

WELCOME TO CHAPEL A



CONTACT US



info@chapel-a.co.uk



www.chapel-a.co.uk



0113 22 666 22



[@chapelclub](https://www.instagram.com/chapelclub)



[@chapelallertonLTSC](https://www.facebook.com/chapelallertonLTSC)



[@chapelclub](https://www.twitter.com/chapelclub)



[@chapel-a-club](https://www.linkedin.com/company/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

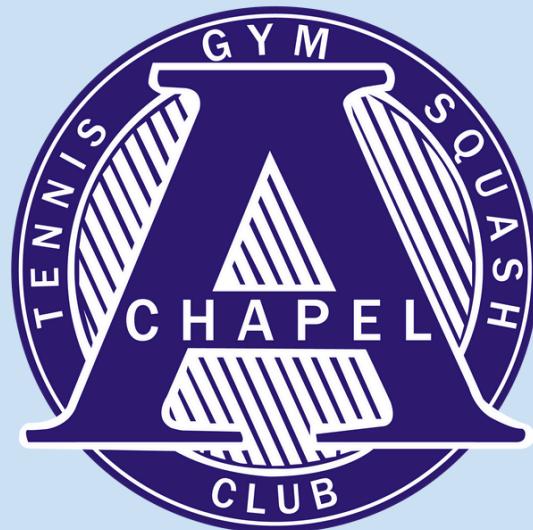
Racket Members

- 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





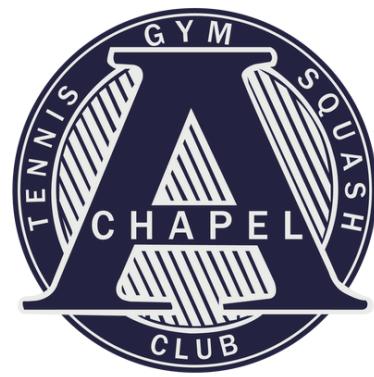
TRIAL MEMBERSHIP

£39



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

Visit reception to sign up



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

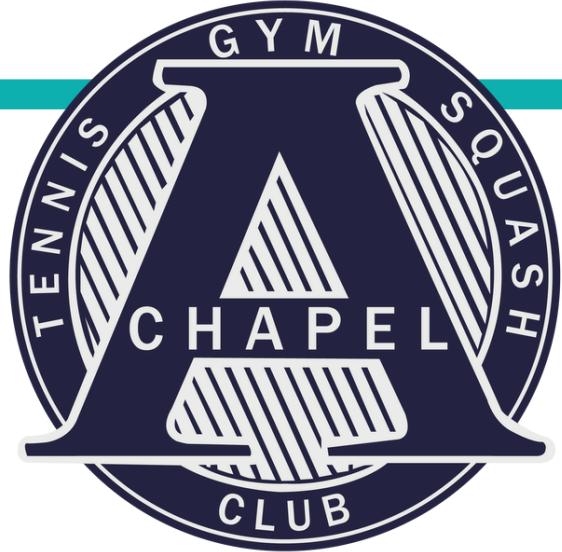
Monday - Friday
9:00 - 21:00
Weekends
9:00 - 17:00

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

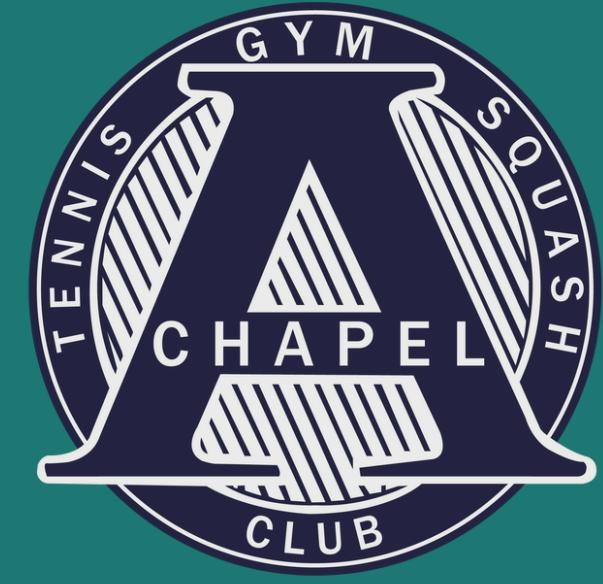
6:45am-5pm: £3.50 per 45mins

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.

