

Adult Tennis

Cardio Tennis Sessions

(Pay & Play)



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

Join Our Whatsapp
Community for Updates!!



**60
Minutes**

**Burn 600+
Calories**

**Tennis
Inspired
Workout**

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!!**