Individual Lesson Coaching Rates

Coach	Role - Qualification	Number	Hourly Rate
Nick Fitzpatrick	HeadCoach - Level 5	07973 462 876	£32.00
Rob Jackson	Level 4 - Junior and Adult Coordinator	07789 000 331	£31.00 #
Mat Green	Level 4 -	07502 152 075	£31.00 #
Danny Lea	Level 4 -	07812 441 981	£31.00 #
Paul Hull	Level 3 - 20 Years experience in coaching & teaching	07817 884 615	£31.00 #
Craig Jarrom	Level 3 - Development & Performance Coach	07824 321 431	£30.00 #
Matt Wesley	Level 3 - Development & Performance Coach	07812 513 773	£28.00 #
Kieron Hinds	Level 3 -	07954 073 168	£26.00 #

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	
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	£12.00	£12.00
2100-2230*	£14.00	£12.00	£12.00	£12.00

The above prices are hourly rates for the indoor courts.
*10.00pm for Saturday & Sunday
**from 7am during term time for Saturday 8am in school holidays, 8am on Sunday

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.

THONGSBRIDGE
Tennis & Fitness

Incorporates LTA 10U performace programme

2026 Coaching Programme



Block 2
7 Weeks

Monday 2nd November 2026 - Sunday 20th December 2026

Miry Lane, Thongsbridge, Holmfirth, HD9 7RY
Tel: (01484) 687160
Email: reception@thongsbridge.org
Web: www.thongsbridge.org

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	76.30	2
	Level 3	Friday	16.00-16.40	76.30	58
	Level 3	Sunday	09.00-09.40	76.30	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	76.30	4
	Level 2	Friday	16.40-17.20	76.30	59
	Level 2	Sunday	09.40-10.20	76.30	76
	Level 1	Monday	17.20-18.00	76.30	7
	Level 1	Friday	17.20-18.00	76.30	61
	Level 1	Sunday	10.20-11.00	76.30	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	91.00	10
		Wednesday	16.00-17.00	91.00	31
		Friday	17.00-18.00	91.00	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	91.00	11
		Wednesday*	17.00-18.00	91.00	41
		Friday	16.00-17.00	91.00	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	91.00	36
	Intro/Stars	Thursday	18.00-19.00	91.00	53
	Intro/Stars	Friday*	17.00-18.00	91.00	64
	Level 3	Tuesday	16.00-17.00	91.00	19
	Level 3	Thursday	16.00-17.00	91.00	50
	Level 3	Friday	18.00-19.00	91.00	62
	Level 2	Tuesday	18.00-19.00	91.00	23
	Level 2	Wednesday*	18.00-19.00	91.00	42
	Level 2	Thursday	17.00-18.00	91.00	51
	Level 1	Tuesday	19.00-20.00	91.00	24
	Level 1	Wednesday*	19.00-20.00	91.00	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
Social Morning**	Social/Coach	Wednesday	09.00-10.00	Pay & Play	£7.00
ADULT Group Coaching	Enquire at Reception	Wednesday	18.30-19.30	91.00	38
ADULT Group Coaching	Enquire at Reception	Friday	11.00-12.30	136.50	56
ADULT Group Coaching	Enquire at Reception	Saturday	09.00-10.00	91.00	70
ADULT Group Coaching	Enquire at Reception	Saturday	11.00-12.30	136.50	72
ADULT Group Coaching	Enquire at Reception	Monday	18.30-19.30	91.00	9
ADULT Group Coaching	Enquire at Reception	Wednesday	19.30-21.00	136.50	40
ADULT Group Coaching	Enquire at Reception	Thursday	19.00-20.00	91.00	54
Adult Group Coaching	Enquire at Reception	Friday	19.00-20.00	91.00	

****These groups are available to non-members at an additional cost of £4 for 30 Mins, £8 for 60 Mins or £12 for 90 Mins.**

Club Futures	Level	Day	Time	Price	No
Youth Red Futures (4 - 8 years)	Invitation	Monday	17:00-18.00	87.50	5
	Tennis & S&C	Tuesday	16.30-18.00	117.25	20
	Group 1	Wednesday	16.00-17.00	87.50	33
	Group 2	Wednesday	16.00-17.00	87.50	34
	Tennis & S&C	Friday	16.00-17.30	117.25	
Youth Orange Futures (8-9 years)	Invitation	Monday	15.30-17.00	131.25	1
	Invitation	Monday	15.30-17.00	131.25	
	Tennis & S&C	Wednesday	07.00-08.30	117.25	30
	Invitation	Thursday	13.00-15.30	190.75	46
Youth Green Futures (9-10 years)	Invitation	Tuesday	16.00-17.00	87.50	17
	Invitation	Wednesday	16.00-17.00	87.50	32
	Tennis & S&C	Friday*	07.00-08.30	117.25	
Youth U11s Futures	Invitation	Thursday	14.30-16.00	£131.25	47
Youth U12s Futures	Invitation	Monday	18.00-19.30	131.25	6
Youth U14s Futures	Invitation	Tuesday*	17.00-18.30	131.25	25
	Invitation	Thursday	16.00-17.30	131.25	49
Youth U16s Futures	Invitation	Monday	17.00-18.30	131.25	8
	Invitation	Wednesday	17.00-18.30	131.25	35
Youth U18s Futures	Invitation	Tuesday	17.30-19.00	131.25	22
	Invitation	Thursday	17.30-19.00	131.25	52

Performance Programme				
Youth Red Performance	Tennis & S&C	Tuesday	07.00-08.30	117.25
	Tennis & S&C	Thursday	07.00-08.30	117.25
Youth Orange Performance	Tennis & S&C	Tuesday	07.00-08.30	117.25
	Tennis & S&C	Thursday	07.00-08.30	117.25
Youth Green Performance	Tennis & S&C	Monday	07.00-08.30	117.25
	Tennis & S&C	Thursday	14.30-16.30	161.00

Junior Fitness with Supervision			
Wednesday	16.00-17.00	59.50	
Thursday	19.00-20.00	59.50	

***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