

Hallam Grange

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.



Day/Time	Level	Description	Price	QR to Book
Tuesday 6:30-7:30pm	C+	Intermediate Coaching	£8.69	 BOOK NOW
Friday 6:30-7:30pm	A+	BASKET based Cardio		 BOOK NOW
Saturday 9-10am	A/B	Beginner Coaching		 BOOK NOW
Saturday 12-1pm	C+	Intermediate Coaching		 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 Nathan Bates or assistant coach Freddie Jowsey

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