

JUNIOR TENNIS COACHING PROGRAMME

(Youth Tennis 4 - 18yrs,
Adults Tennis 16+)

The Academy run a dynamic junior coaching programme, delivering an exceptional tennis experience for every player, guided by our core values, coaching philosophy, and player-first principles.

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

1 week during February Half Term
2 weeks at Easter
1 week during May Half Term
6 weeks over the Summer Holidays
1 week at October Half Term
2 or 3 weeks over Christmas



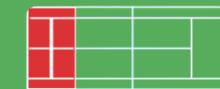
THE
ACADEMY

HALLAM GRANGE

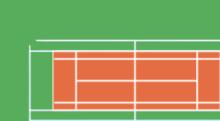
| | Level 1 | Level 2 | Level 3 (Invitational) |
|----------------------------|---|---|---|
| Youth Blue Age 4 to 6 | Monday 4:30-5:15pm | | |
| Youth Red Age 6 to 8 | Friday 4:15-5pm Saturday 10-11am | | |
| Youth Orange Age 8 to 9 | Wednesday 4-5pm Friday 4:15-5pm Friday 5-5:45 | | |
| Youth Green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

Monthly Direct Debit Cost:

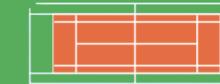
45 min Outdoor Daytime
£22.35 per month



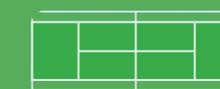
45 min Outdoor Floodlit
£27.59 per month



1 Hour Outdoor Daytime
£27.59 per month



1 Hour Outdoor Floodlit
£30.49 per month



5% Multi Session Discount*

For bookings please contact
our admin team
enquiries@academytennis.co.uk

Academy Coaching Programme

Overview and Philosophy

1. Motor Skills

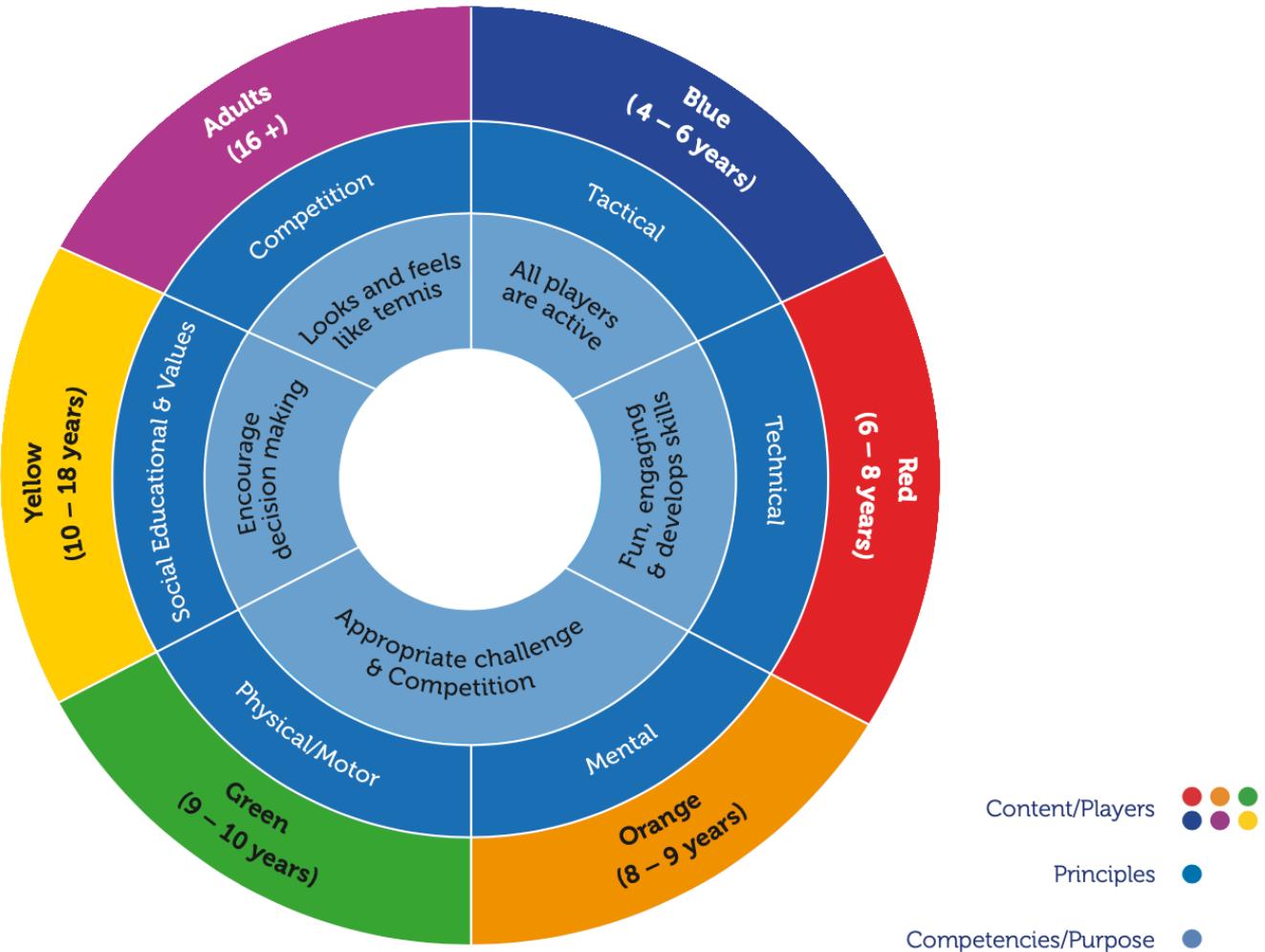
2. Skills for tennis

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.