

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:

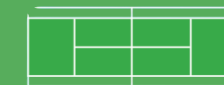
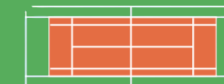
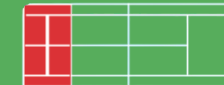
1 week during February Half Term
2 weeks at Easter
1 week during May Half Term
6 weeks over the Summer Holidays
1 week at October Half Term
2 or 3 weeks over Christmas



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

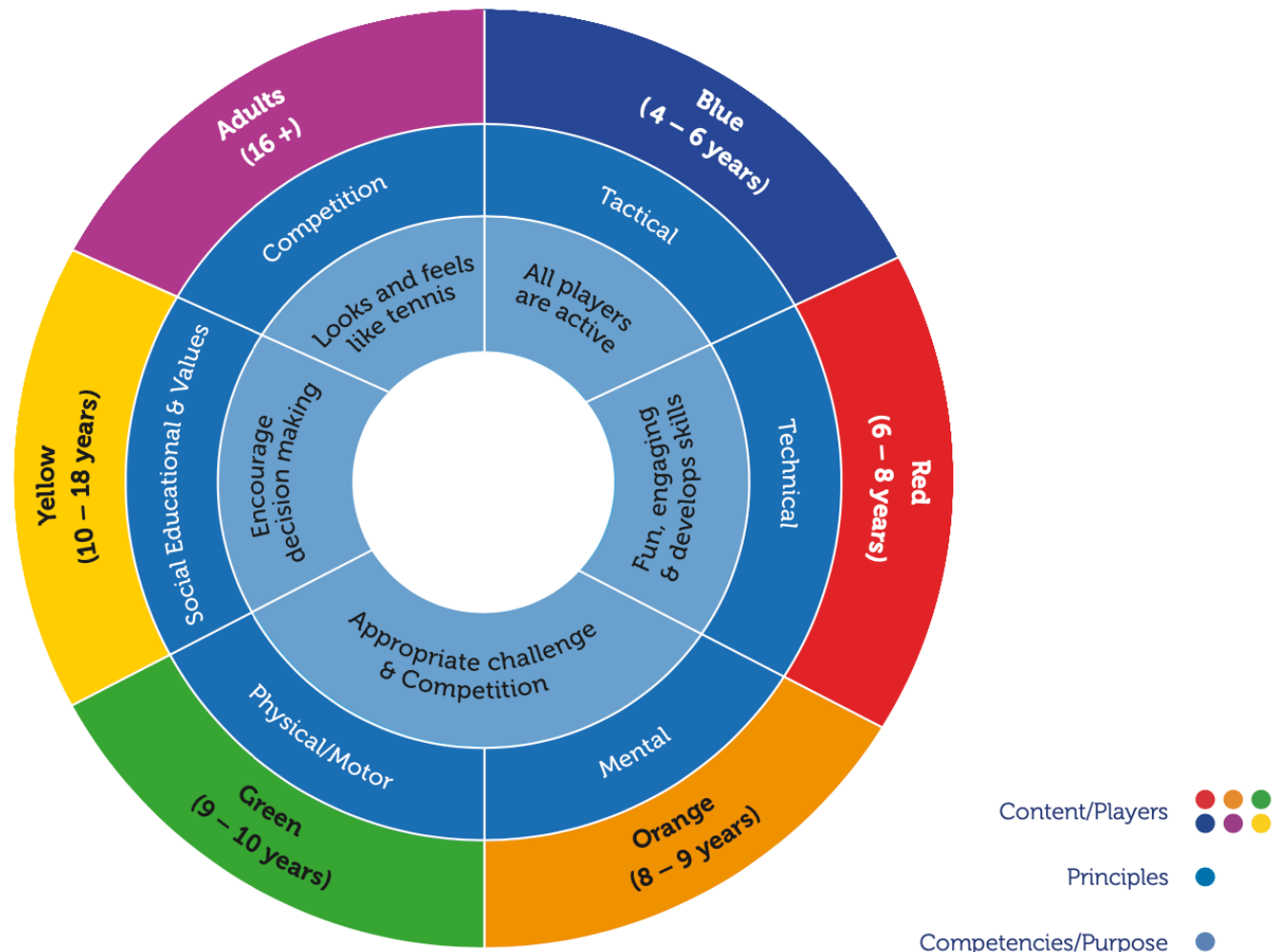
enquiries@academytennis.co.uk

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.