

ADULT TENNIS

Spring 2024



ADULT COACHING PROGRAMME

Commencing – Saturday 6th January – Saturday 30th March 2024

(Excluding: Half Term week 10th – 16th February, Saturday 17th February & Good Friday 29th March)

Course	Day	Time	Sessions	Price
ADULT BRONZE (Beginner) & Plus can rally but not yet Silver standard				
Mixed Bronze Plus	Monday	12:00-12:55pm	11	£143.00
Mixed Bronze	Monday	2:00-2:55pm	11	£143.00
Ladies Bronze & Bronze Plus	Wednesday	10:00-10:55am	11	£143.00
Mixed Bronze	Wednesday	1:00-1:55pm	11	£143.00
Mixed Bronze	Thursday	1:00-1:55pm	11	£143.00
Mixed Bronze Plus	Friday	2:00-2:55pm	10	£130.00
Mixed Bronze Plus	Sunday	9:00-9:55am	11	£143.00
Mixed Bronze Plus	Sunday	6:00-6:55pm	11	£143.00
ADULT SILVER (Intermediate) Can play singles and doubles but need more practice				
Mixed Silver	Monday	11:00-11:55am	11	£143.00
Mixed Silver	Tuesday	2:00-2:55pm	11	£143.00
Mixed Silver	Tuesday	7:00-7:55pm	11	£143.00
Mixed Silver	Wednesday	11:00-11:55am	11	£143.00
Mixed Silver	Friday	1:00-1:55pm	10	£130.00
Mixed Silver	Sunday	7:00-7:55pm	11	£143.00
ADULT GOLD (Club level) Social tennis standard and have played lots of friendly matches				
Mixed Gold	Tuesday	12:00-12:55pm	11	£143.00
Mixed Gold	Wednesday	12:00-12:55pm	11	£143.00
Mixed Gold / Platinum	Sunday	8:00-8:55pm	11	£143.00
PLATINUM (Advanced club level) Experienced player but below men's team level				
Mixed Platinum	Monday	1:00-1:55pm	11	£143.00
ADULT PAY & PLAY SESSIONS			Members Price	Non Members Price
CARDIO TENNIS				
Cardio Tennis	Running again from April	9:00-10:00am	£6	£9
Cardio Tennis	Friday	9:00-10:00am	£6	£9
ADULT TEAM PRACTICE				
Ladies 1 st Team	Monday	8:00-9:30pm	£ based on no.	-
Men's 1 st & 2 nd Team	Tuesday	8:00-9:30pm	£ based on no.	-
Men's 5 th Team	Thursday	8:00-9:30pm	£ based on no.	-
Ladies Midweek 1 st & 2 nd	Friday	10:00-11:30pm	£ based on no.	-
Men's 3 rd & 4 th Team	Saturday	12:00-1:00pm	£ based on no.	-
Ladies 3 rd Team	Saturday	1:00-2:00pm	£ based on no.	-
Ladies 2 nd Team	Saturday	2:00-3:00pm	£ based on no.	-