

## Individual Lesson Coaching Rates

Coach	Role - Qualification	Number	Hourly Rate
Nick Fitzpatrick	HeadCoach - PCA	07973 462 876	£30.00
Rob Jackson	Level 4 - Junior and Adult Coordinator	07789 000 331	£29.00 #
Mat Green	Level 4 -	07502 152 075	£29.00 #
Paul Hull	Level 3 - 20 Years experience in coaching & teaching	07817 884 615	£29.00 #
Craig Jarrom	Level 3 - Development & Performance Coach	07824 321 431	£28.00 #
Matt Wesley	Level 3 - Development & Performance Coach	07812 513 773	£26.00 #
Kieron Hinds	Level 2 - ( Hitting rate £17 )	07954 073 168	£20.00 #

Lessons subject to court fees Indoor Court £8.00 per hour , £6 between 7am - 9am  
Outdoor Court £6.00 per hour for lights

24 hours notice must be given for cancellations of individual lessons or the full price of the lesson must be paid to the coach

### Court Pricing

Indoors : There are 2 tiers, one for Summer and one for Winter

Winter time frame	Mon-Thurs	Friday	Saturday	Sunday
**0600-0900	£12.00	£12.00	£12.00	£16.00
0900-1100	£18.00	£18.00	£12.00	£12.00
1100-1830*	£15.00	£15.00	£12.00	£12.00
1830-2100	£22.00	£18.00		
2100-2230	£14.00	£12.00		

The above prices are hourly rates for the indoor courts. \*5.30pm for Saturday, 6pm for Sunday \*\*from 7am during term time for Saturday 8am in school holidays

### Walk On:

Saturday	all day	£10.00
Sunday	1100 – close	£10.00
Monday – Friday	2100 – 2230	£10.00
All other times		£12.00

Walk on rate available ten minutes before the booking. Walk on for up to 90mins

### Cancelling a court – 48 hours notice:

If you cancel a court more than 48 hours in advance then you will receive a full refund. If you cancel the court with less than 48 hours notice, then the court will become available again for other members to book – you will then only receive a refund if someone books that court. Please note that the refund will only be to the value of the new booking. Therefore, if you book a court for £18.00 and the court is only sold five minutes beforehand at a walk on rate of £12, you will only receive a £12 refund.

### Outdoors: £8 per hour for lights

### Membership and coaching

For all those adults and children joining the coaching groups, we require everyone to become members.

You can, however, enrol for one block of coaching without joining the Club but thereafter membership is required. All lessons must be paid in full whether attended or not. Any that are cancelled by the club will be refunded.



Incorporates LTA 10U performance programme

## 2025 Coaching Programme



Block 3  
(6 Weeks)

Monday 6th January 2025 - Sunday 16th February 2025

Miry Lane, Thongsbridge, Holmfirth, HD9 7RY

Tel: (01484) 687160

Email: [reception@thongsbridge.org](mailto:reception@thongsbridge.org)

Web: [www.thongsbridge.org](http://www.thongsbridge.org)

<b>Youth Red Tennis (3-5years)</b>	Level	Day	Time	Price	No
Players will improve their balance, agility and coordination through fun games while learning how to play the sport we love.	Level 3	Monday	16.00-16.40	62.40	2
	Level 3	Friday	16.00-16.40	62.40	58
	Level 3	Sunday	09.00-09.40	62.40	75

<b>Youth Red Tennis (6-8years)</b>	Level	Day	Time	Price	No
Players start to practise overarm serves, volleys and learn how to rally, whilst developing their coordination, balance, speed and agility. Still with soft ball and small courts they'll be introduced to relaxed competition too.	Level 2	Monday	16.40-17.20	62.40	4
	Level 2	Friday	16.40-17.20	62.40	59
	Level 2	Sunday	09.40-10.20	62.40	76
	Level 1	Monday	17.20-18.00	62.40	7
	Level 1	Friday	17.20-18.00	62.40	61
	Level 1	Sunday	10.20-11.00	62.40	77

<b>Youth Orange Tennis (8-9years)</b>	Level	Day	Time	Price	No
Players are converted into more than just one-shot wonders. Time to throw in some tactics, problem-solving & guides to sportsmanship & Leadership.		Monday*	16.00-17.00	75.00	10
		Wednesday	16.00-17.00	75.00	31
		Friday	17.00-18.00	75.00	60

<b>Youth Green Tennis (9-10years)</b>	Level	Day	Time	Price	No
It's all about paying on a full size court with the same size balls the pros use. Players will continue to explore different styles on court and start to choose their own. By this point we hope they will be tennis players and fans of the game for life.		Monday*	17.00-18.00	75.00	11
		Wednesday*	17.00-18.00	75.00	41
		Friday	16.00-17.00	75.00	57

