



Adult Coaching Programme Summer 2025



**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 Club Level				7.30-8.30pm			
Adult Drills (Pay & Play)		3-4pm *					
Cardio (Pay & Play)	5-6pm			9.30-10.30am		9-10am **	
Pickleball				12-1pm			
Access Ace Tennis						6.30-8pm	
Men's Team Practice				6.00—7.30pm			

Term Dates: Monday 21st April—Sunday 27th July (13 weeks)

Prices

Exclusion dates:
Monday 21st April
Monday 5th May
Half term—Monday 26th May —Sunday 1st June

Adults:	Member £9.00 per hour / Non Member £11.00 per hour
Pay & Play and Adult Drills:	Member £9.00 per hour/ Non Member £11.00 per hour
Pay & Play Cardio:	Member £7.00 per hour / Non Member £9.00 per hour
Pickleball:	Member £6.50 per hour / Non Member £8.50 per hour
Access Ace Tennis:	Member £9.00 per session / Non Member £11.00 per session
Men's Team Practice:	Members only £4.00 per session

* Adult drills outdoors on 17th June

**Saturday Cardio runs without a half term break

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 Summer term. This is 13 weeks and excludes May 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 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 Elliot Sykes 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