

Adult Tennis

Cardio Tennis Sessions

(Pay & Play)



Day/Time	Level	Description	Price	QR to Book
Monday 12-1pm	C+	RALLY based Drills	£10.16	BOOK NOW
Tuesday 9-10am	A+	BASKET based Drills		BOOK NOW
Wednesday 9-10am	A+	BASKET based Drills		BOOK NOW
Wednesday 12-1pm	D+	RALLY based Drills ADVANCED		BOOK NOW
Friday 9-10am	C+	RALLY based Drills		BOOK NOW
Friday 10-11am	C+	RALLY based Drills		BOOK NOW
Friday 7-8pm	C+	RALLY based Drills		BOOK NOW
Sunday 10-11am	C+	RALLY based Drills		BOOK NOW

**60
Minutes**

**Burn 600+
Calories**

**Tennis
Inspired
Workout**

**Join Our Whatsapp
Community for Updates!!**



Please be aware that our cardio sessions are level specific graded to ensure ALL players get the most from the sessions. If you have any questions regarding cardio tennis or any of our coaching offering please contact our team at enquiries@academytennis.co.uk

TINY TOTS TENNIS

FOR AGES 2–3.5 YEARS



THE
ACADEMY
ABBEYDALE

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

**Starts 1st
Week of
January!!**

Sessions are booked via the 'Book Now' buttons. If you have any questions please contact Freddie on 07961 000958

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

Where	Day	Time	Price	QR
St John's the Evangelist of Abbeydale - Church Hall	Tuesday	10:15-11am (Indoor)	£8.69 Pay & Play	 BOOK NOW
Abbeydale Tennis Club	Thursday	10:10-10:55am (Indoor)		 BOOK NOW

- **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!!**