

# WELCOME TO CHAPEL A



## CONTACT US



info@chapel-a.co.uk



www.chapel-a.co.uk



0113 22 666 22



@chapelclub



@chapelallertonLTSC



@chapelclub



chapel-a-club





# MEMBER BENEFITS



## All Members

6 free guest passes per year  
15% discount at the bar when using member card  
Members' Price at social events

## Racket Members

Free New Member Hit (tennis and/or squash) with a coach & recommendations on people to play & lessons to attend  
Enter Club Box Leagues to improve your game  
Attend Club Play Sessions  
Opportunity to join teams in different leagues  
Enter Social Tournaments throughout the Year

## Gym Members

Free Gym Induction  
Free Bespoke Programme, updated every 12-weeks  
Free Access to Fitness Classes







# TRIAL MEMBERSHIP

£39



**Membership includes access to  
Gym, Tennis, Squash & Padel  
Facilities**

**Includes:**

- **Gym Induction & Programme**
- **Free New Member Hit in Tennis and/or Squash**





# Chapel Allerton Lawn Tennis, Squash & Gym

## Memberships

| Adult Membership | Annual | Monthly | Couples Annual~ | Couples Monthly |
|------------------|--------|---------|-----------------|-----------------|
| Full             | £520   | £47.02  | £884            | £79.93          |
| Rackets          | £380   | £34.36  | £646            | £58.41          |
| Gym              | £440   | £39.78  | £748            | £67.63          |
| Squash           | £300   | £27.13  | £510            | £46.11          |
| Padel            | £300   | £27.13  | £510            | £46.11          |
| Off Peak*        | £380   | £34.36  | £646            | £58.41          |
| Country**        | £247   | N/A     | N/A             | N/A             |
| Social           | £36    | N/A     | N/A             | N/A             |

| Concession Memberships | Annual | DD     |
|------------------------|--------|--------|
| Full Under 25          | £275   | £24.86 |
| Full Under 22          | £180   | N/A    |
| Full Under 18          | £120   | N/A    |
| Under 16               | £70    | N/A    |
| Under 11               | £45    | N/A    |
| Junior Add On          | £25    | N/A    |

3-, 6- & 9-month memberships also available.

All monthly memberships have a 12-month binding period

~ Couples must live at the same address.

\*Off Peak Times - Weekdays 9am - 5pm, weekends all hours.

\*\*Country Members must live and work >25 miles from the club.

Concession Memberships - At the time of joining, member must be under the age category.

Junior Add On is available for full adults who wish to add their U16 children.





# OPENING HOURS

## GYM & SQUASH

Monday - Friday

6:45 - 22:00

Saturday

8:00 - 22:00

Sunday

9:00 - 22:00

## RECEPTION

Monday - Friday

9:00 - 21:00

Weekends

9:00 - 17:00

## TENNIS

Monday - Friday

9:00 - 23:00

Saturday

9:00 - 23:00

Sunday

9:00 - 21:00

## BAR

Monday - Friday

14:00 - 23:00

Saturday

12:00 - 23:00

Sunday

12:00 - 21:00





# COURT FEES

## Indoor Tennis

### **Mon - Fri**

8am - 5pm: £13 per hour

5pm - Close: £18 per hour

### **Sat/Sun**

£13 per hour

## Outdoor Tennis

Free to play when booked less than 12 hours in advance (Members only)

Pre-booking fee: £1 per hour

Floodlights: £2.50 per hour

## Padel

All hours: £16 per hour

## Squash

### **Mon - Fri**

6:45am - 5pm: £3.50 per 45mins

5pm - Close: £6 per 45mins

### **Sat/Sun**

£3.50 per 45mins



# TENNIS AT CHAPEL A



Chapel A has 12 outdoor courts, and 3 indoor tennis courts.

Coaching is available for all ages and standards, both group & individual coaching.

Weekly Club Play Sessions  
Social Events

Throughout the year, Chapel A hosts a variety of events with the biggest event of the calendar year being the annual Club Championships.

