

# JUNIOR TENNIS COACHING

## PROGRAMME

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

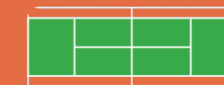
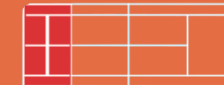
The Academy run a dynamic junior coaching programme, delivering an exceptional tennis experience for every player, guided by our core values, coaching philosophy, and player-first principles.

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



	Level 1	Level 2
Youth Blue Age 4 to 6	Thursday 4-5pm Saturday 9-10am	
Youth Red Age 6 to 8	Thursday 4-5pm Saturday 9-10am	
Youth Orange Age 8 to 9	Tuesday 4-5pm Thursday 5-6pm Saturday 9-10am	Monday 4-5pm
Youth Green Age 9 to 10	Wednesday 4-5pm Saturday 10-11am	Monday 4-5pm
Youth Yellow Age 12 to 14	Wednesday 5-6pm Friday 4-5pm Saturday 10-11am	Monday 5-6pm



### Monthly Direct Debit Cost:

**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

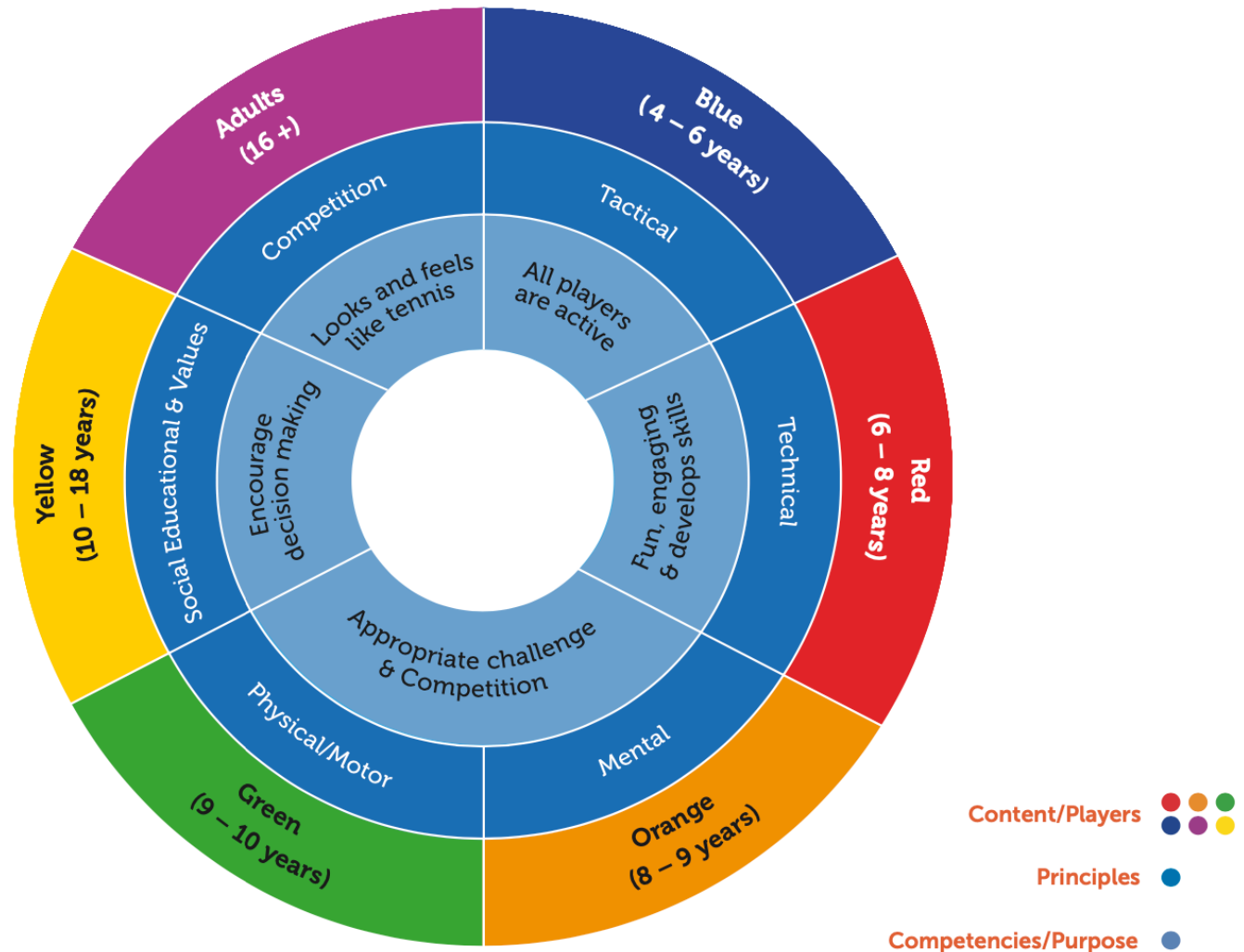
[enquiries@academytennis.co.uk](mailto:enquiries@academytennis.co.uk)

# 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.

### Non Members

All non members must pay an additional £2.00 per coaching session per term. (Our admin team will contact you with payment details). For membership details please contact your coach.