<b>Youth Yellow Tennis (11-18years)</b>	Level	Day	Time	Price	No
It's all about paying on a full size court with the same size balls the pros use. Players will continue to explore different styles on court and start to choose their own. By this point we hope they will be tennis players and fans of the game for life.	Intro/Stars	Wednesday	17.00-18.00	75.00	36
	Intro/Stars	Thursday	18.00-19.00	75.00	53
	Intro/Stars	Friday*	17.00-18.00	75.00	64
	Level 3	Tuesday	16.00-17.00	75.00	19
	Level 3	Thursday	16.00-17.00	75.00	50
	Level 3	Friday*	18.00-19.00	75.00	62
	Level 3	Saturday	09.00-10.00	75.00	71
	Level 2	Tuesday	18.00-19.00	75.00	23
	Level 2	Wednesday*	18.00-19.00	75.00	42
	Level 2	Thursday	17.00-18.00	75.00	51
	Level 1	Tuesday	19.00-20.00	75.00	24
	Level 1	Wednesday*	19.00-20.00	75.00	43

<b>Adult Groups</b>	Level	Day	Time	Price	No
Cardio Tennis**	Social/Coach	Wednesday	10.00-11.00	Pay & Play	£9.00
LADIES Morning**	Social/Coach	Monday	10.00-11.30	Pay & Play	£9.50
SOCIAL Morning**	Social/Coach	Tuesday	09.30-11.00	Pay & Play	£9.50
ADULT Improvers	Invitation	Wednesday	09.00-10.00	75.00	39
ADULT Improvers	Improvers	Wednesday	18.30-19.30	75.00	38
ADULT Improvers	Improvers	Friday	11.00-12.30	112.50	56
ADULT Improvers	Improvers	Saturday	09.00-10.00	75.00	70
ADULT Improvers	Improvers	Saturday	11.00-12.30	112.50	72
ADULT Intermediates	Intermediates	Monday	18.30-19.30	75.00	9
ADULT Intermediates	Intermediates	Wednesday	19.30-21.00	112.50	40
ADULT Intermediates	Intermediates	Thursday	19.00-20.30	112.50	54

\*\*These groups are available to non-members at an additional cost of £8 visitor fee

<b>Club Futures</b>	Level	Day	Time	Price	No
<b>Youth RED Futures (4-8years)</b>	Matchplay	Monday	17:00-18.00	72.00	5
	Invitation	Tuesday	17.00-18.00	72.00	20
	Tennis & S&C	Tuesday	16.00-17.30	102.00	18
	Group 1	Wednesday	16.00-17.00	72.00	33
	Group 2	Wednesday	16.00-17.00	72.00	34
	Invitation	Thursday	14.30-16.00	108.00	48
<b>Youth ORANGE Futures (8-9years)</b>	Invitation	Monday	15.30-17.00	108.00	1
	Invitation	Wednesday	07.00-08.30	108.00	30
	Invitation	Thursday	13.00-14.30	108.00	46
<b>Youth Green Futures (9-10years)</b>	Invitation	Tuesday*	16.00-17.30	108.00	17
	Invitation	Wednesday	16.00-17.00	72.00	32
	Invitation	Thursday	13.00-14.30	108.00	45
<b>Youth U10s Futures</b>	Invitation	Monday	16.30-18.00	108.00	3
	Invitation	Tuesday	16.00-17.30	108.00	16
<b>Youth U14s Futures</b>	Invitation	Monday	17.00-18.30	108.00	6
	Themed Points	Tuesday*	17.00-18.30	108.00	25
	Invitation	Wednesday	17.00-18.30	108.00	35
<b>Youth U16s Futures</b>	Invitation	Monday	18.00-19.30	108.00	8
	Invitation	Wednesday	18.00-19.30	108.00	37
	Invitation	Thursday	16.00-17.30	108.00	49
<b>Youth U18s Futures</b>	Invitation	Tuesday	17.30-19.30	144.00	21
	Invitation	Tuesday	17.30-19.00	108.00	22
	Invitation	Thursday	17.30-19.00	108.00	52
	Invitation	Thursday*	17.30-19.00	108.00	55
	Invitation	Friday	18:00-20:00	144.00	63
<b>Futures - Youth Green, Full</b>	Invitation	Thursday	14.30-16.00	108.00	47

<b>Strength &amp; Conditioning</b>	Level	Day	Time	Price	No
Strength & Conditioning is a specialist area encompassing the physical preparation of athletes for performance in sport. It includes processes that result in physical adaptations ( getting stronger, being more powerful etc) that complement other aspects of an athlete's development.	<b>ORANGE</b>	Monday	17.00-18.00	60.00	A
	<b>RED</b>	Monday	18.00-18.30	30.00	B
	<b>U14</b>	Monday	18.30-19.30	60.00	C
	<b>U16</b>	Monday	19.30-20.30	60.00	D
	<b>GREEN/FULL</b>	Tuesday	17.30-18.30	60.00	G
	<b>U18</b>	Tuesday	19.00-20.00	60.00	J
	<b>U16</b>	Wednesday	17.00-18.00	60.00	M
	<b>U14</b>	Wednesday	18.30-19.30	60.00	N
	<b>RED/GREEN/FULL</b>	Thursday	13.30-14.30	60.00	R
	<b>ORANGE/GREEN</b>	Thursday	14.30-15.30	60.00	T
	<b>U16</b>	Thursday	17.30-18.30	60.00	U
	<b>U18</b>	Thursday	19.00-20.00	60.00	V

\*Coaching on outdoor courts

In the event of a cancellation, you will be given a full refund unless the group runs for 30 minutes or more in an hour group