feb (half term)



## Intensive Boot Camp

Join our Spring Boot Camp. Our intensive course will provide great results and is a guaranteed calorie burner. Our qualified, experienced trainers will take you through physically demanding outdoor workouts to improve your fitness.

### Dates

16, 17, 18, 19 Jan

### Duration

4 day intensive

1 hour

### Time

19.00-20.00

**Age range** 16+

### Cost

£15 Members  
£22 Non-members



## Adult Racketsball

This course is designed for people coming back to the sport or learning from new. Racketsball is a social sport that is easy to learn, cheap to play and is great fun especially during the winter and spring months. It's so much fun that you will forget that you are actually exercising.

### Dates

Saturdays  
7 Jan to 4 Feb  
25 Feb to 25 Mar

### Duration

5 weeks

1.5 hours

### Time

10.30-12.00

**Age range** 16+

### Cost

£40 Members  
£45 Non-members

All equipment provided



## Functional Training

The oldest form of training has taken a huge resurgence in recent years and combined with new techniques and equipment functional training has become the ultimate fitness workout. This course combines high energy output using Olympic bars, rings, shuttle runs and other body weight exercise combining heavy weight lifting and cardio to make the ultimate fitness programme.

### Dates

Tuesdays  
10 Jan to 7 Feb  
21 Feb to 21 Mar

### Duration

1 hour

5 weeks

### Time

19:00-20:00

**Age range** 16+

### Cost

£35 Members  
£40 Non-members



## Adult Swimming Lessons

Interested in improving your swimming technique or style to make swimming more fun? Or do you simply want to swim with your family? USSC offers a range of lessons from total beginners to intermediates, advanced stroke techniques and competitive swimming. All abilities are welcomed and you will be grouped at the right level for your needs.

### Dates

Mondays  
9 Jan to 6 Feb  
20 Feb to 20 Mar  
Fridays  
13 Jan to 10 Feb  
24 Feb to 24 Mar

### Duration

5 weeks

30 & 45 minutes

### Time

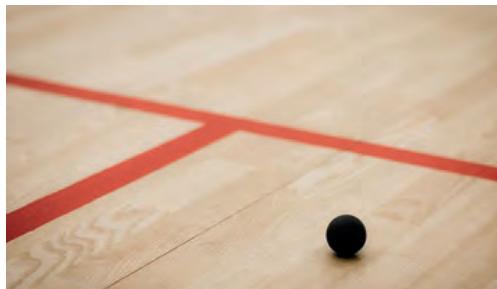
Mondays 19.30-20.15, 20.15-21.00  
Fridays 11.00-11.30, 11.30-12.00

**Age range** 16+

### Cost from

£30 Members  
£35 Non-members

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## Adult Beginners Squash

Interested in starting a new fun sport? Our resident squash coach will give you guidance on your game and help improve your technique as well as understanding the rules of the game. We take squash back to basics; a great way to learn the game from a very experienced league player and coach who will be with you every step of the way.

### Dates

Sundays  
8 Jan to 5 Feb  
26 Feb to 2 Apr\*

### Duration

5 weeks  
1.5 hours

### Time

11:00-12:30

**Age range** 16+

### Cost

£35 Members  
£40 Non-members

All equipment provided  
\*excludes week commencing 13 Mar



## Bosu Training

Our strength & conditioning coach will train you to effectively work your core using the highly effective Bosu balls to really test your fitness. The beauty of the BOSU is that it does the lot, from cardio workouts, to build lower body strength and tough core exercises. The BOSU is a fun, unique way to work your body in multiple ways.

### Dates

Tuesdays  
10 Jan to 7 Feb  
21 Feb to 21 Mar

### Duration

1 hour  
5 weeks

### Time

10.00-11.00

**Age range** 16+

### Cost

£35 Members  
£40 Non-members

**Available in alternative formats on request**

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