

Rustlings

Adult Pay & Play sessions

Throughout the week, we offer a range of pay-and-play coaching and cardio tennis sessions for adults. These sessions are ideal for anyone looking for flexibility in their tennis participation. Places are allocated on a first-come, first-served basis.



THE
ACADEMY
RUSTLINGS

Day/Time	Level	Description	Price	QR to Book
Monday 6-7pm	A/B	Beginner/Improver Coaching	£8.69 £9.69 (non members)	➤ BOOK NOW
Tuesday 10-11am	C/D	Intermediate Coaching		➤ BOOK NOW
Saturday 11am-12pm	C/D	Intermediate Coaching		➤ BOOK NOW
Friday 10:30-11:30am	A+	Cardio Tennis		➤ BOOK NOW
Friday 5-6pm	A+	Cardio Tennis		➤ BOOK NOW

We will also have posters displayed at the tennis club with QR codes which can be used to scan and book

If you have any questions regarding the sessions please speak with your head coach Ryan Bagshaw or assistant coach Billy Kneeshaw

Please [CLICK HERE](#) to join our Rustlings WhatsApp Community for all our latest news!!

PASSION

HONESTY

ENJOYMENT