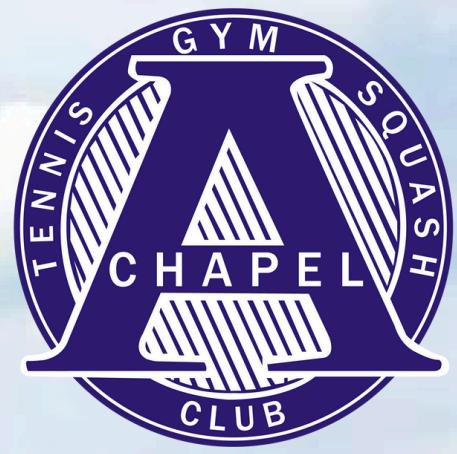
Weekly Club Play Sessions
Social Events

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.**

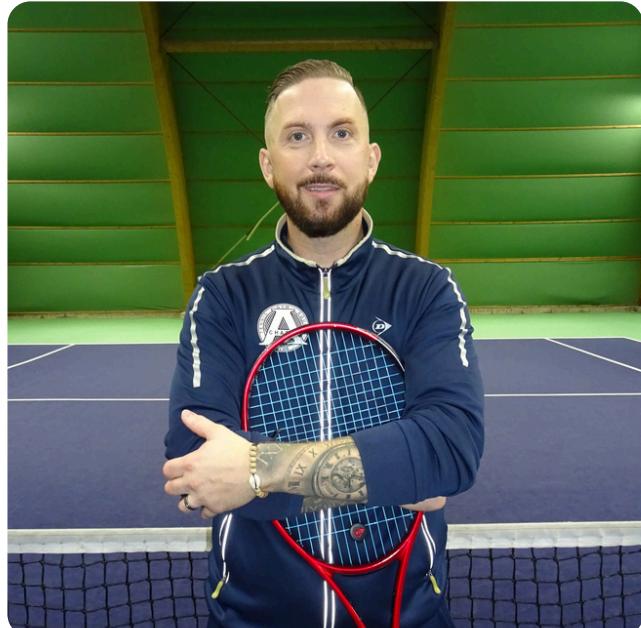
Non - Members are welcome to attend, booking on the day.

Please contact coaching@chapel-a.co.uk 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:

CHARLIESWALLOWCOACHING@GMAIL.COM



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
Beginner Padel	Wednesday 10am-11am 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.
Improver Padel	Tuesday 6pm – 7pm 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.
Intermediate Padel	Tuesday 6pm – 7pm Wednesday 6pm – 7pm Thursday 11am – 12pm (£10) 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.
Advanced Padel	Wednesday 7pm – 8pm	For those who are confident in rallying and match play situations. Focusing on advanced technical and tactical aspects of the game.
Club Play	Tuesday 2pm-4pm Thursday 7pm-9pm 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.
Match Play & Coaching	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:

CHARLIESWALLOWCOACHING@GMAIL.COM

MOBILE: 07800886867

NICKY HORN

EMAIL: **JNHRIFFA@GMAIL.COM**

MOBILE: 07465241899

NICKY WILL BE AT CHAPEL A ON
THURSDAYS



BRETT PARDOE

MOBILE: 07554 696067



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



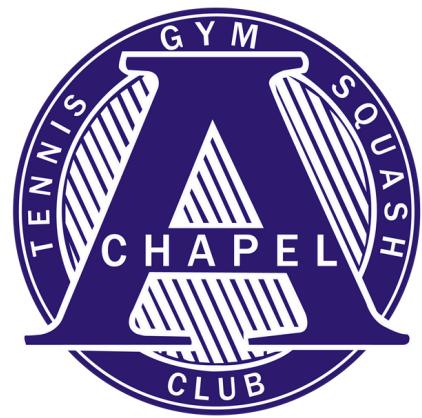
Events & competitions throughout the year



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

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.

