

# 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 18:30 – 19:30  
Thursday 18:00 – 19:00

## IMPROVER

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 18:00 – 20:00  
[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](mailto:coaching@chapel-a.co.uk) with any questions.**

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