

WELCOME TO CHAPEL A



CONTACT US



info@chapel-a.co.uk



www.chapel-a.co.uk



0113 22 666 22



@chapelclub



@chapelallertonLTSC



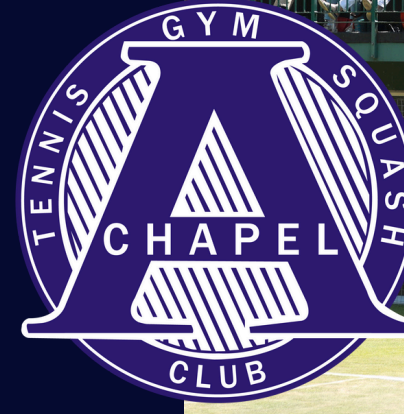
@chapelclub



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**

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

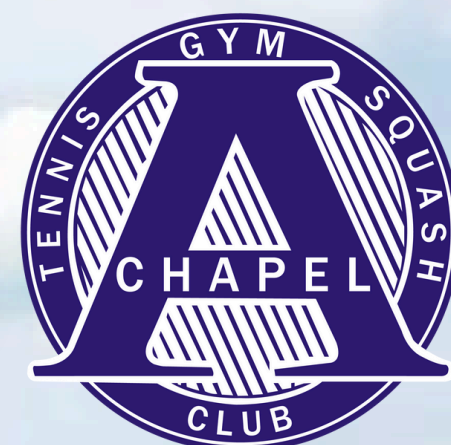
Throughout the year, Chapel A hosts a variety of events with the biggest event of the calendar year being the annual Club Championships.

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.

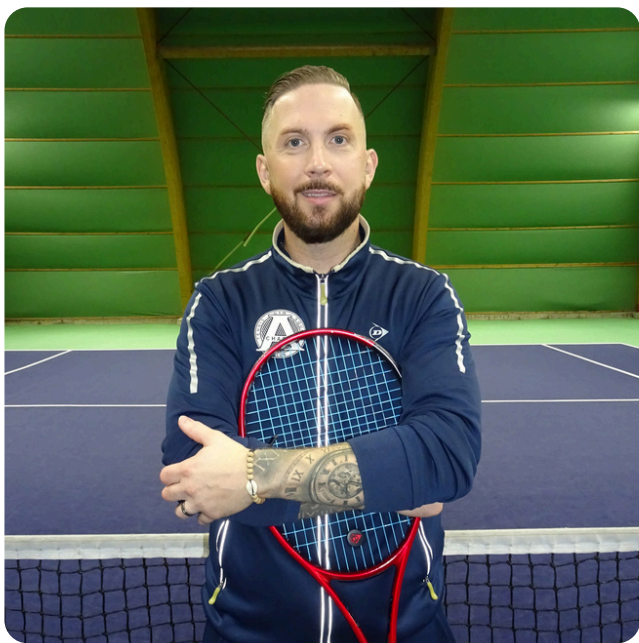
Non - Members are welcome to attend, booking on the day.

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.

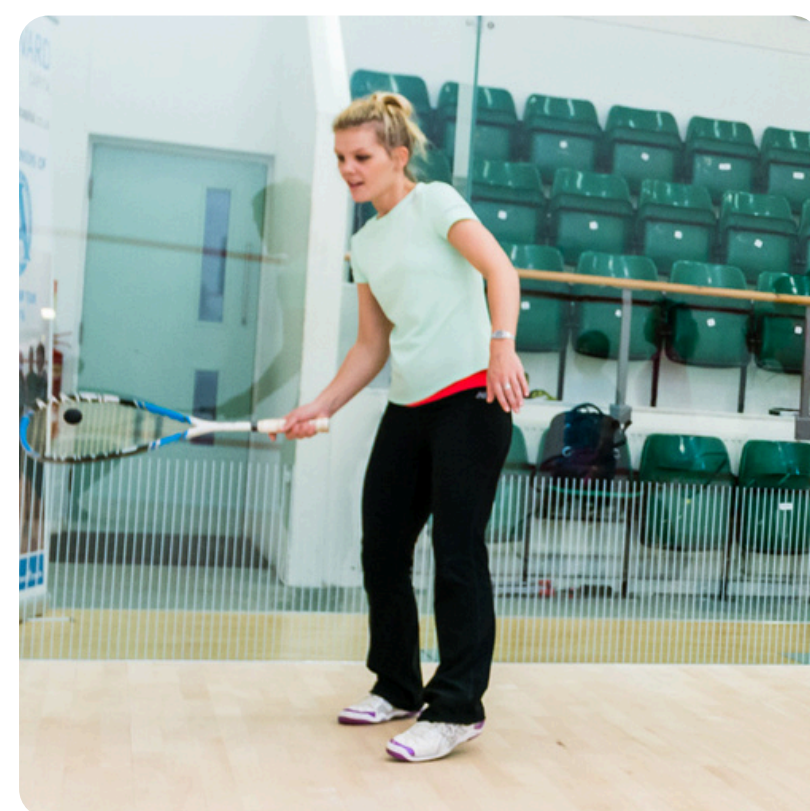
Peter offers individual and group coaching in both squash and racketball from beginner through to advanced levels.

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

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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 |
| | | 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 |
| PM | | 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 |
| | | 10:30 - 11:15 Pump | 11:00 - 12:00 Women's Strength | 10:45 - 11:30 Mind & Motion |
| PM | | 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