Individual Lesson Coaching Rates

Coach	Role - Qualification	Number	Hourly Rate
Nick Fitzpatrick	HeadCoach - PCA	07973 462 876	£30.00
Georgina Jackson	Level 5 TDA - Mini Coordinator	07976 580 081	£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	g07817 884 615	£29.00#
Craig Jarrom	Level 3 - Development & Performance Coach	07824 321 431	£28.00 #
Matt Wesley	Level 3 - Development & Performace Coach	07812 513 773	£26.00#
Kieron Hinds	Level 2 - (Hitting rate £17)	07954 073 168	£20.00#
Adam Luke	Level 2 - (Hitting rate £17)	07946 222 840	£20.00#

Lessons subject to court fees Indoor Court £8.00 per hour

Outdoor Court £6.00 Per hour for lights

#£4.00 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 Summer 2023:

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	
0900-1100	£18.00	£18.00	£12.00	£16.00
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 performace programme

2024 Coaching Programme



Block 3 (5 Weeks)

Monday 8th January - Sunday 11th February

Miry Lane, Thongsbridge, Holmfirth, HD9 7RY Tel: (01484) 687160

Email: reception@thongsbridge.org

Web: www.thongsbridge.org

Players wilt improve their balance, agility and coordination through fun games.	Youth Tots (3-4years)	Level	Day	Time	Price	No
Vouth Blue Tennis (4-8years) Level Day Time Price No	Diagona will improve their belonce egility and ac-		Thursday	10.30-11.00	41.50	52
Youth Blue Tennis (4-8years)			Friday		41.50	55
Players are converted into more than just one-shot wonders. Time to throw in some tactics, problem-solving & guides to sportsmanship & Level 2 Sunday 16.00-16.40 45.00 69 69 69 69 69 69 69	or amazion amought rain gameer		Sunday	11.00-11.30	41.50	89
Vouth Red Tennis (4-Syears) Level 3 Sunday 16,00-16,40 45,00 69 84			Day	Time	Price	No
Youth Red Tennis (4-Syears)			Monday	16.00-16.40	45.00	5
Now	ordination through fun games while learning how	Level 3	Friday	16.00-16.40	45.00	69
Players start to practise overarm serves, volleys Level 2 Monday 16.40-17.20 45.00 6 and learn how to rally, whilst developing their co- level 2 Friday 16.40-17.20 45.00 71 72 72 72 72 73 72 73 73	to play the sport we love.	Level 3	Sunday	09.00-09.40	45.00	84
Players start to practise overarm serves, volleys Level 2	Youth Red Tennis (4-8years)	Level	Day	Time	Price	No
and learn how to rally, whilst developing their co- ordination, balance, speed and agility. Still with soft ball and small courts they'll be introduced to relaxed competition too. Players are converted into more than just one- shot wonders. Time to throw in some tactics, problem-solving & guides to sportsmanship & Level 2 Wednesday problem-solving and refining the techniques they've learned so far. Youth Green Tennis (9-10years) 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. Youth Yellow Tennis (10-18years) Level 2 Monday* Level 2 Monday* Friday 17.00-18.00 52.50 73 Level 3 Monday* 17.00-18.00 52.50 73 Level 4 Monday* 17.00-18.00 52.50 73 Level 5 Priday 17.00-18.00 52.50 73 Level 6 Priday 17.00-18.00 52.50 74 Level 7 Friday 17.00-18.00 52.50 75 Monday* 17.00-18.00 52.50 76 Level 8 Priday 17.00-18.00 52.50 78 Level 9 Price No Now it's all about growing their game by fine tuning and refining the techniques they've learned so far. Youth Yellow Tennis (10-18years) Level 2 Saturday 17.00-18.00 52.50 78 Level 8 Priday 17.00-18.00 52.50 78 Wednesday 17.00-18.00 52.50 78 Wednesday 17.00-18.00 52.50 79 Thursday 17.00-18.00 52.50 70 Wednesday 17.00-18.00 52.50 70 Thursday 17.00-18.00 52.50 70 Wednesday 17.00-18.00 52.50 70 70 Wednesday 17.00-18.00 70 70 70 70 70 70 70 70 70 70 70 70 7	Players start to practise overarm serves, volleys	Level 2		16.40-17.20	45.00	6
Soft ball and small courts they'lt be introduced to relaxed competition too.	and learn how to rally, whilst developing their co-	Level 2	Friday	16.40-17.20	45.00	71
Telaxed competition too.	ordination, balance, speed and agility. Still with	Level 2	Sunday	09.40-10.20	45.00	85
Level 1 Sunday 10.20-11.00 45.00 86	soft ball and small courts they'll be introduced to	Level 1	Monday	17.20-18.00	45.00	12