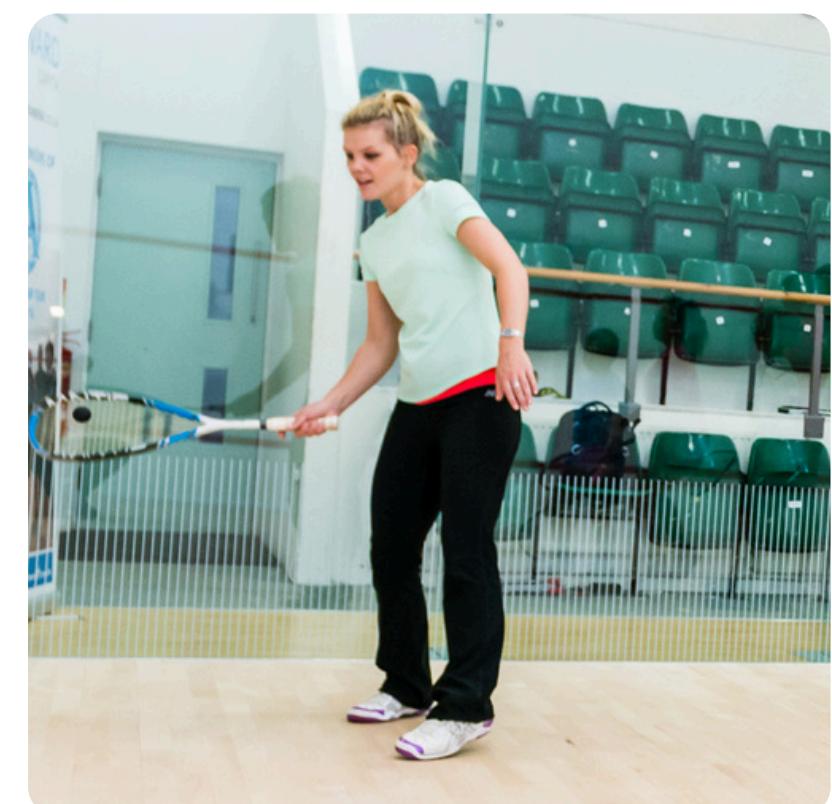
Peter offers individual and group coaching in both squash and racketball from beginner through to advanced levels.

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

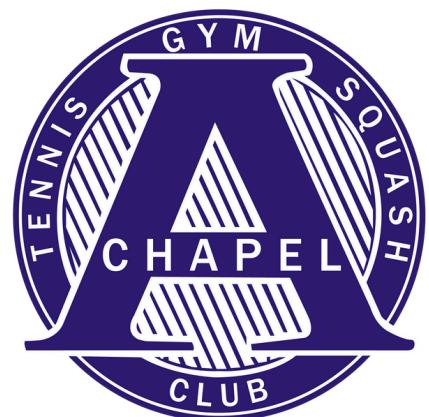
PERSONAL TRAINING AT CHAPEL A



- 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



FITNESS CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday
AM	7:00 - 7:30 HIIT	9:30 - 10:30 Functional Movement	7:00 - 7:30 Circuits	7:00 - 7:30 HIIT
PM	9:30 - 10:30 Low Impact (cardio)	10:30 - 11:30 Mindful Movement	9:30 - 10:30 Low Impact (Strength)	9:30 - 10:30 Mobility
	11:00 - 12:00 Women's Strength			10:45 - 11:15 Suspension
	17:20 - 18:05 Circuits	18:00 - 18:45 Core Conditioning	16:30 - 17:30 Junior Gym	18:00 - 18:30 Kettlebell Strength
	18:15 - 19:00 Pump & Tone	18:55 - 19:40 Kettlebells	18:15 - 19:00 Boxfit	18:30 - 19:00 Express Core
	19:15 - 20:15 Yoga		19:15 - 20:00 Suspension & Bodyweight	19:30 - 20:30 Pilates

	Friday	Saturday	Sunday
AM	9:30 - 10:30 Balance & Flexibility	9:30 - 10:30 HIIT/ Bootcamp (seasonal variations)	10:00 - 10:45 Mind & Motion
PM	10:30 - 11:15 Pump	11:00 - 12:00 Women's Strength	10:45 - 11:30 Mind & Motion
	12:30 - 13:30 Pilates		
	17:30 - 18:00 HIIT Circuits		

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

PERSONAL TRAINING



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