

## Individual Lesson Coaching Rates

Coach	Role - Qualification	Number	Hourly Rate
Nick Fitzpatrick	Head Coach – PCA	07973 462 876	£28.00
Georgina Jackson	Level 5 TDA - Mini Coordinator	07976 580 081	£27.00 #
Rob Jackson	Level 4 - Junior and Adult Coordinator	07789 000 331	£25.00 #
Paul Hull	Level 3 - 20 years experience in coaching & teaching	07817 884 615	£24.00 #
Craig Jarrom	Level 3 - Development & Performance Coach	07824 321 431	£24.00 #
Matt Wesley	Level 3 - Development & Performance Coach	07812 513 773	£23.00 #
Jaime Sabate	Level 3	07799 061 493	£23.00 #

Lessons subject to court fees	Indoor Court	£8.00	per hour
	Outdoor Court	£6.00	per hour for lights

# £3.00 of the hourly rate is paid to the club

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 –As from Winter 2019:

There are 2 tiers, one for Summer and one for Winter.

Summer Time Frame	Monday – Thursday	Friday	Saturday	Sunday
**0600 – 0900	£10.00	£10.00	£10.00	
0900 – 1100	£17.00	£17.00	£10.00	£14.00
1100 – 1830*	£13.00	£13.00	£10.00	£10.00
1830 – 2100	£10.00	£10.00		
2100 – 2230	£10.00	£10.00		

The above prices are hourly rates for the indoor courts. \*4pm for Saturday, 7pm for Sunday

\*\*from 7am during term time for Saturday, 8am in the school holidays

## Walk On:

Saturday	all day	£9.00
Sunday	1100 – close	£9.00
Monday – Friday	2100 – 2230	£9.00
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 £17.00 and the court is only sold five minutes beforehand at a walk on rate of £12, you will only receive a £12 refund.

## 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.



LTA Mini Tennis Accredited Centre

LTA County Performance Centre

LTA Club of the Year 2004

## 2022 Coaching Programme



**Block Six : Monday 6<sup>th</sup> June – Sunday 24<sup>th</sup> July 2022**

**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)**

Youth Tots (3-4 years)	Level	Day	Time	Block 6	No
Players will improve their balance, agility and co-ordination through fun games		Thursday	10.30 - 11.00	51.10	52
		Friday	09.30 - 10.00	51.10	55
		Sunday	11.00 - 11.30	51.10	89
Youth Blue Tennis (4-8 years)	Level	Day	Time	Block 6	No
Players will improve their balance, agility and co-ordination through fun games while learning how to play the sport we love.	Level 3	Monday	16.00 - 16.40	56.00	5
	Level 3	Friday	16.00 - 16.40	56.00	69
	Level 3	Sunday	09.00 - 09.40	56.00	84
Youth Red Tennis (4-8 years)	Level	Day	Time	Block 6	No
Players start to practise overarm serves, volleys and learn how to rally, whilst developing their co-ordination, balance, speed and agility. Still with soft balls and small courts they'll be introduced to relaxed competition too.	Level 2	Monday	16.40 – 17.20	56.00	6
	Level 2	Friday	16.40 - 17.20	56.00	71
	Level 2	Sunday	09.40 – 10.20	56.00	85
	Level 1	Monday	17.20 - 18.00	56.00	12
	Level 1	Friday	17.20 – 18.00	56.00	74
	Level 1	Sunday	10.20 – 11.00	56.00	86
Youth Orange Tennis (8-9 years)	Level	Day	Time	Block 6	No
Players are converted into more than just one-shot wonders. Time to throw in some tactics, problem-solving & guides to sportsmanship & leadership.	Level 2	Monday *	16.00 -17.00	66.50	14
	Level 2	Wednesday	16.00 - 17.00	66.50	34
	Level 2	Friday	16.00 - 17.00	66.50	59
	Level 2	Friday	17.00 - 18.00	66.50	73
Youth Green Tennis (9-10 years)	Level	Day	Time	Block 6	No
It's time for players to play on full size courts. Now it's all about growing their game by fine tuning and refining the techniques they've learned so far.	Level 2	Monday *	17.00 - 18.00	66.50	10
	Level 2	Friday	16.00 - 17.00	66.50	68
	Level 2	Saturday	09.00 - 10.00	66.50	78
Youth Yellow Tennis (10-18 Years)	Level	Day	Time	Block 6	No
It's all about playing 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	66.50	41
	Intro/Stars	Thursday	18.00 - 19.00	66.50	25
	Intro/Stars	Friday *	17.00 - 18.00	66.50	72
	Level 3	Tuesday	16.00 - 17.00	66.50	21
	Level 3	Thursday	16.00 – 17.00	66.50	54
	Level 3	Friday *	17.00 - 18.00	66.50	70
	Level 3	Sunday	11.30 -12.30	66.50	87
	Level 2	Tuesday	18.00 – 19.00	66.50	29
	Level 2	Wednesday *	18.00 – 19.00	66.50	48
	Level 2	Thursday	17.00 - 18.00	66.50	56
	Level 1	Tuesday	19.00 – 20.00	66.50	31
	Level 1	Friday	18.00 - 19.00	66.50	75
	Adult Groups	Level	Day	Time	Block 6
CARDIO Tennis **	Social/Coach	Wednesday	10.00 - 11.00	Pay & Play	£7.50
LADIES Morning **	Social/Coach	Monday	10.00 - 11.30	Pay & Play	£7.25
SOCIAL Morning **	Social/coach	Tuesday	09.30 - 11.00	Pay & Play	£7.25
ADULT Beginners	Beginners	Wednesday	09.00 - 10.00	66.50	33
ADULT Beginners	Beginners	Thursday	19.00 - 20.00	66.50	65
ADULT Beginners	Beginners	Saturday	09.00 - 10.00	66.50	80
ADULT Improvers	Improvers	Wednesday	09.00 - 10.00	66.50	49
ADULT Improvers	Improvers	Friday	11.00 - 12.30	99.75	66
ADULT Improvers	Improvers	Saturday	11.00 - 12.30	99.75	81
ADULT Intermediates	Intermediate	Monday	18.30 - 19.30	66.50	16
ADULT Intermediates	Intermediate	Wednesday	19.30 - 21.00	99.75	50
ADULT Intermediates	Intermediate	Thursday	19.00 - 20.30	99.75	64