Level Sunday 10.20-11.00 45.00 86	relaxed competition too.	Level 1	Friday	17.20-18.00	45.00	74
Players are converted into more than just one-shot wonders. Time to throw in some tactics, problem-solving & guides to sportsmanship & Level 2 Level 2 Friday 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 35 17.00-18.00 52.50 10 17.00-18.00 52.	'	Level 1	-	10.20-11.00	45.00	86
Players are converted into more than just one-shot wonders. Time to throw in some tactics, problem-solving & guides to sportsmanship & Level 2 Level 2 Friday 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 34 17.00-18.00 52.50 35 17.00-18.00 52.50 10 17.00-18.00 52.	Youth Orange Tennis (8-9years)	Level		Time	Price	No
Shot wonders. Time to throw in some tactics, problem-solving & guides to sportsmanship & Level 2 Level 2 Friday 17.00-18.00 52.50 73		Level 2	•	16.00-17.00		14
Youth Green Tennis (9-10years) Level Day Time Price No	shot wonders. Time to throw in some tactics,		•	16.00-17.00		34
Youth Green Tennis (9-10years)	problem-solving & guides to sportsmanship &		-	17.00-18.00		73
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.	Leadership.		,			
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.	Youth Green Tennis (9-10years)	l evel	Day	Time	Price	No
Now it's all about growing their game by fine tuning and refining the techniques they've learned so far.			-			
Vouth Yellow Tennis (10-18years) Level 2 Day Time Price No	Now it's all about growing their game by fine		•			
Vouth Yellow Tennis (10-18years)	tuning and refining the techniques they've		-			
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.	learned so far.	LOVELL	,	00.00 10.00	02.00	70
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.						
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 Intro/Stars Thursday 18.00-19.00 52.50 25 be tennis players and fans of the game for life. Level 3 Tuesday 16.00-17.00 52.50 21 Level 3 Thursday 16.00-17.00 52.50 25 Level 3 Sunday 11.30-12.30 52.50 70 Level 3 Sunday 11.30-12.30 52.50 70 Level 2 Tuesday 18.00-19.00 52.50 70 Level 2 Tuesday 18.00-19.00 52.50 70 Level 2 Thursday 11.00-19.00 52.50 70 Level 2 Thursday 18.00-19.00 52.50 87 Level 3 Level 4 Wednesday* 19.00-20.00 52.50 48 Level 5 Thursday 19.00-20.00 52.50 31 Level 6 Day Time Price No Cardio Tenn	Vouth Vallow Tannis (10-18years)	l evel	Dav	Time	Price	No
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. Level 3 Thursday 16.00-17.00 52.50 54 Level 3 Thursday 16.00-17.00 52.50 54 Level 3 Friday* 17.00-18.00 52.50 70 Level 3 Sunday 11.30-12.30 52.50 70 Level 2 Tuesday 18.00-19.00 52.50 29 Level 2 Thursday 17.00-18.00 52.50 29 Level 2 Wednesday* 18.00-19.00 52.50 29 Level 1 Tuesday 19.00-20.00 52.50 31 Level 1 Tuesday 19.00-20.00 52.50 31 Level 1 Friday 18.00-19.00 52.50 76 Adult Groups Level 1 Wednesday* 19.00-20.00 52.50 76 Level 1 Friday 18.00-19.00 52.50 76 Adult Groups Level 1 Friday 18.00-19.00 52.50 76 Adult Groups Level 1 Wednesday* 19.00-20.00 52.50 76 Adult Groups Level 1 Friday 18.00-19.00 52.50 75 Adult Groups Level 2 Uwednesday* 19.00-20.00 52.50 76 Adult Groups Level 3 Sunday 19.00-20.00 52.50 76 Adult Groups 10.00-11.00 Pay & Play & Fr.75 Adult Groups 10.00-11.00 Pay & Play & Fr.75 ADULT Beginners 10.00-11.00 Pay & Play & Fr.75 ADULT Improvers 10.00-11.00 Pay & Play & Fr.75 ADULT Intermediates 10.00-11			•			
choose their own. By this point we hope they will be tennis players and fans of the game for life. Level 3 Tuesday 16.00-17.00 52.50 21 be tennis players and fans of the game for life. Level 3 Friday* 17.00-18.00 52.50 70 Level 3 Friday* 17.00-18.00 52.50 70 Level 2 Tuesday 11.30-12.30 52.50 87 Level 2 Tuesday 18.00-19.00 52.50 29 Level 2 Thursday 17.00-18.00 52.50 48 Level 2 Thursday 17.00-18.00 52.50 48 Level 2 Thursday 17.00-18.00 52.50 56 Level 1 Tuesday 19.00-20.00 52.50 56 Level 1 Wednesday* 19.00-20.00 52.50 31 Level 1 Friday 18.00-19.00 52.50 75 Adult Groups Level 1 Wednesday 10.00-11.00 Pay & Play £8.00 Level 2 Level 1 Friday 10.00-11.00 Pay &	It's all about paying on a full size court with the	Intro/Stars	Wednesday	17.00-18.00	52.50	41
Deblo tennis players and fans of the game for life. Level 3	It's all about paying on a full size court with the same size balls the pros use. Players will continue	Intro/Stars Intro/Stars	Wednesday Thursday	17.00-18.00 18.00-19.00	52.50 52.50	41 25
Level 3	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	Intro/Stars Intro/Stars Intro/Stars	Wednesday Thursday Friday*	17.00-18.00 18.00-19.00 17.00-18.00	52.50 52.50 52.50	41 25 72
Level 3 Sunday 11.30-12.30 52.50 87	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	Intro/Stars Intro/Stars Intro/Stars Level 3	Wednesday Thursday Friday* Tuesday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00	52.50 52.50 52.50 52.50	41 25 72 21
Level 2 Tuesday 18.00-19.00 52.50 29	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	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3	Wednesday Thursday Friday* Tuesday Thursday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00	52.50 52.50 52.50 52.50 52.50	41 25 72 21 54
Level 2	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	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3	Wednesday Thursday Friday* Tuesday Thursday Friday*	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 17.00-18.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70
Level 2	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	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 3	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 17.00-18.00 11.30-12.30	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87
Level 1	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	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 3 Level 3 Level 2	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87 29
Level 1 Level 1 Wednesday* 19.00-20.00 52.50 46 Level 1 Friday 18.00-19.00 52.50 75 Adult Groups Level Day Time Price No Cardio Tennis** Social/Coach Wednesday 10.00-11.00 Pay & Play £8.00 LADIES Morning** Social/Coach Monday 10.00-11.30 Pay & Play £7.75 SOCIAL Morning** Social/Coach Tuesday 09.30-11.00 Pay & Play £7.75 ADULT Beginners Beginners Wednesday 09.00-10.00 52.50 33 ADULT Beginners Beginners Saturday 19.00-20.00 52.50 65 ADULT Improvers Beginners Saturday 09.00-10.00 52.50 80 ADULT Improvers Improvers Friday 11.00-12.30 78.75 66 ADULT Improvers Improvers Saturday 11.00-12.30 78.75 81 ADULT Intermediates Intermediates Monday 18.30-19.30	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	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 3 Level 2 Level 2	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday*	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87 29 48
Adult Groups Level Day Time Price No Cardio Tennis** Social/Coach Wednesday 10.00-11.00 Pay & Play £8.00 LADIES Morning** Social/Coach Monday 10.00-11.30 Pay & Play £7.75 SOCIAL Morning** Social/Coach Tuesday 09.30-11.00 Pay & Play £7.75 ADULT Beginners Beginners Wednesday 09.00-10.00 52.50 33 ADULT Beginners Beginners Saturday 19.00-20.00 52.50 65 ADULT Improvers Beginners Saturday 09.00-10.00 52.50 80 ADULT Improvers Improvers Wednesday 18.30-19.30 52.50 49 ADULT Improvers Improvers Friday 11.00-12.30 78.75 66 ADULT Intermediates Intermediates Monday 18.30-19.30 52.50 16 ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 2	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00 18.00-19.00 17.00-18.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87 29 48 56
Cardio Tennis** Social/Coach Wednesday 10.00-11.00 Pay & Play £8.00 LADIES Morning** Social/Coach Monday 10.00-11.30 Pay & Play £7.75 SOCIAL Morning** Social/Coach Tuesday 09.30-11.00 Pay & Play £7.75 ADULT Beginners Beginners Wednesday 09.00-10.00 52.50 33 ADULT Beginners Beginners Thursday 19.00-20.00 52.50 65 ADULT Improvers Beginners Saturday 09.00-10.00 52.50 80 ADULT Improvers Improvers Wednesday 18.30-19.30 52.50 49 ADULT Improvers Improvers Friday 11.00-12.30 78.75 66 ADULT Intermediates Intermediates Monday 18.30-19.30 52.50 16 ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 2 Level 1	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday Tuesday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00 18.00-19.00 17.00-18.00 19.00-20.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87 29 48 56 31
Cardio Tennis** Social/Coach Wednesday 10.00-11.00 Pay & Play £8.00 LADIES Morning** Social/Coach Monday 10.00-11.30 Pay & Play £7.75 SOCIAL Morning** Social/Coach Tuesday 09.30-11.00 Pay & Play £7.75 ADULT Beginners Beginners Wednesday 09.00-10.00 52.50 33 ADULT Beginners Beginners Thursday 19.00-20.00 52.50 65 ADULT Improvers Beginners Saturday 09.00-10.00 52.50 80 ADULT Improvers Improvers Wednesday 18.30-19.30 52.50 49 ADULT Intermediates Intermediates Monday 18.30-19.30 78.75 81 ADULT Intermediates Intermediates Monday 18.30-19.30 52.50 16 ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 2 Level 1 Level 1	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday Wednesday Wednesday Wednesday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87 29 48 56 31 46
LADIES Morning** Social/Coach Monday 10.00-11.30 Pay & Play £7.75 SOCIAL Morning** Social/Coach Tuesday 09.30-11.00 Pay & Play £7.75 ADULT Beginners Beginners Wednesday 09.00-10.00 52.50 33 ADULT Beginners Beginners Thursday 19.00-20.00 52.50 65 ADULT Improvers Beginners Saturday 09.00-10.00 52.50 80 ADULT Improvers Improvers Wednesday 18.30-19.30 52.50 49 ADULT Improvers Improvers Friday 11.00-12.30 78.75 66 ADULT Intermediates Intermediates Monday 18.30-19.30 52.50 16 ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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. Adult Groups	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 2 Level 2 Level 1 Level 1 Level 1	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday Tuesday Wednesday Friday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00 18.00-19.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87 29 48 56 31 46 75
ADULT Beginners Beginners Wednesday 09.00-10.00 52.50 33 ADULT Beginners Beginners Thursday 19.00-20.00 52.50 65 ADULT Beginners Beginners Saturday 09.00-10.00 52.50 80 ADULT Improvers Improvers Wednesday 18.30-19.30 52.50 49 ADULT Improvers Improvers Friday 11.00-12.30 78.75 66 ADULT Improvers Improvers Saturday 11.00-12.30 78.75 81 ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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. Adult Groups Cardio Tennis**	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 2 Level 1 Level 1 Level 1	Wednesday Thursday Friday* Tuesday Friday* Sunday Tuesday Wednesday* Thursday Tuesday Thursday Truesday Truesday Truesday Truesday Tuesday Wednesday* Thursday Tuesday Tuesday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00 18.00-19.00 Time	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87 29 48 56 31 46 75
ADULT Beginners Beginners Wednesday 09.00-10.00 52.50 33 ADULT Beginners Beginners Thursday 19.00-20.00 52.50 65 ADULT Beginners Beginners Saturday 09.00-10.00 52.50 80 ADULT Improvers Improvers Wednesday 18.30-19.30 52.50 49 ADULT Improvers Improvers Friday 11.00-12.30 78.75 66 ADULT Intermediates Intermediates Monday 18.30-19.30 52.50 16 ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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. Adult Groups Cardio Tennis** LADIES Morning**	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 2 Level 1 Level 1 Level 1 Social/Coach	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday Tuesday Wednesday* Friday Day Wednesday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00 18.00-19.00 Time 10.00-11.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 Frice	41 25 72 21 54 70 87 29 48 56 31 46 75 No £8.00
ADULT Beginners Beginners Thursday 19.00-20.00 52.50 65 ADULT Beginners Beginners Saturday 09.00-10.00 52.50 80 ADULT Improvers Improvers Wednesday 18.30-19.30 52.50 49 ADULT Improvers Improvers Friday 11.00-12.30 78.75 66 ADULT Intermediates Intermediates Monday 18.30-19.30 52.50 16 ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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. Adult Groups Cardio Tennis** LADIES Morning** SOCIAL Morning**	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 2 Level 1 Level 1 Level 1 Social/Coach	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday Tuesday Wednesday* Friday Day Wednesday Monday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00 18.00-19.00 Time 10.00-11.00 10.00-11.30	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 Price Pay & Play	41 25 72 21 54 70 87 29 48 56 31 46 75 No £8.00 £7.75
ADULT Beginners Beginners Saturday 09.00-10.00 52.50 80 ADULT Improvers Improvers Wednesday 18.30-19.30 52.50 49 ADULT Improvers Improvers Friday 11.00-12.30 78.75 66 ADULT Intermediates Intermediates Monday 18.30-19.30 52.50 16 ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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. Adult Groups Cardio Tennis** LADIES Morning** SOCIAL Morning** ADULT Beginners	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 2 Level 1 Level 1 Level 1 Social/Coach Social/Coach	Wednesday Thursday Friday* Tuesday Friday* Sunday Tuesday Wednesday* Thursday Thursday Thursday Thursday Thursday Wednesday* Friday Day Wednesday Monday Tuesday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 11.30-12.30 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00 18.00-19.00 Time 10.00-11.00 10.00-11.30 09.30-11.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87 29 48 56 31 46 75 No £8.00 £7.75 £7.75
ADULT Improvers Improvers Wednesday 18.30-19.30 52.50 49 ADULT Improvers Improvers Friday 11.00-12.30 78.75 66 ADULT Improvers Improvers Saturday 11.00-12.30 78.75 81 ADULT Intermediates Intermediates Monday 18.30-19.30 52.50 16 ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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. Adult Groups Cardio Tennis** LADIES Morning** SOCIAL Morning** ADULT Beginners ADULT Beginners	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 2 Level 1 Level 1 Level 1 Social/Coach Social/Coach Beginners	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday Thursday Thursday Tuesday Wednesday* Friday Day Wednesday Monday Tuesday Wednesday Monday Tuesday Wednesday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 11.30-12.30 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00 18.00-19.00 Time 10.00-11.30 09.30-11.00 09.00-10.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87 29 48 56 31 46 75 No £8.00 £7.75 £7.75
ADULT Improvers Improvers Friday 11.00-12.30 78.75 66 ADULT Improvers Improvers Saturday 11.00-12.30 78.75 81 ADULT Intermediates Intermediates Monday 18.30-19.30 52.50 16 ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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. Adult Groups Cardio Tennis** LADIES Morning** SOCIAL Morning** ADULT Beginners ADULT Beginners ADULT Beginners	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 2 Level 1 Level 1 Level 1 Social/Coach Social/Coach Beginners Beginners	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday Tuesday Wednesday Friday Day Wednesday Monday Tuesday Wednesday Monday Tuesday Wednesday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00 18.00-19.00 Time 10.00-11.00 10.00-11.30 09.30-11.00 09.00-10.00 19.00-20.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87 29 48 56 31 46 75 No £8.00 £7.75 £7.75 33 65
ADULT Improvers Improvers Saturday 11.00-12.30 78.75 81 ADULT Intermediates Intermediates Monday 18.30-19.30 52.50 16 ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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. Adult Groups Cardio Tennis** LADIES Morning** SOCIAL Morning** ADULT Beginners ADULT Beginners ADULT Beginners ADULT Improvers	Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 1 Level 1 Level 1 Social/Coach Social/Coach Beginners Beginners Beginners	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday Tuesday Wednesday* Friday Day Wednesday Monday Tuesday Wednesday Monday Tuesday Wednesday Saturday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 11.30-12.30 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00 18.00-19.00 Time 10.00-11.30 09.30-11.00 09.00-10.00 19.00-20.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 Price Pay & Play Pay & Play Pay & Play Pay & Play Pay & Play 52.50 52.50 52.50	41 25 72 21 54 70 87 29 48 56 31 46 75 No £8.00 £7.75 £7.75 33 65 80
ADULT Intermediates Intermediates Monday 18.30-19.30 52.50 16 ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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. Adult Groups Cardio Tennis** LADIES Morning** SOCIAL Morning** ADULT Beginners ADULT Beginners ADULT Beginners ADULT Improvers	Intro/Stars Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 1 Level 1 Level 1 Social/Coach Social/Coach Beginners Beginners Improvers	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday Tuesday Wednesday* Friday Day Wednesday Monday Tuesday Wednesday Monday Tuesday Wednesday Monday Tuesday Wednesday Monday Tuesday Wednesday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00 18.00-19.00 Time 10.00-11.00 10.00-11.30 09.30-11.00 09.00-10.00 19.00-20.00 19.00-20.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 Price Pay & Play Pay & Play 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87 29 48 56 31 46 75 No £8.00 £7.75 £7.75 33 65 80 49
ADULT Intermediates Intermediates Wednesday 19.30-21.00 78.75 50	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. Adult Groups Cardio Tennis** LADIES Morning** SOCIAL Morning** ADULT Beginners ADULT Beginners ADULT Beginners ADULT Improvers ADULT Improvers ADULT Improvers	Intro/Stars Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 3 Level 2 Level 2 Level 2 Level 1 Level 1 Level 1 Social/Coach Social/Coach Beginners Beginners Beginners Improvers	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday Wednesday* Friday Day Wednesday Monday Tuesday Wednesday Monday Tuesday Wednesday Friday Friday Wednesday Friday Friday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00 18.00-19.00 Time 10.00-11.30 09.30-11.00 09.00-10.00 19.00-20.00 19.00-20.00 19.00-10.00 19.00-10.00 19.00-20.00	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 Price Pay & Play Pay & Play Fay	41 25 72 21 54 70 87 29 48 56 31 46 75 No £8.00 £7.75 £7.75 33 65 80 49 66
ADIII T Internet edicte =	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. Adult Groups Cardio Tennis** LADIES Morning** SOCIAL Morning** ADULT Beginners ADULT Beginners ADULT Beginners ADULT Improvers ADULT Improvers ADULT Improvers ADULT Improvers ADULT Improvers ADULT Intermediates	Intro/Stars Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 2 Level 2 Level 2 Level 1 Level 1 Level 1 Social/Coach Social/Coach Beginners Beginners Improvers Improvers	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday Tuesday Wednesday* Tuesday Wednesday Tuesday Wednesday Tuesday Wednesday Tuesday Wednesday Tuesday Wednesday Tuesday Wednesday Thursday Saturday Wednesday Friday Saturday Saturday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00 10.00-11.30 09.30-11.00 09.00-10.00 19.00-20.00 19.00-20.00 19.00-20.00 10.00-11.30 10.00-11.30 11.00-12.30 11.00-12.30	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 Price Pay & Play Pay & Play Fa.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50	41 25 72 21 54 70 87 29 48 56 31 46 75 No £8.00 £7.75 £7.75 33 65 80 49 66 81
ADULT Intermediates Intermediates Thursday 19.00-20.30 78.75 64	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. Adult Groups Cardio Tennis** LADIES Morning** SOCIAL Morning** ADULT Beginners ADULT Beginners ADULT Beginners ADULT Improvers ADULT Improvers ADULT Improvers ADULT Intermediates ADULT Intermediates	Intro/Stars Intro/Stars Intro/Stars Intro/Stars Level 3 Level 3 Level 2 Level 2 Level 2 Level 1 Level 1 Level 1 Social/Coach Social/Coach Beginners Beginners Improvers Improvers Intermediates	Wednesday Thursday Friday* Tuesday Thursday Friday* Sunday Tuesday Wednesday* Thursday Wednesday Friday	17.00-18.00 18.00-19.00 17.00-18.00 16.00-17.00 16.00-17.00 17.00-18.00 11.30-12.30 18.00-19.00 17.00-18.00 19.00-20.00 19.00-20.00 18.00-19.00 Time 10.00-11.00 10.00-11.30 09.30-11.00 09.00-10.00 19.00-20.00 18.30-19.30 11.00-12.30 11.00-12.30 18.30-19.30	52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 52.50 Price Pay & Play Pay & Play Fay & Fay &	41 25 72 21 54 70 87 29 48 56 31 46 75 No £8.00 £7.75 £7.75 33 65 80 49 66 81 16

Club Futures	Level	Day	Time	Price	No
Youth RED Futures (4-8years)	Invitation	Monday	17:00-18.00	50.00	77
	Invitation	Tuesday	17.00-18.00	50.00	27
	Invitation	Wednesday	16.00-17.00	50.00	36
	Invitati on	Thursday	13.00-14.30	75.00	59
Youth ORANGE Futures (8-9years)	Invitation	Tuesday*	16.00-17.00	50.00	35
	Invitation	Wednesday*	16;00-17:00	50.00	24
	Invitation	Thursday	13:00-14:30	75.00	51
ORANGE/ GREEN Futures	Invitation	Monday	15.30-17.00	75.00	4
	Invitation	Wednesday	07.00-08.30	75.00	32
Youth GREEN Futures(9-10 years)	Invitation	Tuesday*	16.00-17.00	50.00	37
	Invitation	Tuesday	16.00-17.30	75.00	23
U10s Futures	Invitation	Monday	16.30-18.00	75.00	7
U14s Futures	Invitation	Monday	17.00-18.30	75.00	13
	Invitation	Tuesday*	17.00-18.30	75.00	28
	Invitation	Wednesday	17.00-18.30	75.00	39
	Invitation	Thursday*	16.00-17.30	75.00	58
U16s Futures	Invitation	Monday	18.00-19.30	75.00	15
	Invitation	Wednesday	18.00-19.30	75.00	47
	Invitation	Thursday	16.00-17.30	75.00	57
U18s Futures	Invitation	Tuesday	17.30-19.30	100.00	30
	Invitation	Tuesday	17.30-19.00	75.00	26
	Invitation	Thursday	17.30-19.00	75.00	62
	Invitation	Thursday*	17:30-19.00	75.00	63
	Invitation	Friday	18:00-20:00	100.00	76
Full Futures	Invitation	Tuesday	16:00-17.30	75.00	38
Orange, Green, Full Ball Futures	Invitation	Thursday	14.30-16.00	75.00	53

Strength & Conditioning	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.	U14 U16	Monday Monday Monday Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Thursday Thursday Thursday	18.00-18.30 17.00-18.00 18.30-19.30 19.30-20.30 16.00-17.00 17.30-18.30 19.00-20.00 17.00-18.00 18.30-19.30 19.30-20.30 13.30-14.30 14.30-15.30 16.30-17.30 17.30-18.30	20.00 40.00 40.00 40.00 40.00 40.00 40.00 40.00 40.00 40.00 40.00 40.00 40.00	AA A B C D E F H I J K L M 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 in an hour group

^{**} Adult groups are available to non-members at an additional cost of £7 visitor fee