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**