

ACADEMY COACHING PROGRAMME

(Youth Tennis 2-18yrs,
Adult Tennis 16+)

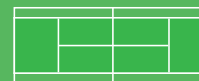
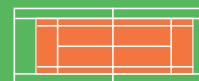
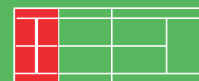
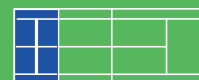
We deliver a 38 week programme in line with the school term dates and have breaks in the programme during the following holidays:

- 2 weeks at Easter
- 1 week during the May Bank Holiday/ Half term
- 6 weeks during the Summer Holiday
- 1 week during October Half Term
- 2 weeks at Christmas
- 1 week during the February Half Term



THE
ACADEMY
HALLAM GRANGE

	Level 1	Level 2	Level 3 (Invitational)
Youth Blue Age 4 to 6	Monday 4:30pm – 5:15pm Friday 4:15pm – 5pm Saturday 10am – 11am		
Youth Red Age 6 to 8	Monday 4:30pm – 5:15pm Wednesday 4 – 5pm Friday 4:15pm – 5pm Saturday 10am – 11am	Monday 5:15pm – 6pm Friday 5pm – 5:45pm	
Youth Orange Age 8 to 9	Tuesday 4-4:45pm Thursday 4pm – 5pm	Thursday 4pm – 5pm	
Youth Green Age 9 to 10	Friday 5:45pm – 6:30pm		
Youth Yellow Age 11+	Monday 6pm – 7pm Tuesday 4.45pm – 5.30pm	Tuesday 4.45pm – 5.30pm Tuesday 5:30pm – 6:30pm Wednesday 5pm – 6pm* Thursday 5pm – 6pm Saturday 12pm – 1pm	Tuesday 5:30pm – 6:30pm Wednesday 5pm – 6pm* Saturday 11am – 12pm



Adult Group 16+	Friday 6:30-7:30pm Cardio Tennis ** Saturday 9-10am Beginner Tennis
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Monthly Direct Debit Costs:

45 min Session
£15.84 per month

1 hour Session
£20.90 per month

*** Pay and Play**
Youth Yellow 11+
Wed 5-6pm
£6.60 per session

**** Cardio Adults 16+**
Fri 6:30-7pm
£6.60 per session

For bookings and full terms and conditions please contact our admin team
enquiries@academytennis.co.uk

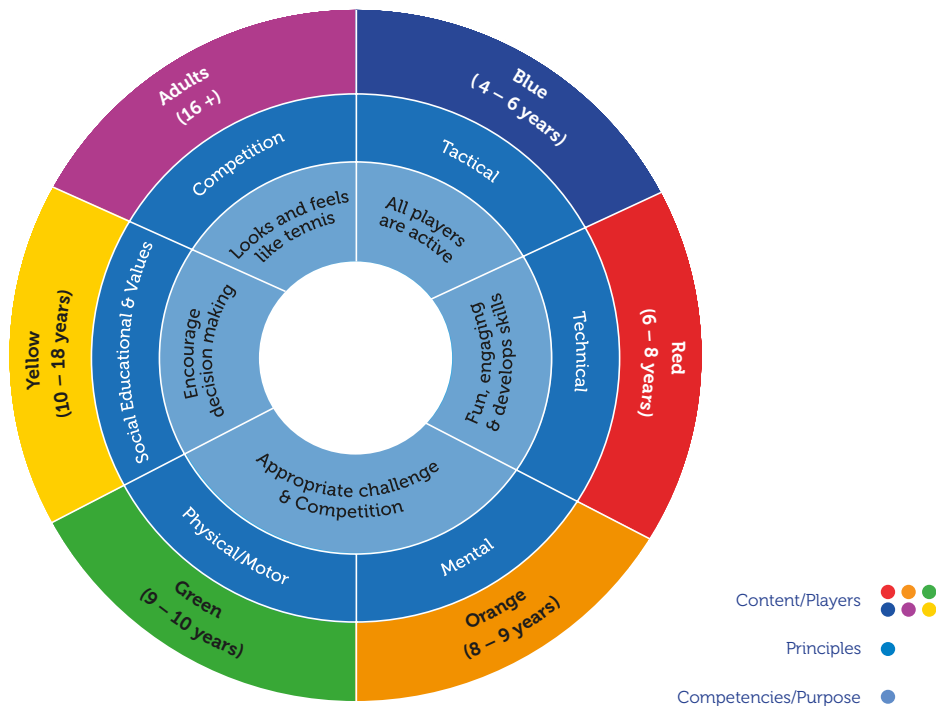
Hallam Grange Lawn Tennis Club,
70-72 Slayleigh Lane, Fulwood S10 3RH

Academy Coaching Programme Overview and Philosophy

1. Motor Skills
2. Skills for tennis
3. Tennis skills

Skill development over fixed movement –
prioritising the skills to play over stroke shapes

Variable skill acquisition –
Tennis is an open skill sport, we need to train
players that way



NOTES:

Multi Bookings Discounts

If an individual, or multiple members of the same family, take part in 3 or more hours of coaching on our core GROUP COACHING PROGRAMME you will receive a 5% discount off your fees. The discounted amount is NOT taken at source, however it can be claimed back quarterly as long as the 3+ hours have continued.

Players who are 16+ and a Level 3 will be encouraged to participate in the adult box leagues and mens and ladies practice nights.

Non Members

All non members must pay an additional £1.00 per coaching session per term. (Our admin team will contact you with payment details). For membership details please contact your coach.