



## Adult Coaching Programme Autumn 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Entry Level	6-7pm		7.30-8.30pm <b>1</b>				
Adult Improvers Level	7-8pm			6.30-7.30pm			
Adult Club Level				7.30-8.30pm <b>2</b>			
Adult Drills ( Pay & Play)		3-4pm					
Cardio ( Pay & Play)				9.30-10.30am		9-10am *	
Pickleball				12-1pm			
Access Ace Tennis						6.30-8pm	
Men's Team Practice				6.00—7.30pm			

### Prices

Term Dates: Monday 2nd September—Sunday 22nd December (14 weeks)

Exclusion dates:

Half term—Monday 21st October—Sunday 3rd November

\*Saturday Cardio runs without a half term break

1. Adult Entry Wednesday. 4.9.24—2.10.24 indoors. After outdoors

2. Adult Club Thursday. 5.9.24—3.10.24 indoors. After outdoors

Adults:

Pay & Play and Adult Drills:

Pay & Play Cardio:

Pickleball:

Access Ace Tennis:

Men's Team Practice:

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

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

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

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

Member £8.00 per session / Non Member £10.00 per session

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 Autumn term. This is 14 weeks and excludes October 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