



Adult Coaching Programme Summer 2024

	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 Club Level				7.30-8.30pm			
Adult Drills (Pay & Play)		3-4pm	10-11.30am				
Cardio (Pay & Play)				9.30-10.30am		9-10am *	
Walking Tennis		10-11am					
Pickleball				12-1pm			
Access Ace Tennis						6.30-8pm	
Men's Team Practice				6.00—7.30pm			

Term Dates: Monday 15th April—Sunday 28th July (14 weeks)

Prices

Exclusion dates:

Half term—Monday 27th May—Sunday 2nd June

Bank holiday Monday—6th May

*Saturday Cardio runs without a half term break

Adults:

Member £8.00 per hour / Non Member £10.00 per hour

Pay & Play and Adult Drills: Member £8.00 per hour/ Non Member £10.00 per hour

Pay & Play Cardio: Member £6.50 per hour / Non Member £8.50 per hour

Walking Tennis & Pickleball: Member £6.50 per hour / Non Member £8.50 per hour

Access Ace Tennis: Member £8.00 per session / Non Member £10.00 per session

Men's Team Practice: Members only £4.00 per session

All courses must be booked in advance Spaces limited

Adult Entry, Improvers and Club level sessions 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, Walking Tennis & Pickleball 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 James Okleford 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