\*\* These groups are available to non-members at an additional cost of £6 visitors fee

Club Futures	Level	Day	Time	Block 6	No
Youth RED Futures (4-8 years)	Invitation	Monday	17.00 - 18.00	63.00	77
	Invitation	Tuesday	17.00 - 18.00	63.00	27
	Invitation	Wednesday	16.00 – 17.00	63.00	36
Youth ORANGE Futures (8-9 years)	Invitation	Monday	16.00 - 17.00	63.00	4
	Invitation	Tuesday	16.00 - 17.00	63.00	35
	Invitation	Wednesday	07.00 - 08.30	94.50	32
Youth GREEN Futures (9-10 years)	Invitation	Monday	15.30 - 17.00	94.50	3
	Invitation	Monday	17.00 - 18.00	63.00	7
	Invitation	Tuesday	16.00 - 17.30	94.50	23
	Invitation	Wednesday *	16.30 - 18.00	94.50	24
U14 Futures	Invitation	Monday	17.00 - 18.30	94.50	13
	Invitation	Tuesday	17.00 - 18.30	63.00	28
	Invitation	Wednesday	17.00 - 18.30	94.50	39
	Invitation	Thursday*	16.00 - 17.30	94.50	58
U16 Futures	Invitation	Monday	18.00 - 19.30	94.50	15
	Invitation	Tuesday	17.00 - 19.00	126.00	26
	Invitation	Wednesday	18.00 - 19.30	94.50	47
	Invitation	Thursday	16.00 - 17.30	94.50	57
U18 Futures	Invitation	Tuesday	17.30 - 19.30	126.00	30
	Invitation	Thursday	17.30 - 19.00	94.50	62
	Invitation	Friday	18.00 - 20.00	126.00	76
LTA Futures	Invitation	Thursday	13.00 - 14.30	94.50	51
	Invitation	Thursday	14.30 - 16.00	94.50	53
Strength & Conditioning	Level	Day	Time	Block 6	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.	ORANGE	Monday	17.00 - 18.00	49.00	A
	U14	Monday	18.30 - 19.30	49.00	B
	U16	Monday	19.30 - 20.30	49.00	C
	RED	Tuesday	16.00 - 17.00	49.00	D
	ORANGE / GREEN	Tuesday	17.30 - 18.30	49.00	E
	U16	Tuesday	19.00 - 20.00	49.00	F
	U18	Tuesday	19.30 - 20.30	49.00	G
	RED	Wednesday	17.00 - 18.00	49.00	H
	U14	Wednesday	18.30 - 19.30	49.00	I
	U16	Wednesday	19.30 - 20.30	49.00	J
	ORANGE / GREEN	Thursday	13.30 - 14.30	49.00	K
	ORANGE/GREEN/FULL	Thursday	14.30 - 15.30	49.00	L
U18	Thursday	16.30 - 17.30	49.00	M	
U16	Thursday	17.30 - 18.30	49.00	N	

\* 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