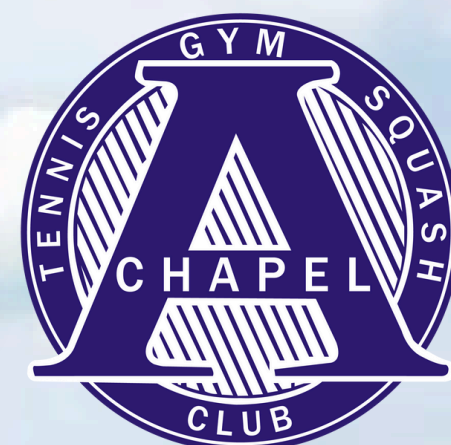
Chapel A has 12 teams across a range of summer leagues ,

All bookings are completed on the members area.





# 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.**

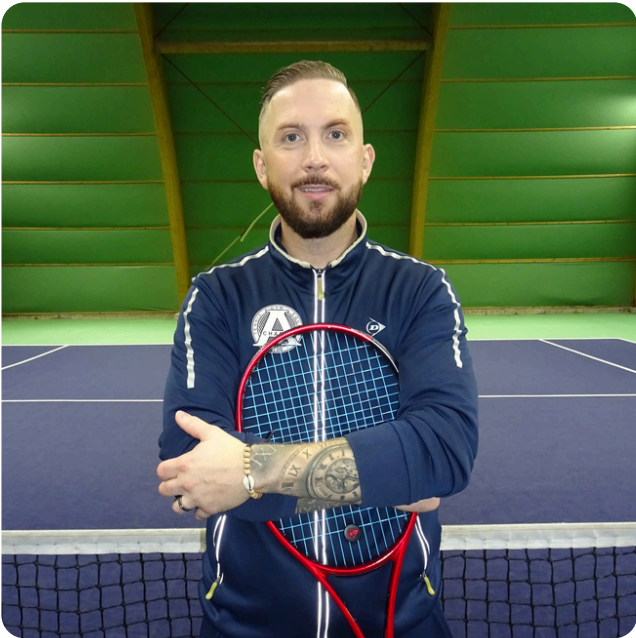
**Please contact [coaching@chapel-a.co.uk](mailto:coaching@chapel-a.co.uk) with any questions.**

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



# TENNIS COACHING

IF YOU ARE INTERESTED IN INDIVIDUAL COACHING,  
PLEASE GET IN TOUCH WITH ONE OF OUR COACHES.



**ALEX THORNTON**

**MOBILE: 07769 297 613**

**EMAIL: ALEX@CHAPEL-A.CO.UK**

**CHARLIE SWALLOW**

**MOBILE: 07800 886 867**

**EMAIL: CHARLIE\_12290@HOTMAIL.CO.UK**



**BEN HARRIS**

**MOBILE: 07772 860 566**

**EMAIL: BENHARRIS98@HOTMAIL.COM**



**HARRY WARD**

**MOBILE : 07979 057 971**

**EMAIL: HARRY.WARD95@OUTLOOK.COM**



**ANNIE STOCKDALE**

**MOBILE: 0750321 9456**

**EMAIL: ANNIE.STOCKDALE01@ICLOUD.COM**







**BOOK NOW!**

# PADEL AT CHAPEL A

Give padel a go at Chapel A!

With two courts covered by a canopy, Chapel A hosts a range of padel activities no matter the weather.

Members can book courts up to 2 weeks in advance.

Visitors can book courts 5 days in advance.



-  Book Courts & play with friends
-  Coaching
-  Club Play
-  Box Leagues

Padel bookings, courts, classes, and events are booked through the Members' Area





# PADEL COACHING

If you are unsure which session to attend, do not  
hesitate to speak with a coach.

