

# 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

Please [CLICK HERE](#) to join our Hallam Grange WhatsApp Community for all our latest news!!

PASSION

HONESTY

ENJOYMENT

# TINY TOTS TENNIS

FOR AGES 2–3.5 YEARS



THE  
**ACADEMY**  
HALLAM GRANGE

First  
Session  
**FREE**

## An introduction to the components of tennis

- Movement
- Agility
- Throwing
- Striking skills
- Catching
- Balance
- **HAVING FUN!!**


Spend time with your child helping them improve their co-ordination and motor skills in a fun, friendly environment.

**Pay & Play**



**Sessions are booked via the 'Book Now' button. If you have any questions please contact Nathan on 07904 200087**

**Hot drinks for  
parents & soft  
drinks for the  
children available**

<b>Where</b>	<b>Day</b>	<b>Time</b>	<b>Price</b>	<b>QR</b>
<b>Hallam Grange Tennis Club S10 3RH Indoor Hall</b>	<b>Friday</b>	<b>9-9:45am</b>	<b>£8.69 Pay &amp; Play</b>	 <b>BOOK NOW</b>

- **We encourage parents to be on court with their child to help them learn**
- **We have a comfortable Clubhouse space for drinks and relaxing before and after the sessions**
- **Sessions are booked weekly so you have full flexibility**
- **Feel free to invite friends and share our information!!**