

# WELCOME TO CHAPEL A



## CONTACT US



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



[www.chapel-a.co.uk](http://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 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 both  
Tennis & Squash**



# Chapel Allerton Lawn Tennis, Squash & Gym

## Memberships

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

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

Saturday

9:00 - 17:00

Sunday

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

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.

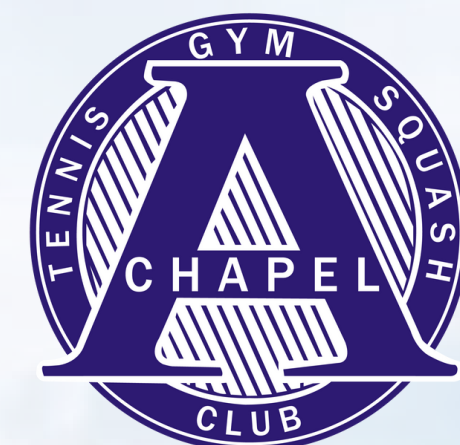
Weekly Club Play Sessions  
Monthly Social Events

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 SPRING/ SUMMER

SESSIONS ARE £6 PER HOUR, UNLESS STATED  
OTHERWISE

## ALL ABILITIES

Tuesday 10:00 - 11:00:  
Tennis Fitness

## BEGINNER

Mondays 12:00 - 13:00  
Tuesdays 18:30 - 19:30  
Thursdays 18:00 - 19:00

## IMPROVER

Mondays 18:00 - 19:00  
Sundays 12:00 - 13:00

## INTERMEDIATE

Mondays 10:30 - 12:00  
(£9)  
Mondays 19:00 - 20:30  
(£9)  
Wednesdays 9:30 - 11:00  
(£9)  
Wednesdays 18:00 - 19:00

## ADVANCED

Fridays 10:00 - 12:00  
(£12)  
Fridays 18:00 - 19:00

## TEAM PRACTICE

Ladies' Team Practice  
Mondays 18:00 - 20:30  
(£2)  
Men's Team Practice  
Wednesdays 19:00-21:00  
(£2)

## CLUB PLAY

Tuesdays 18:30 - 21:00  
Wednesdays 11:00 - 13:00  
Fridays 19:00 - 22:00  
Sundays 14:00 - 17:00

**We Aim to Provide Suitable Sessions for All Standards**

**Non - Members are welcome to attend.**

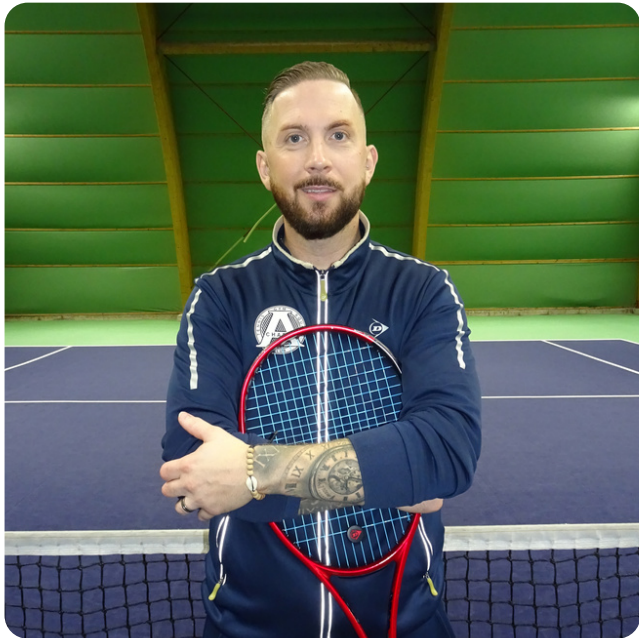
**Please contact Alex Thornton, Tennis Manager, with any  
questions - [alex@chapel-a.co.uk](mailto:alex@chapel-a.co.uk)**

**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.

Group	Days/ Times	Description
<b>Beginner Padel</b>	Tuesday 6pm - 7pm Wednesday 10am-11am Thursday 10am-11am Thursday 12pm - 1pm 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>Intermediate Padel</b>	Tuesday 6pm - 7pm Wednesday 6pm - 7pm Thursday 11am - 12pm Thursday 3pm-4pm	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 Thursday 7pm-9pm Saturday 9am-11am Saturday 7pm - 9pm	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>Junior Coaching</b>	Over 8's Thursday 4pm-5pm	These classes are suitable for any juniors over the age of 10. They will centre around being a fun introduction to padel, focussing on basic technique.

# 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 £45

**NICKY HORN**

EMAIL:

MOBILE: 07465241899

PRIVATE LESSON PRICE £36

NICKY WILL BE AT CHAPEL A ON  
THURSDAYS



# 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 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

2:15pm - 3:45pm Squash Handicap

3:45pm - 5:15pm Racketball Handicap

## Sunday.

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

## MONDAY

9:45 - 10:30 Low Impact & Flexibility  
11:00 - 12:00 Women's Strength Training  
17:20 - 18:05 Circuits  
18:15 - 19:00 LBT  
19:15 - 20:15 Yoga

## TUESDAY

9:30 - 10:30 Functional Movement (beginners)  
10:30 - 11:30 Functional Movement (Intermediate)  
18:00 - 18:45 Core Conditioning  
18:55 - 19:40 Kettlebells

## WEDNESDAY

7:00 - 7:30 Circuits  
9:45 - 10:30 Full Body Low Impact  
16:15 - 17:15 Junior Gym  
18:00 - 18:45: BoxFit  
19:00 - 19:45 Suspension & Bodyweight Training

## THURSDAY

9:15 - 10:15 Mobility  
10:30 - 11:00 Suspension Training  
18:30 - 19:15 Suspension Training  
19:30 - 20:30 Pilates with Miranda

## FRIDAY

9:00 - 10:00 Balance & Flexibility (Beginner)  
10:00 - 11:00 Balance & Flexibility (Intermediate)  
12:30 - 1:30 Pilates  
17:30 - 18:00 Circuits

## WEEKEND

Saturday:  
9:30 - 10:30 Bootcamp  
10:45 - 11:45: Women's Only Strength Training  
Sunday:  
10:15 - 11:00 Mind & Motion

# PERSONAL TRAINING

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**ROSS SHERMAN**

**MOBILE: 07547 872690**

**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**

**PRICES VARY**



**Single or block sessions available**

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