£7.50 unless stated otherwise

| Group                            | Days/ Times                                                                                         | Description                                                                                                                                                                                          |
|----------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Beginner Padel</b>            | Wednesday 10am-11am<br>Sunday 10am - 11am                                                           | For those who understand the basic rules and have played padel a few times but have little match play experience. These sessions will work on the basic shots and skills needed for playing a match. |
| <b>Improver Padel</b>            | Tuesday 6pm - 7pm<br>Thursday 10am - 11am (£10)                                                     | For those who understand the rules of padel, and have played several times but want to improve their skills for match play situations.                                                               |
| <b>Intermediate Padel</b>        | Tuesday 6pm - 7pm<br>Wednesday 6pm - 7pm<br>Thursday 11am - 12pm (£10)<br>Thursday 12pm - 1pm (£10) | For those who have a good understanding of padel and have played racket sports before. In these sessions you will develop more technical shots and gain tactical knowledge of the game.              |
| <b>Advanced Padel</b>            | Wednesday 7pm - 8pm                                                                                 | For those who are confident in rallying and match play situations. Focusing on advanced technical and tactical aspects of the game.                                                                  |
| <b>Club Play</b>                 | Tuesday 2pm-4pm<br>Thursday 7pm-9pm<br>Saturday 9am-11am                                            | Social mix for players who are confident holding a rally and have an understanding of the game. Club play offers a great opportunity to meet and play with other members.                            |
| <b>Match Play &amp; Coaching</b> | Thursday 3pm - 4pm (£10)                                                                            | For those who have a good understanding of padel and have played racket sports before. In these sessions you will develop more technical shots and gain tactical knowledge of the game.              |



# PADEL COACHING

IF YOU ARE INTERESTED IN INDIVIDUAL PADEL  
COACHING, PLEASE GET IN TOUCH WITH ONE OF OUR  
PADEL COACHES.

ANY QUESTIONS, PLEASE CONTACT CHARLIE.



**CHARLIE SWALLOW**

EMAIL: [CHARLIE@CHAPEL-A.CO.UK](mailto:CHARLIE@CHAPEL-A.CO.UK)

MOBILE: 07800886867

PRIVATE LESSON PRICE £50

**NICKY HORN**

EMAIL: [JNHRIFFA@GMAIL.COM](mailto:JNHRIFFA@GMAIL.COM)

MOBILE: 07465241899

PRIVATE LESSON PRICE £36

NICKY WILL BE AT CHAPEL A ON  
THURSDAYS



**BRETT PARDOE**

MOBILE: 07554 696067

PRIVATE LESSON PRICE £40 - £50





# Squash at Chapel A



Chapel A has 6 squash courts (3 hardback and 3 glass back).

We offer both squash and racketball here at Chapel A, with activities.

Teams across a range of leagues, there is availability for a range of standards



## Annual Club Championships



Club play every Sunday evening, only £2.50 to book on



Fun Team League activities



Events & competitions throughout the year



Team squash and team racketball.



Adult and Junior Coaching Programmes available to join





# Adult Squash & Racketball

## Monday.

11am - 12pm U3A Racketball

## Tuesday.

4:30pm - 6pm Intermediate/Advanced Racketball Group

6pm - 7:30pm Improver/Intermediate Group Squash

## Wednesday.

6pm - 6:45pm Racketball Beginner/ Improver Class

## Thursday.

6pm - 7:30pm Advanced/ Lower Team Squash Training

7:30pm - 8:15pm Beginner Squash Class

## Friday.

11am - 12pm U3A Racketball

12pm - 1pm Racketball Social Games

5:15pm - 6:45pm Higher Team Squash Squad Training

## Saturday

3:45pm - 5:15pm Racketball Handicap

## Sunday.

Once per month - Racketball Doubles

5:15pm - 8:15pm Squash Club Play

For more details, email [edwardsquash@msn.com](mailto:edwardsquash@msn.com)



# SQUASH COACHING



## **PETER EDWARDS - HEAD COACH**

**MOBILE: 07957 665 323**

**EMAIL: EDWARDSQUASH@MSN.COM**

Peter has been head coach at Chapel A for over 30 years and is one of a few coaches in the country with a Level 4 Elite coaching qualification.

