



Adult Coaching Programme Summer 2026



Notts LTA
Club of
the Year
2025

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Coach of
the Year
2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Entry Level	6-7pm						
Adult Improvers Level	7-8pm			6.30-7.30pm			
Adult Club			7.30-8.30pm				
Adult Drills (Pay & Play)		3-4pm					
Cardio (Pay & Play)	5-6pm			9.30-10.30am		9-10am *	
Pickleball Social			2.30-4pm				
Walking Tennis		11-12noon					
Access Ace Tennis						6.30-8pm	
Men's Team Practice				6.00-7.30pm			

Term Dates: Monday 13th April to Sunday 26th July (14 weeks)

Prices

Exclusion dates:

Bank Holiday Monday—4th May

Half term—Monday 25th May to Sunday 31st May

* Saturday Cardio runs without a half term break

Adults:

Pay & Play and Adult Drills:

Pay & Play Cardio:

Pickleball Social:

Walking Tennis:

Access Ace Tennis:

Men's Team Practice:

Member £9.50 per hour / Non Member £11.50 per hour

Member £9.50 per hour / Non Member £11.50 per hour

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

Member £4.50 per hour / Non Member £7.50 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, Improvers & Club are a programme of lessons that run for the whole Summer term. This is 14 weeks and excludes the May bank holiday and 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 & 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