

ADULT TENNIS COACHING

ADULT INTERMEDIATE



Sessions for players playing at league team standard who want to develop their tactical understanding of the game whilst still improving technique.

Monday 8 - 9pm,

Termly Payment: Book and pay for a block of 6 or 7 sessions.

SUPER-DRILLS



A fast paced coach fed session for all players looking to improve consistency, accuracy and movement. You'll hit around 100 balls over 60 minutes.

Monday 7 - 8pm

Book & Play: Book and pay for individual sessions online

CARDIO TENNIS



A group fitness class set on a tennis court and open to people of all abilities. Bounce to the beat and hit loads of balls in this fun Cardio workout.

**Tuesday 10 - 11am,
Saturday 9.30am - 10.30am**

**Pay & Play: Pay in cash at session.
No prior booking required.**

COACH CLINIC



The coach will work on areas that you want to focus on. In simple drills each player gets some quality 1:1 time with the coach working on their own focus.

Friday 6 - 7pm,

Book & Play: Book and pay for individual sessions online

ADULT IMPROVER



Sessions for players who are playing regularly but still need lots of work on their technique and the basic tactics of the game.

**Monday 7 - 8pm
Thursday 6 - 7pm,**

Termly Payment: Book and pay for a block of 6 or 7 sessions.

PRACTICE & PLAY



An hour of coach led drills for all abilities designed to improve your tactical awareness and technical ability followed by an hour of match play.

**Wednesday 1 - 3pm
Friday 1 - 3pm**

**Pay & Play: Pay in cash at session.
No prior booking required.**

WALKING TENNIS



Small courts and softer balls. This slow and 'easier on the joints' version of the game is a great way to keep active and have fun for anyone aged 40+.

Wednesday 11 - 12pm

**Pay & Play: Pay in cash at session.
No prior booking required.**

TENNIS XPRESS



A session for those completely new to tennis. You'll learn to rally, how to serve and how to score in a fun and social environment.

Tuesday 7 - 8pm

Termly Payment - Book and pay for a block of 6 or 7 sessions.