

ACADEMY COACHING PROGRAMME

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

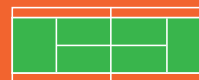
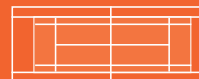
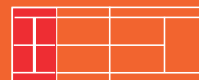
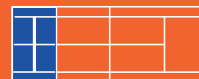
We deliver a 38 week programme in line with the school term dates and have breaks in the programme during the following holidays:

- 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
RUSTLINGS

	Level 1	Level 2
Youth Blue Age 4 to 6	Monday 4 – 5pm Friday 4 – 5pm Saturday 9 – 10am	
Youth Red Age 6 to 8	Monday 4 – 5pm Wednesday 4 – 5pm Friday 4 – 5pm Saturday 9 – 10am	Monday 4 – 5pm Friday 4 – 5pm Saturday 9 – 10am
Youth Orange Age 8 to 9	Friday 5 – 6pm Wednesday 4 – 5pm	
Youth Green Age 9 to 10	Saturday 10 – 11am	
Youth Yellow Age 11+	Monday 5 – 6pm Wednesday 5 – 6pm	Monday 5 – 6pm



Monthly Direct Debit Costs:

1 Hour Daytime
£20.90 Per Month

1 Hour Floodlit
£23.10 per month

*** Pay and Play**
Adult Group 16+
Monday 6-7pm
Saturday 11am-12pm
£6.60 per session

Adult Group 16+	Monday 6 – pm Cardio* Saturday 11am – 12pm P&P*
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For bookings and full terms and conditions please contact our admin team
enquiries@academytennis.co.uk

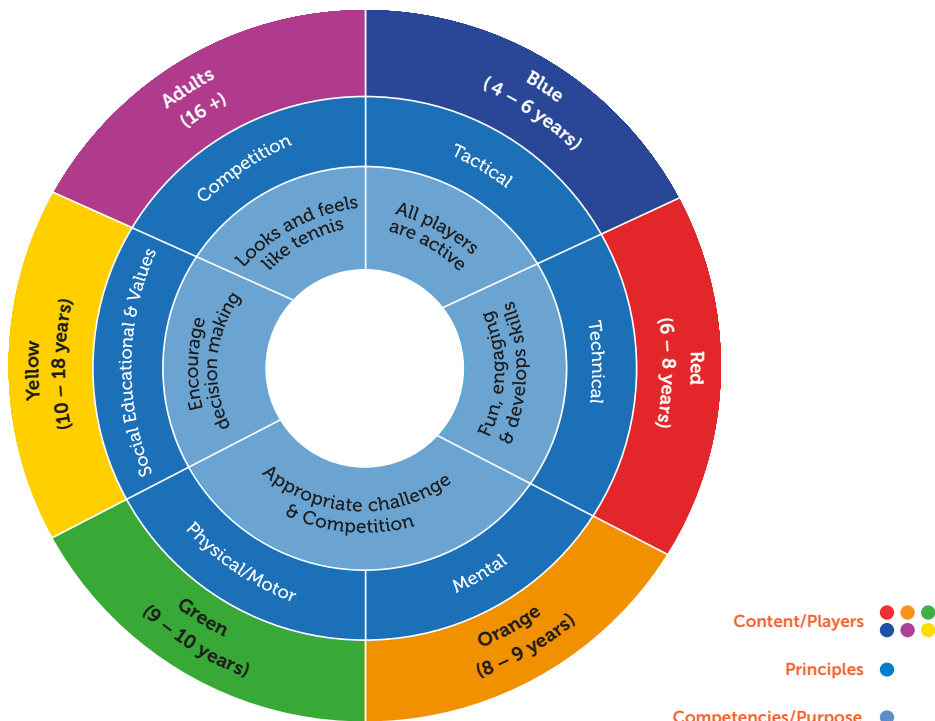
**Rustlings Lawn Tennis Club,
Collegiate Crescent, Sheffield S10 2BR**

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.

Non Members

All non members must pay an additional £2.00 per coaching session per term. (Our admin team will contact you with payment details). For membership details please contact your coach.