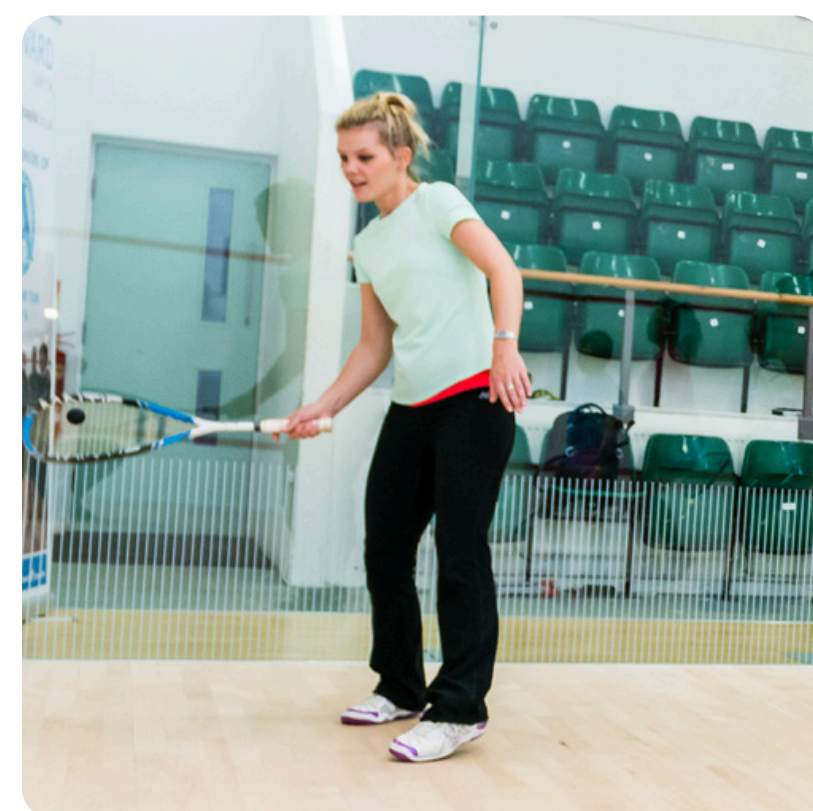
Peter offers individual and group coaching in both squash and racketball from beginner through to advanced levels.

## **CARRIE RAMSEY - JUNIOR COACH**

**MOBILE: 07749 980 033**

**EMAIL: CAS.ACADEMY@HOTMAIL.COM**

Carrie is an ex professional who was European junior champion and British U23 champion. She has developed the junior academy, and welcomes all ages and abilities from 5+! Carrie has over 10 years coaching experience and is a level 3 coach.



**Single or block sessions available**



# PERSONAL TRAINING

## AT CHAPEL A



- Train with one of our qualified Personal Trainers
- Book a single session or blocks of 4 & 8
- On your own or with a friend

0113 22 666 22

[info@chapel-a.co.uk](mailto:info@chapel-a.co.uk)





# FITNESS CLASS TIMETABLE

AM

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**9:30 - 10:30**  
Low Impact

**9:30 - 10:30**  
Functional  
Movement

**7:00 - 7:30**  
Circuits

**9:30 - 10:30**  
Mobility

**11:00 - 12:00**  
Women's  
strength

**10:30 - 11:30**  
Mindful  
Movement

**9:30 - 10:30**  
Low Impact

**10:45 - 11:15**  
Suspension

PM

**17:30 - 18:15**  
Circuits

**18:00 - 18:45**  
Core  
Conditioning

**16:15 - 17:15**  
Junior Gym

**18:15 - 19:00**  
Pump & Tone

**18:00 - 18:45**  
Boxfit

**19:30 - 20:30**  
Pilates

**19:15 - 20:15**  
Yoga

**18:55 - 19:40**  
Kettlebells

**19:00 - 19:45**  
Suspension &  
Bodyweight

**Friday**

**Saturday**

**Sunday**

AM

**9:30 - 10:30**  
Balance &  
Flexibility

**9:30 - 10:30**  
HIIT/ Bootcamp  
(seasonal  
variations)

**10:15 - 11:00**  
Mind & Motion

PM

**12:30 - 13:30**  
Pilates

**10:45 - 11:45**  
Women's Strength

**17:30 - 18:00**  
HIIT Circuits

**Book onto classes through the Members' Area**  
**Gym Classes are included in gym membership**



# PERSONAL TRAINING

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**ROSS SHERMAN**

**MOBILE: 07477435134**

**EMAIL: ROSS@CHAPEL-A.CO.UK**

**CHRIS SMITH**

**MOBILE: 07920 851 195**

**EMAIL: CS.LIFESTYLE@LIVE.CO.UK**



**AMY LEE**

**MOBILE: 07557 404339**

**EMAIL: AMYCLAIREFITNESS@GMAIL.COM**

**CARL CLEASBY**

**MOBILE: 07738 657 771**

**EMAIL: CARLCLEASBY@HOTMAIL.CO.UK**



**Single or block sessions available**

**£33 for 1 session | £120 for 4 sessions | £212 for 8 sessions**