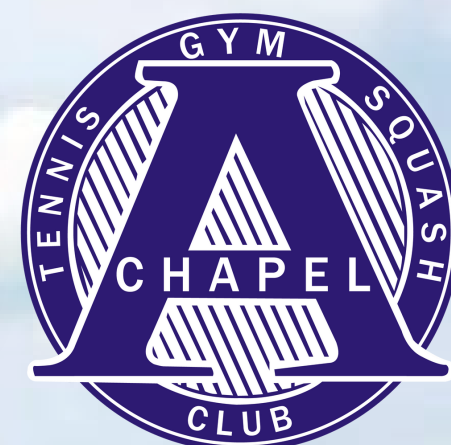


ADULT TENNIS PROGRAMME AUTUMN/WINTER



SESSIONS ARE £7.50 PER HOUR (£11 PER 90 MINUTES)

ALL ABILITIES

Tuesday 10:00 – 11:00:
Tennis Fitness

BEGINNER

Monday 12:00 – 13:00
Tuesday 19:00 – 20:00
Thursday 18:00 – 19:00

IMPROVER

Monday 10:30 – 12:00
Monday 18:00 – 19:00
Friday 9:00 – 10:00
Sunday 12:00 – 13:00

INTERMEDIATE

Monday 10:30 – 12:00
Monday 19:00 – 20:30
Wednesday 9:30 – 11:00
Wednesday 18:00 – 19:00
Friday 10:00 – 11:30

ADVANCED

Friday 18:00 – 19:00

TEAM PRACTICE

Ladies' Team Practice
Saturdays – Enquire for
dates

Men's Team Practice
Sundays 19:00 – 21:00
[No coach (£3)]

CLUB PLAY

Wednesdays 11:00 – 13:00
(£4.00)
Fridays 19:00 – 22:00
(£6.00)
Sundays 14:00 – 17:00
(£6.00)

We Aim to Provide Suitable Sessions for All Standards, if you are unsure of your level, please speak with a coach.

Non - Members are welcome to attend, booking on the day.

Please contact coaching@chapel-a.co.uk with any questions.

**All Classes Can be Booked on Club Solution
7 Days in Advance**