

Adult Courses for Summer 2017 at USSC



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
25 April to 27 June*

Duration 9 weeks

Time

18.00-19.00 Beginners
19.00-20.00 Intermediates

Age range 8+

Cost

£45 Members
£54 Non-members

All equipment provided

*Excludes week commencing 29th May (half term)



Intensive Boot Camp

Join our Summer Boot Camp! Get yourself ready for the summer holidays with this fun outdoor workout which will provide great results and is a guaranteed calorie burner.

Dates

15, 16, 17, 18, 19 May

Duration

5 day intensive
1 hour

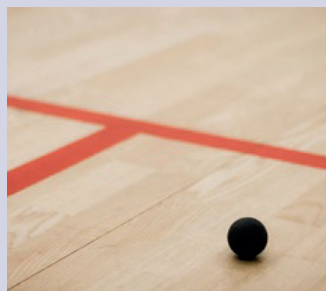
Time

06.00-07.00

Age range 16+

Cost

£20 Members
£25 Non-members



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
23 April to 07 May
18 June to 16 July

Duration

3 & 5 weeks
1.5 hours

Time

11.00-12.30

Age range 16+

Cost from

£21 Members
£24 Non-members

All equipment provided



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Adult Racketball

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

Dates

Saturdays
22 April to 20 May
10 June to 08 July

Duration

5 weeks
1.5 hours

Time

10.30-12.00

Age range 16+

Cost

£40 Members
£46 Non-members

All equipment provided



NPLQ Course

The RLSS UK National Pool Lifeguard Qualification (NPLQ) is the most awarded lifeguard qualification in the United Kingdom and Ireland. The NPLQ is a recruitment requirement for a number of jobs from Pool Lifeguard to Centre Manager. On successful completion of the course you will be fully qualified to work as a Pool Lifeguard.

Dates

31 July, 1, 2, 3, 4 August
Assessment 5 August

Duration 5 day intensive

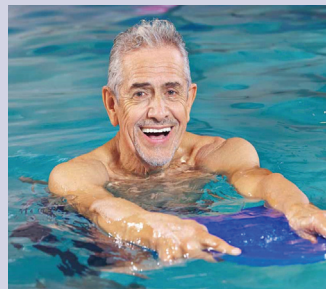
Time 09.00-17.00

Age range 16+ (or has to be 16 at time of the assessment)

Cost

£210 Members
£230 Non-members

Applicants must meet the pre-course requirements



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
24 April to 5 June*
12 June to 10 July
Fridays
28 April to 26 May
09 June to 14 July**

Duration 5 weeks

45 minutes

Time

Mon 19.30-20.15, 20.15-21.00
Fri 11.00-11.45

Age range 16+

Cost £40 Members
£45 Non-members

*Excludes weeks commencing 1 May & 29 May.

**Excludes week commencing 26 June

Available in alternative formats on request

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