



## Adult Coaching Programme Spring 2026



Notts LTA  
Club of  
the Year  
2025

Notts LTA  
Coach of  
the Year  
2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Entry Level	6-7pm		7.30-8.30pm *				
Adult Improvers Level	7-8pm			6.30-7.30pm			
Adult Drills ( Pay & Play)		3-4pm					
Cardio ( Pay & Play)	5-6pm			9.30-10.30am		9-10am *	
Pickleball Lesson				12-1pm **			
Pickleball Social				12-1pm **			
Walking Tennis		9-10am					
Access Ace Tennis						6.30-8pm	
Men's Team Practice				6.00—7.30pm			

Term Dates: Monday 5th January to Sunday 29th March (11 weeks)

Exclusion dates:

Half term—Monday 16th February to Sunday 22nd February

\* Saturday Cardio runs without a half term break

\*\* Pickleball Lesson and Social alternate each week

Pickleball Social starts on 8th January

Pickleball Lesson starts on 15th January

Adults:

Pay & Play and Adult Drills:

Pay & Play Cardio:

Pickleball Lesson:

Pickleball Social:

Walking Tennis:

Access Ace Tennis:

Men's Team Practice:

Member £9.00 per hour / Non Member £11.00 per hour

Member £9.00 per hour/ Non Member £11.00 per hour

Member £7.00 per hour / Non Member £9.00 per hour

Member £6.50 per hour / Non Member £8.50 per hour

Member £3.00 per hour / Non Member £5.00 per hour

Member £6.50 per hour / Non Member £8.50 per hour

Member £9.00 per session / Non Member £11.00 per session

Members only £4.00 per session

\*\*All courses must be booked in advance\*\* Spaces limited

Adult Entry and Improvers are a programme of lessons that run for the whole Spring term. This is 11 weeks and excludes February half term.

Members and non Members are welcome to sign up to the Adult courses and you will need to do this at the start of term. Places are limited and the Adult courses are very popular, so it is better to sign up sooner rather than later!

Drills, Cardio, Pickleball & Walking Tennis are pay and play sessions.

This means that they are run on a week by week basis and you just pay for the ones you come to.

Again spaces are limited and booking in advance is highly recommended.

Access Ace is our disability tennis session and is a pay and play session. This session is for Access members as well as non members. If you wish to be considered for the session, please speak to coach Jack Large for full details and to talk through.

Men's Team Practice is for 1st and 2nd team men only and is coach led. It is a pay & play session