



ActiveDurham

A year of the feel good factor!

Smashing Summer fun

FREE Golf and Tennis in July!



Look inside for:

Ladies golf coaching, golf family tasters, family tennis sessions, junior tennis coaching, tennis tournament...

Get the feel good factor with...

Free Golf and Tennis

Whether you'd like to be Tiger Woods or Venus Williams, Michelle Wie or Andy Murray, July could be the month for you. There are loads of 'smashing' golf and tennis sessions especially for beginners. So, come along, develop your swing or improve your back hand!

Opportunities are available for the whole family at golf and tennis clubs around Durham City and we'll even provide the equipment.

Golf

FREE Family Taster Sessions at Cocken Lodge Golf Club, Leamside. DH4 6QP 0191 584 1053

Bring the family along to a lesson with the Club's professional. These one hour sessions can cater for a maximum of 8 and a minimum of 3 people and all equipment will be provided. Book early to avoid disappointment by contacting the club to arrange a suitable time.

Ladies Beginners Sessions
FREE golf coaching for women and girls only. Your chance to learn the basics of the game.

Cocken Lodge Golf Club, Leamside. DH4 6QP 0191 584 1053

Every Wednesday from 1st July to 12th August 7pm - 8pm

Durham City Golf Club, Langley Moor. DH7 8HL 0191 378 0029

Every Monday from 6th July to 10th August 6pm - 7pm

Ramside Hall Golf Club, Carrville. DH1 1TD 0191 386 9514

Every Wednesday from 1st July to 15th July 6pm - 7pm

Tennis

Summer Holiday Fun

If you're looking for something to do in the summer holidays and you're between 8 and 16, there's a whole week of tennis coaching at a range of venues.

The week culminates with a tennis tournament at Durham Sixth Form Centre. Turn up for one or register for them all - it's up to you!

Durham Gilesgate Sixth Form Centre, book at Freeman's Quay on 0191 301 8306

Monday 27 July 1pm - 3pm
Tuesday 28 July 1pm - 3pm
Wednesday 29 July 1pm - 3pm
Thursday 30 July 1pm - 3pm

Meadowfield Leisure Centre 0191 301 8304

Monday 27 July 10am - 12pm
1pm - 3pm
Tuesday 28 July 10am - 12pm
1pm - 3pm

Coxhoe Leisure Centre 0191 301 8302

Wednesday 29 July 10am - 12pm
1pm - 3pm
Friday 31 July 10am - 12pm
1pm - 3pm

Tennis for the whole family

If you want to have fun with the whole family, why not come to one of our Saturday sessions at Durham Gilesgate Sixth Form Centre. (minimum age 8)

Saturday 18 July 10am - 12pm
Saturday 25 July 10am - 12pm

Tennis Tournament

Durham Gilesgate Sixth Form Centre

Friday 31 July 12pm - 4.30pm

How to register?

Please book all golf activities directly with the clubs. For tennis sessions, contact any of the leisure centres, call the Leisure Hotline on 0191 301 8556 or register online at www.actedurham.co.uk. Under 18s require parental consent.





Enjoyed it? Want another go?

Golf and tennis opportunities are available at the following local clubs. Contact the clubs for play and/or membership details.

Cocken Lodge Golf Club
Julie Welch 0191 584 1053
www.cockenlodge.co.uk

Durham City Golf Club
Steve Corbally 0191 378 0029
www.durhamcitygolfclub.co.uk

Durham Moor Tennis Club
Gill Dowson 07940 807 865

Durham Archery Lawn Tennis Club
Christine Heppell 07944 970 940
www.mvlimited.com/durham-tennis

Ramside Hall Hotel & Golf Club
Mark Rayson 0191 386 9514
www.ramsidehallhotel.co.uk/club.htm

Coming Soon!

That's our last session for Active Durham, but look out for our directory, available soon, which will give you details of how to get active in and around Durham and maintain the feel good factor! Keep up to date with news by visiting www.activedurham.co.uk

Active Durham in July was brought to you by:

