



Youth Red Tennis (3 - 5 years)	Level	Day	Time	Price	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	54.50	2
	Level 3	Friday	16.00-16.40	54.50	58
	Level 3	Sunday	09.00-09.40	54.50	75

Youth Red Tennis (6-8years)	Level	Day	Time	Price	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 ball and small courts they'll be introduced to relaxed competition too.	Level 2	Monday	16.40-17.20	54.50	4
	Level 2	Friday	16.40-17.20	54.50	59
	Level 2	Sunday	09.40-10.20	54.50	76
	Level 1	Monday	17.20-18.00	54.50	7
	Level 1	Friday	17.20-18.00	54.50	61
	Level 1	Sunday	10.20-11.00	54.50	77

Youth Orange Tennis (8-9 years)	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	65.00	10
		Wednesday	16.00-17.00	65.00	31
		Friday	17.00-18.00	65.00	60

Youth Green Tennis (9-10years)	Level	Day	Time	Price	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.		Monday*	17.00-18.00	65.00	11
		Wednesday*	17.00-18.00	65.00	41
		Friday	16.00-17.00	65.00	57

Youth Yellow Tennis (11-18years)	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	18.30-19.30	65.00	36
	Intro/Stars	Thursday	18.00-19.00	65.00	53
	Intro/Stars	Friday*	17.00-18.00	65.00	64
	Level 3	Tuesday	16.00-17.00	6500	19
	Level 3	Thursday	16.00-17.00	65.00	50
	Level 3	Friday	18.00-19.00	65.00	62
	Level 2	Tuesday	18.00-19.00	65.00	23
	Level 2	Wednesday*	18.00-19.00	65.00	42
	Level 2	Thursday	17.00-18.00	65.00	51
	Level 1	Tuesday	19.00-20.00	65.00	24
	Level 1	Wednesday*	19.00-20.00	65.00	43

Adult Groups	Level	Day	Time	Price	No
Cardio Tennis**	Social/Coach	Wednesday	10.00-11.00	Pay & Play £9.50	
LADIES Morning**	Social/Coach	Monday	10.00-11.30	Pay & Play £10.00	
SOCIAL Morning**	Social/Coach	Tuesday	09.30-11.00	Pay & Play £10.00	
ADULT Doubles Tactics**	Social/Coach	Wednesday	09.00-10.00	Pay & Play £7.00	
ADULT Group Coaching	Enquire at Reception	Wednesday	18.30-19.30	65.00	38
ADULT Group Coaching	Enquire at Reception	Friday	11.00-12.30	97.50	56
ADULT Group Coaching	Enquire at Reception	Saturday	09.00-10.00	65.00	70
ADULT Group Coaching	Enquire at Reception	Saturday	11.00-12.30	97.50	72
ADULT Group Coaching	Enquire at Reception	Monday	18.30-19.30	65.00	9
ADULT Group Coaching	Enquire at Reception	Wednesday	19.30-21.00	97.50	40
ADULT Group Coaching	Enquire at Reception	Thursday	19.00-20.00	65.00	54

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

Club Futures	Level	Day	Time	Price	No
Youth Red Futures (4 - 8 years)	Invitaion Tennis & S&C	Monday	17:00-18.00	62.50	5
	Tennis & S&C	Tuesday	16.30-18.00	83.75	20
		Tuesday	16.00-17.30	83.75	18
	Group 1	Wednesday	16.00-17.00	62.50	33
	Group 2	Wednesday	16.00-17.00	62.50	34
Youth Orange Futures (8-9 years)	Invitation	Monday	15.30-17.00	93.75	1
	Invitation	Wednesday	07.00-08.30	93.75	30
	Invitation	Thursday	13.00-14.30	93.75	46
	Invitation	Thursday	13.00-14.30	93.75	45
Youth Green Futures (9-10 years)	Invitation	Tuesday*	16.00-17.30	93.75	17
	Invitation	Wednesday	16.00-17.00	62.50	32
	Invitation	Thursday	14.30-16.00	93.75	47
Youth U12s Futures	Invitation	Monday	18.00-19.30	93.75	6
Youth U14s Futures	Themed Points	Tuesday*	17.00-18.30	93.75	25
	Invitation	Thursday	16.00-17.30	93.75	49
Youth U16s Futures	Invitation	Monday	17.00-18.30	93.75	8
	Invitation	Wednesday	17.00-18.30	93.75	35
	Invitation	Wednesday	17.00-18.30	93.75	37
Youth U18s Futures	Invitation	Tuesday	17.30-19.00	93.75	22
	Invitation	Thursday	17.30-19.00	93.75	52
	Invitation	Friday	18:00-20:00	125.00	63

### Strength & Conditioning 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>RED</b>	Monday	16.30-17.00	21.25	A
<b>ORANGE</b>	Monday	17.00-18.00	42.50	B
<b>U14</b>	Monday	18.30-19.30	42.50	C
<b>U18</b>	Tuesday	19.00-20.00	42.50	G
<b>U12/U14/U16</b>	Wednesday	16.00-17.00	42.50	H
<b>ORANGE</b>	Thursday	14.30 -15.30	42.50	46B
<b>GREEN</b>	Thursday	16.00-17.00	42.50	K
<b>U18</b>	Thursday	19.00-20.00	42.50	L

\*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